

| Monday                                                                                                                                                                  | Tuesday                                                                                                                                              | Wednesday                                                                                                                                                                                                                                            | Thursday                                                                                                                                | Friday                                                                                                                                                                                                       |                                                                                                                                      |
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| <b>CLIFFSIDE PARK SENIOR ACTIVITY CENTER</b><br><b>550 GORGE ROAD</b><br><b>CLIFFSIDE PARK, NJ 07010</b><br><b>201-943-3768</b>                                         |                                                                                                                                                      |                                                                                                                                                                                                                                                      | <b>January 2012</b>                                                                                                                     |                                                                                                                                                                                                              | Tues. Jan. 31<br>Sands Casino<br>\$20 slot \$5 f  |
| <b>2</b><br><b>CLOSED FOR</b><br><b>New Years Eve</b><br>                              | <b>3</b><br>8:30 Breakfast Buddies<br>10:00 Chorus w/ Joe Mule<br>12:30 ESL Class<br>1:00 Yoga<br><br><b>PORK CHOPS</b>                              | <b>4</b><br>8:30 Breakfast Buddies<br>10:30 Exercise Class<br>1:00 BINGO<br>4:00 Dinner & Movie Night<br>The Conspirators<br><br><b>LASAGNA / W MEATBALLS</b>                                                                                        | <b>5</b><br>8:30 Breakfast Buddies<br><br>1:00 Center Tea Party<br>1:00 Art Class<br><br><b>POT ROAST</b>                               | <b>6</b><br>8:30 Breakfast Buddies<br>9:30 Jewish Heritage Museum<br>10:30 Exercise Class<br>1:00 BINGO<br><br><b>SAUSAGE &amp; PEPPERS</b>                                                                  |                                                                                                                                      |
| <b>9</b><br>8:30 Breakfast Buddies<br>9:30-11:30 Blood Pressure Scrg.<br>10:00 Line Dancing<br>10:15 Walking<br>1:00 Mahjong / Wii Bowling<br><br><b>STUFFED PEPPER</b> | <b>10</b><br>8:30 Breakfast Buddies<br>10:00 Chorus w/ Joe Mule<br>12:30 No ESL Class<br>1:00 Yoga<br><br><b>BAKED ZITI W/ MEATBALLS</b>             | <b>11</b><br>8:30 Breakfast Buddies<br>10:30 Exercise Class<br>1:00 BINGO<br><br><b>ROAST CHICKEN</b>                                                                                                                                                | <b>12</b><br>8:30 Breakfast Buddies<br>10:45 Falls /Hypothermia<br>1:00 Art Class<br><br><b>CRAB CAKE</b><br><br><b>SALISBURY STEAK</b> | <b>13</b><br>8:30 Breakfast Buddies<br>9:30 Palisades Center Mall<br>10:30 Exercise Class<br>1:00 BINGO<br><br><b>CALIFORNIA BURGER</b>                                                                      |                                                                                                                                      |
| <b>16</b><br><b>CLOSED FOR</b><br><b>MARTIN LUTHER KING DAY</b><br>                   | <b>17</b><br>8:30 Breakfast Buddies<br>10:00 Chorus w/ Joe Mule<br>12:30 No ESL Class<br>1:00 Yoga<br><br><b>POT ROAST</b>                           | <b>18</b><br>8:30 Breakfast Buddies<br>10:30 Exercise Class<br>1:00 BINGO<br><br><b>RIB TICKLERS</b>                                                                                                                                                 | <b>19</b><br>8:30 Breakfast Buddies<br>10:30 Psoriasis Workshop<br>1:00 Art Class<br><br><b>CHICKEN CORDON BLEU</b>                     | <b>20</b><br>8:30 Breakfast Buddies<br>9:30 Wal-Mart 7 Tokyo Buffet<br>10:30 Exercise Class<br>1:00 BINGO<br><br><b>STUFFED CABBAGE</b>                                                                      |                                                                                                                                      |
| <b>23</b><br>8:30 Breakfast Buddies<br>10:00 Line Dancing<br>10:15 Walking<br>1:00 Mahjong/ Wii Bowling<br><br><b>LEMON CHICKEN</b>                                     | <b>24</b><br>8:30 Breakfast Buddies<br>10:00 Chorus w/Joe Mule<br>12:30 No ESL Class<br>1:00 Yoga<br><br><b>BEEF STEW</b>                            | <b>25</b><br>8:30 Breakfast Buddies<br>10:30 Exercise Class<br>1:00 BINGO<br><br><b>ROAST TURKEY</b>                                                                                                                                                 | <b>26</b><br>8:30 Breakfast Buddies<br>10:45 Nutrition for Seniors<br>1:00 Art Class<br><br><b>MEATLOAF</b>                             | <b>27</b><br>8:30 Breakfast Buddies<br>9:30 Old Bergen Church &<br>Brownstone Diner<br>10:30 Exercise Class<br>1:00 BINGO<br><br><b>SLICED HAM</b>                                                           |                                                                                                                                      |
| <b>30</b><br>8:30 Breakfast Buddies<br>10:00 Line Dancing<br>10:15 Walking<br>1:00 Mahjong/ Wii Bowling<br><br><b>ROAST PORK LOIN</b>                                   | <b>31</b><br>8:30 Breakfast Buddies<br>9:00 Sands Casino<br>10:00 Chorus w/Joe Mule<br>12:30 No ESL Class<br>1:00 Yoga<br><br><b>SALISBURY STEAK</b> | <b>Volunteers Needed!!</b><br><b>Be a part of our</b><br><b>Intergenerational Program</b><br><b>Join "Reading is Fundamental"</b><br><b>Wednesday's 1:30pm</b>  | <b>Korean Chorus</b><br><b>Concert &amp; Dance</b><br><b>Tuesday February 7<sup>th</sup></b><br><b>10:00am</b>                          | <b>CONTINENTAL BREAKFAST</b><br><br><b>LUNCH SERVED 11:30</b><br><b>SUGGESTED DONATION \$1.25</b><br><b>ALL RESERVATIONS ARE REQUIRED</b><br><b>THE DAY BEFORE by 12 noon</b><br><b>CALLING(201)943-3768</b> |                                                                                                                                      |

