

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

The Cliffside Park Senior Activity
Computer Training Classes for Senior Residents
On Tuesday's at 2pm beginning May 1st

May 1st ~ New Computer Class Orientation	2:00pm
May 3rd ~ EZ Ride for Seniors -w/ Meadowlink	10:45am
May 7th ~ Blood Pressure & Health Screening	9:30-11:30am
May 10th ~ Center Tea Party w/ Arbonne	1:00pm
May 14th ~ Mother's Day Pancake Breakfast	9:00am
May 15th ~ SECCIL Singer's Choir Concert	10:30am
May 16th ~ Dinner & A Movie~ The Artist / War Horse \$5	4:00pm
May 21st ~ Atlantic City Casino Trip \$25	9:00am
May 23rd ~ Free Spring Dinner Dance	7-9:30pm
May 24th ~ SENIOR WELLNESS DAY~ Free Screenings, Giveaways, Raffles 9am-12pm	
May 31st ~ Follow-up's w/Speech & Hearing Associates	10:30am

May Senior Bus Trips

- May 4~ Palisades Center Mall 9:30am**
May 11~ Montclair Iris Garden & Bird Sanctuary -9:30am
May 18~ Liberty Science Center 9:00am
May 22 (Tues.) Bergen Towne Center- 9:30am
May 25~ Wal-Mart & Dynasty Buffet 10:00am
(Trips subject to change due to inclement weather)

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

