

Cliffside Park Senior Center
550 Gorge Road Cliffside Park, NJ 201-943-3768

Feb. 2 th ~ Healthy Bones w/ Bergen Care	10:45am
Feb. 6 th ~ Blood Pressure & Health Screening	9:30-11:30am
Feb. 7 th ~ Korean Chorus & Dance	10:00am
Feb. 9 th ~ Tai Chi Demo w/ Rite at Home	10:45am
Feb. 13 th & 20 th ~ Center Closed For Lincoln & Presidents Days	
Feb. 14 th ~ Valentine's Day Party w/ Jason Nazzaro \$6 sign-up	11-2:30pm
Feb. 15 th ~ Dinner & A Movie~ The Help	4:00pm
Feb. 16 th ~ Repetitive Injuries w/ Rejuvenate	10:45am
Feb. 23 rd ~ Center Tea Party	1:00pm
Feb. 27 th ~ Resorts Atlantic City Casino Trip \$25	9:00am

Febrary Senior Bus Trips

- Feb. 2nd ~ (Thurs.) Han Nam Korean Shopping 12:30pm
Feb. 3rd ~ Yogi Berra Museum 10:00am
Feb. 10~ Jersey Gardens Mall 9:30am
Feb. 17~ 911 Memorial 9:15am
Feb. 24~ Kohl's & Red Lobster 9:30
(Trips subject to change due to inclement weather)

Spring 2012

FINAL PAYMENT FEB. 8, 2012!!!!

7 Day Cruise to Bermuda aboard Norwegian Star

April 29-May 6, 2012

\$727 Inside, \$867 Ocean View, \$1,137 Balcony

Prices based on double occupancy, include tax & port charges

Call Phyllis 201-943-3768

Regularly Scheduled Activities Included: Exercise, Bingo, Cards, Art Class, ESL Class, Line Dancing, Chorus, Yoga, Mahjong, Wii Bowling, Movie Night, Afternoon Teas, Local & Mall Shopping, Trips, Concerts & Parties

