

Cliffside Park Senior Center Upcoming Events

201-943-3768

Jan. 1st ~ Center Closed New Years Day	
Jan. 4th ~ New Yoga Class begins	12:30pm
Jan. 5th ~ Intergenerational Program w/ School # 5 2nd Graders (every Tues.)	1:45pm
Jan. 7th ~ Medical Angels	10:45am
Jan. 7th ~ NEW Art Teacher	1:00pm
Jan. 12th ~ Allegro Singers Afternoon Opera Luncheon	11-1:30
Jan. 12th ~ U.S. Census Talk in Russian	1:30pm
Jan. 14th ~ Aquatic Therapy	10:45am
Jan. 18th ~ Center Closed for Martin Luther King Day	
Jan. 20th ~ Dinner & A Movie "Julie & Julia" \$5	5:00pm
Jan. 21st ~ Spinal Screening w/ Health One	9:30-11:30am
Jan. 28th ~ "Healthy Bodies for Seniors" w/ Dr. Arbor	10:45am

Cliffside Park Housing Authority Senior Transport Trips

January

Jan. 8th ~ High Societea Trip 10:15am,

Jan. 15th ~ Brownstone Diner & Jersey City Museum Jazz Concert 11:00am

Jan. 19th ~ (Tues.) Tour of Channel 13 Studios & Lunch at Houlihans 10:15am

Jan. 19th ~ Palisades Mall /Nyack 9:30am

**Silver Screen Movies in Edgewater every Monday \$2.00
201-945-8630**