

Cliffside Park Senior Center
550 Gorge Road Cliffside Park, NJ 201-943-3768

Jan. 2nd ~ Center Closed for New Years

Jan. 4th ~ Dinner & A Movie~ The Conspirators **4:00pm**

Jan. 5th ~ Center Holiday Tea **1:00pm**

Jan. 9th ~ Blood Pressure & Health Screening **9-11am**

Jan. 12th ~ Winter Falls & Hypothermia **10:45am**

Jan. 16th ~Closed Martin Luther King Day

Jan. 19th ~ Psoriasis Workshop (sign-up required)
10:30am

Jan. 26th ~ Nutrition for Seniors w/ Bergen Regional **10:45am**

Jan. 31st ~ Sand Casino Trip \$25 **9:00am**

January Senior Bus Trips

Jan. 6~ Jewish Heritage Museum 9:30am

Jan. 13~ Palisades Center Mall 9:30am

Jan. 20~ Wal-Mart & Tokyo Buffet 10:00am

Jan. 27~ Old Bergen Church & Brown Stone Diner 9:30

(Trips subject to change due to inclement weather)

Spring 2012

7 Day Cruise to Bermuda aboard Norwegian Star

April 29-May 6, 2012

\$727 Inside, \$867 Ocean View, \$1,137 Balcony

Prices based on double occupancy, include tax & port charges

Call Phyllis 201-943-3768

**Regularly Scheduled Activities Included: Exercise, Bingo, Cards, Art Class, ESL Class,
Line Dancing, Chorus, Yoga, Mahjong, Wii Bowling, Movie Night,
Afternoon Teas, Local & Mall Shopping, Trips, Concerts & Parties**

