



Monday	Tuesday	Wednesday	Thursday	Friday
<p>CLIFFSIDE PARK SENIOR ACTIVITY CENTER 550 GORGE ROAD CLIFFSIDE PARK, NJ 07010</p> <p>201-943-3768</p> <p style="text-align: center;">MARCH 2010</p>				
<p>1 8:30 Breakfast Buddies 10:00 Line Dancing 12:00 Senior Yoga 1:00 Mahjong</p> <p style="text-align: center;">CHICKEN LEG</p>	<p>2 8:30 Breakfast Buddies 9-11 Blood Pressure Scrng. 10:00 Chorus w/Joe Mule 12:00 Shoprite 1:00 Wii Bowling 1:45 Reading is Fundamental</p> <p style="text-align: center;">VEAL MARSALA</p>	<p>3 8:30 Breakfast Buddies 8:30 Walking Club 9:00 Ballroom Dancing 10:30 Exercise "YMCA" 1:00 BINGO</p> <p style="text-align: center;">STUFFED SHELLS</p>	<p>4 8:30 Breakfast Buddies 10:30 Piano by Frank 11:30 Sense of Taste w/Sr.Services 12:30 Art Class</p> <p style="text-align: center;">BEEF W/ MUSHROOM SAUCE</p>	<p>5 8:30 Breakfast Buddies 10:00 Jersey Garden Outlets 10:30 Exercise "YMCA" 1:00 BINGO</p> <p style="text-align: center;">BREADED PORK</p>
<p>8 8:30 Breakfast Buddies 10:00 Line Dancing 12:00 Senior Yoga 1:00 Mahjong</p> <p style="text-align: center;">KIELBASA</p>	<p>9 8:30 Breakfast Buddies 10:00 Chorus w/Joe Mule 12:00 Shoprite 1:00 Wii Bowling 1:45 Reading is Fundamental</p> <p style="text-align: center;">CHEESE RAVIOLI</p>	<p>10 8:30 Breakfast Buddies 8:30 Walking Club 9:00 Ballroom Dancing 10:30 Exercise "YMCA" 1:00 BINGO</p> <p style="text-align: center;">CHICKEN FLORENTINE</p>	<p>11 8:30 Breakfast Buddies 10:30 Piano by Frank 10:45 Healthy Heart w/ Kipnis 12:30 Art Class</p> <p style="text-align: center;">MEATLOAF KNOCKWURST</p>	<p>12 8:30 Breakfast Buddies 10:00 Wal-Mart / Dynasty Buffet 10:30 Exercise "YMCA" 1:00 BINGO</p> <p style="text-align: center;">BREADED FISH</p>
<p>15 8:30 Breakfast Buddies 10:00 Line Dancing 11-1:30 St. Patty's Luncheon </p> <p style="text-align: center;">CORNED BEEF & CABBAGE</p>	<p>16 8:30 Breakfast Buddies 10:00 Chorus w/ Joe Mule 12:00 Shoprite 1:00 Wii Bowling 1:45 Reading is Fundamental</p> <p style="text-align: center;">WESTERN OMELETTE</p>	<p>17 8:30 Breakfast Buddies 9:00 Ballroom Dancing 10:30 Exercise "YMCA" 1:00 BINGO 5:00 Dinner & Movie "Amelia"</p> <p style="text-align: center;">STUFFED CABBAGE</p>	<p>18 8:30 Breakfast Buddies 10:30 Piano by Frank 9:30-11:30 Hearing Screening 10:45 Aquatic Therapy 12:30 Acrylic Art</p> <p style="text-align: center;">BBQ CHICKEN LEG</p>	<p>19 8:30 Breakfast Buddies 11:00 Brownstone Diner & Irish Concert @ Jersey City Museum 10:30 Exercise "YMCA" 1:00 BINGO</p> <p style="text-align: center;">VEGETABLE LASAGNA</p>
<p>22 8:30 Breakfast Buddies 10:00 Line Dancing 12:00 Senior Yoga 1:00 Mahjong</p> <p style="text-align: center;">SWEAT & SOUR MEATBALLS</p>	<p>23 8:30 Breakfast Buddies 10:00 Chorus w/Joe Mule 12:00 Shop Rite 1:00 Wii Bowling 1:45 Reading is Fundamental</p> <p style="text-align: center;">ROAST TURKEY</p>	<p>24 8:30 Breakfast Buddies 9:00 Ballroom Dancing 10:30 Exercise "YMCA" 1:00 BINGO</p> <p style="text-align: center;">BAKED ZITI W/ MEATSAUCE</p>	<p>25 8:30 Breakfast Buddies 10:30 Medicare Patrol 1:00 Art Class</p> <p style="text-align: center;">CHICKEN W/ MANGO SAUCE VEGETABLE LASAGNA</p>	<p>26 8:30 Breakfast Buddies 10:00 Bergen Towne Centre 10:30 Exercise "YMCA" 1:00 BINGO</p> <p style="text-align: center;">TUNA SALAD PLATTER</p>
<p>29 8:30 Breakfast Buddies 10:00 Line Dancing 12:00 Senior Yoga 1:00 Mahjong</p> <p style="text-align: center;">SAUSAGE & PEPPERS</p>	<p>30 8:30 Breakfast Buddies 10:00 Chorus w/Joe Mule 12:00 Shoprite 1:00 Wii Bowling 1:45 Reading is Fundamental</p> <p style="text-align: center;">SALISBURY STEAK</p>	<p>31 8:30 Breakfast Buddies 8:30 Walking Club 9:00 Ballroom Dancing 10:30 Exercise "YMCA" 1:00 BINGO</p> <p style="text-align: center;">HAM W/ PINAPPLE</p>	<p>St Patty's Party Monday March 15th 11am-1pm Luncheon Show with Ian Gallagher \$5.00  Reserve your Seat!</p>	
<p>CONTINENTAL BREAKFAST</p> <p>LUNCH SERVED 11:30 SUGGESTED DONATION \$1.25 ALL RESERVATIONS ARE REQUIRED THE DAY BEFORE by 12 noon CALLING(201)943-3768</p>				

