

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

- Jan. 2<sup>nd</sup> ~ Center Closed for New Years**
- Jan. 4<sup>th</sup> ~ Dinner & A Movie~ The Conspirators** **4:00pm**
- Jan. 5<sup>th</sup> ~ Center Holiday Tea** **1:00pm**
- Jan. 9<sup>th</sup> ~ Blood Pressure & Health Screening** **9-11am**
- Jan. 12<sup>th</sup> ~ Winter Falls & Hypothermia** **10:45am**
- Jan. 16<sup>th</sup> ~Closed Martin Luther King Day**
- Jan. 19<sup>th</sup> ~ Psoriasis Workshop (sign-up required)**  
**10:30am**
- Jan. 26<sup>th</sup> ~ Nutrition for Seniors w/ Bergen Regional** **10:45am**
- Jan. 31<sup>st</sup> ~ 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**

