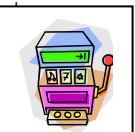





Monday	Tuesday	Wednesday	Thursday	Friday
CLIFFSIDE PARK SENIOR ACTIVITY CENTER 550 GORGE ROAD CLIFFSIDE PARK, NJ 07010 201-943-3768			January 2012	
			Tues. Jan. 31 Sands Casino \$20 slot \$5 f 	Bermuda Cruise Enjoy 7 Days & 6 Nights Aboard the Norwegian Star Apr. 29-May 6, 2012 Final Payment Due. Feb. 8 th
2 CLOSED FOR New Years Eve 	3 8:30 Breakfast Buddies 10:00 Chorus w/ Joe Mule 12:30 ESL Class 1:00 Yoga PORK CHOPS	4 8:30 Breakfast Buddies 10:30 Exercise Class 1:00 BINGO 4:00 Dinner & Movie Night The Conspirators LASAGNA / W MEATBALLS	5 8:30 Breakfast Buddies 1:00 Center Tea Party 1:00 Art Class POT ROAST	6 8:30 Breakfast Buddies 9:30 Jewish Heritage Museum 10:30 Exercise Class 1:00 BINGO SAUSAGE & PEPPERS
9 8:30 Breakfast Buddies 9:30-11:30 Blood Pressure Scrg. 10:00 Line Dancing 10:15 Walking 1:00 Mahjong / Wii Bowling STUFFED PEPPER	10 8:30 Breakfast Buddies 10:00 Chorus w/ Joe Mule 12:30 No ESL Class 1:00 Yoga BAKED ZITI W/ MEATBALLS	11 8:30 Breakfast Buddies 10:30 Exercise Class 1:00 BINGO ROAST CHICKEN	12 8:30 Breakfast Buddies 10:45 Falls /Hypothermia 1:00 Art Class CRAB CAKE SALISBURY STEAK	13 8:30 Breakfast Buddies 9:30 Palisades Center Mall 10:30 Exercise Class 1:00 BINGO CALIFORNIA BURGER
16 CLOSED FOR MARTIN LUTHER KING DAY 	17 8:30 Breakfast Buddies 10:00 Chorus w/ Joe Mule 12:30 No ESL Class 1:00 Yoga POT ROAST	18 8:30 Breakfast Buddies 10:30 Exercise Class 1:00 BINGO RIB TICKLERS	19 8:30 Breakfast Buddies 10:30 Psoriasis Workshop 1:00 Art Class CHICKEN CORDON BLEU	20 8:30 Breakfast Buddies 9:30 Wal-Mart 7 Tokyo Buffet 10:30 Exercise Class 1:00 BINGO STUFFED CABBAGE
23 8:30 Breakfast Buddies 10:00 Line Dancing 10:15 Walking 1:00 Mahjong/ Wii Bowling LEMON CHICKEN	24 8:30 Breakfast Buddies 10:00 Chorus w/Joe Mule 12:30 No ESL Class 1:00 Yoga BEEF STEW	25 8:30 Breakfast Buddies 10:30 Exercise Class 1:00 BINGO ROAST TURKEY	26 8:30 Breakfast Buddies 10:45 Nutrition for Seniors 1:00 Art Class MEATLOAF	27 8:30 Breakfast Buddies 9:30 Old Bergen Church & Brownstone Diner 10:30 Exercise Class 1:00 BINGO SLICED HAM
30 8:30 Breakfast Buddies 10:00 Line Dancing 10:15 Walking 1:00 Mahjong/ Wii Bowling ROAST PORK LOIN	31 8:30 Breakfast Buddies 9:00 Sands Casino 10:00 Chorus w/Joe Mule 12:30 No ESL Class 1:00 Yoga SALISBURY STEAK	Volunteers Needed!! Be a part of our Intergenerational Program Join "Reading is Fundamental" Wednesday's 1:30pm 	Korean Chorus Concert & Dance Tuesday February 7th 10:00am	CONTINENTAL BREAKFAST LUNCH SERVED 11:30 SUGGESTED DONATION \$1.25 ALL RESERVATIONS ARE REQUIRED THE DAY BEFORE by 12 noon CALLING(201)943-3768

