

Borough of Cliffside Park



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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 CENETR**  
**550 GORGE RD.**  
**CLIFFSIDE PARK, NJ 07010**

The CLIFFSIDE PARK senior activity center  
Cliffside Park Housing Authority



## MARCH 2010

<b>Mar. 2 ~ Blood Pressure Screening</b>	<b>9-11am</b>
<b>Mar. 4 ~ How's your Sense of Taste? w/DSS</b>	<b>10:45am</b>
<b>Mar.11~ Healthy Heart w/ Kipnis</b>	<b>10:45am</b>
<b>Mar.15~ St. Patty's Luncheon Show</b>	<b>11am-1pm</b>
<b>Mar.17~ Movie Night- "Amelia"</b>	<b>5:00pm</b>
<b>Mar.18 ~ Hearing Screening w/ Total Hearing</b>	<b>9:30-11:30</b>
<b>Mar.18~ Aquatic Therapy w/Allstate Medical</b>	<b>10:45am</b>
<b>Mar.18~ Tea Party</b>	<b>1:00pm</b>
<b>Mar. 25~ Senior Medicare Patrol</b>	<b>10:45am</b>

**Activities Included: Exercise, Bingo, Cards, Acrylic Painting, Line Dancing, Ballroom Dance, Chorus, Yoga, Mahjong, Wii Bowling, Movie Night, Afternoon Tea, Local & Mall Shopping, Trips & Parties**

### Senior Transport Trips

**Mar. 5 ~ Jersey Gardens Outlets, Mar. 12~ Wal-Mart & Dynasty Buffet,**  
**Mar.11 (Thurs.) ~ Atrium Concert-Weehawken**  
**Mar. 19 ~ Brownstone Diner & Jersey City Museum Irish Show,**  
**Mar. 26~ Bergen Towne Centre**

**THE CLIFFSIDE PARK SENIOR ACTIVITY CENTER**  
**550 GORGE RD.**  
**CLIFFSIDE PARK, NJ 07010**

Linda Phillips-Perez, Coordinator

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[linda.cpha@verizon.net](mailto:linda.cpha@verizon.net)

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