

Borough of Cliffside Park



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James Santasiero

Assistant Executive Director

Arnold Mazzone

Maintenance Supervisor

For Your Information

Cliffside Park Senior Transport

201-945-8630

Community Transportation

201-368-5955

Division of Senior Services

201-336-7400

Division on Disability Services

201-336-6500

Meals on Wheels

201-336-7420

Bergen County Social Services

201-368-4200 (food Stamps)

CLIFFSIDE PARK SENIOR ACTIVITY CENTER

550 GORGE RD.

CLIFFSIDE PARK, NJ 07010

The CLIFFSIDE PARK senior activity center

Cliffside Park Housing Authority



January 2012

Jan. 2~ Center Closed for New Years

Jan. 4~ Dinner & Movie~ The Conspirator

4:00pm

Jan. 5~ Center Tea Party

1:00pm

Jan. 9~ Blood Pressure & Health Consults

9:30-11:30am

Jan.12~ Fall/ Hypothermia w/ Bergen Care

10:45am

Jan.16~ Center Closed Martin Luther King Day

Jan.19~ Psoriasis Workshop w/ SPP

10:30am

Jan.26~ Nutrition for Seniors w/Bergen Regional

10:45am

.Jan.31~ Sands Casino Trip

9:00am

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

Senior Transport Trip

Jan. 6 ~ Jewish Heritage Museum 9:30am

Jan. 13~ Palisades Center Mall 9:30am

Jan. 20~ Wal-Mart & Tokyo Buffet 9:30am

Jan. 27~ Old Bergen Church & Brownstone Diner 9:30am

(Trips subject to change due to inclement weather)

THE CLIFFSIDE PARK SENIOR ACTIVITY CENTER

550 GORGE RD.

CLIFFSIDE PARK, NJ 07010

Linda Phillips-Perez, Coordinator

Phone: (201) 943-3768

Fax: (201) 945-9263

linda.cpha@verizon.net

Open Monday thru Friday 8:00a.m. – 3:30 p.m.