

## REMEMBER

Senior Center and Transportation  
operate Monday -Friday  
8:00am-3:00pm

The Senior Center is open on Saturdays  
from  
9:00am to 1:00pm

You must call ahead to make reserva-  
tions for  
Lunch & Transportation  
24 hours in advance  
\$1.25  
Suggested Donation

All Parties, Trips & Movie Night must be  
paid by due dates

The Senior Center has educational speak-  
ers  
Every Thursday at 10:45am

Medical Transportation  
Mondays & Wednesdays  
By Appointment Only

Bus has a regular weekly schedule that  
runs along Anderson Ave. and Palisades  
Ave and will stop at any city bus stop with  
prior notice.

8:00am pick-up is  
available to transport you from your  
Cliffside Park home to the Senior  
Activity Center  
every morning.

Bingo every Friday night at 7:00pm

The Bus leaves from the 500/550 Build-  
ings 10 minutes before the  
departure time

Must Register to use the Senior Citizen  
Transportation

ALL SCHEDULES ARE  
SUBJECT TO CHANGE WITHOUT NOTICE

## CLIFFSIDE PARK SENIOR ACTIVITY CENTER

AT THE GERALD A. CALABRESE COMPLEX

500 GORGE RD

CLIFFSIDE PARK, NJ 07010



# January 2019

### WHATS HAPPENING THIS MONTH

<b>Jan. 3 &amp; 17- (Thurs) PAAD &amp; Senior Gold Assistance</b>	<b>11:00am</b>
<b>Jan. 3- Blue Cross/ Blue Shield</b>	<b>10:45am</b>
<b>Jan. 4- Burlington (Paramus) Shopping &amp; Shake Shack for Lunch</b>	<b>9:30am</b>
<b>Jan. 7-30- (Every Mon. &amp; Wed.) Quit Smoking Workshop</b>	<b>12:00pm- 1:00pm</b>
<b>Jan. 9- (Wed.) Sands Casino \$33.00</b>	<b>8:30am</b>
<b>Jan. 10- Blood Work Choices w/ Infinity Labs</b>	<b>10:45am</b>
<b>Jan. 11- Culinary Institute Tour &amp; Lunch @ Bocuse \$49.00 by 1/4/19</b>	<b>8:30am</b>
<b>Jan. 14- Blood Pressure &amp; Health Consults w/ Lori</b>	<b>9:00am-11:00am</b>
<b>Jan. 16- Movie Day- Gotti</b>	<b>12:30pm</b>
<b>Jan. 17- Horizon Health</b>	<b>10:30am</b>
<b>Jan. 18- Your Choice:</b>	<b>9:45am</b>
<b>Bogota Miniature Golf \$8.00 pay @ door + lunch @ Café</b>	
<b>Bowler City \$4.50 per game \$4.00 Shoe rental pay @ door + lunch @ Café</b>	
<b>Jan. 24- Food Stamps</b>	<b>9:30am- 12:00pm</b>
<b>Jan. 25- Sedona Tap House Grill Lunch \$15.00</b>	<b>11:30am</b>
<b>Jan. 29- Birthday Party w/ Alan</b>	<b>10:00am</b>
<b>Jan. 31- Monthly Visit w/ Hackensack @ Palisades</b>	<b>10:45am</b>

### UPCOMING EVENTS

Empire Club Luncheon \$35.00 Date TBA

February 9- Saturday Night @ Hasbrouck Heights Elk's Club

Valentine Dinner Dance

6:00pm

February 20- AARP Driver Safety Class (Sign-up)

9:00am-3:00pm

APRIL 7-14, 2019 -CRUISE TO FLORIDA & THE BAHAMAS

Monday	Tuesday	Wednesday
<p align="center"> <b>APRIL 7-14, 2019</b>  <b>FLORIDA &amp; THE BAHAMAS</b>  <b>CRUISE</b>  <b>8 DAYS/7 NIGHTS</b>  <b>INSIDE CABIN- \$1,299.00</b>  <b>OUTSIDE CABIN- \$1,539.00</b>  <b>BALCONY - \$1,689.00</b>    <b>\$350.00 DEPOSIT</b> </p>	<p align="center"> <b>1</b>  <b>CLOSED</b>  <b>New Years Day</b>   </p>	<p align="center"> <b>2</b>  8:00am Breakfast Buddies  10:00am Yoga  11:00am Tai Chi  11:30am Lunch    <b>TUNA SALAD SANDWICH</b> </p>
<p> <b>7</b>  8:00am Breakfast Buddies  10:00am Morning Bingo/Walking Club  11:30am Lunch  1:00pm Line Dance Class / Mahjong    <b>SALISBURY STEAK W/ GRAVY</b> </p>	<p> <b>8</b>  8:00am Breakfast Buddies  10:00am Singing w/Alan  11:30am Lunch  1:00pm Zumba  1:00pm Intermediate Bridge  1:00pm Art Class    <b>BREADED CHICKEN MILANESE</b> </p>	<p> <b>9</b>  8:00am Breakfast Buddies  8:30am SANDS CASINO  10:00am Yoga  11:00am Tai Chi  11:30am Lunch    <b>LEMON PEPPER FISH</b> </p>
<p> <b>14</b>  8:00am Breakfast Buddies  9:00am BLOOD PRESSURE  10:00am Morning Bingo/Walking Club  11:30am Lunch  1:00pm Line Dance Class / Mahjong    <b>TURKEY BURGER</b> </p>	<p> <b>15</b>  8:00am Breakfast Buddies  10:00am Singing w/Alan  11:30am Lunch  1:00pm Zumba  1:00pm Intermediate Bridge  1:00pm Art Class    <b>BREADED FISH</b> </p>	<p> <b>16</b>  8:00m Breakfast Buddies  10:00am Yoga  11:00am Tai Chi  11:30am Lunch  12:30pm Afternoon Movie    <b>MEATLOAF W/ GRAVY</b> </p>
<p align="center"> <b>21</b>  <b>CLOSED</b>   </p>	<p> <b>22</b>  8:00am Breakfast Buddies  10:00am Singing w/Alan  11:30am Lunch  1:00pm Zumba  1:00pm Intermediate Bridge  1:00pm Art Class    <b>ITALIAN PORK SAUSAGE</b> </p>	<p> <b>23</b>  8:00am Breakfast Buddies  10:00am Yoga  11:00am Tai Chi  11:30am Lunch    <b>ROAST TURKEY W/ GRAVY</b> </p>
<p> <b>28</b>  8:00am Breakfast Buddies  10:00am Morning Bingo/Walking Club  11:30am Lunch  1:00pm Line Dance Class / Mahjong    <b>BREADED POLLACK</b> </p>	<p> <b>29</b>  8:00am Breakfast Buddies  10:00am Birthday Party w/Alan  11:30am Lunch  1:00pm Zumba  1:00pm Intermediate Bridge  1:00pm Art Class    <b>BONELESS BBQ BEEF RIB</b> </p>	<p> <b>30</b>  8:00am Breakfast Buddies  10:00am Yoga  11:00am Tai Chi  11:30am Lunch    <b>CHICKEN PICCATA</b> </p>

<b>Thursday</b>	<b>Friday</b>
<b>3</b> <b>8:00am</b> Breakfast Buddies <b>9:30am</b> Conversational English <b>10:00am</b> PAAD & Senior Gold <b>10:45am</b> BC/BS Speaker <b>11:30am</b> Lunch <b>12:00pm</b> Chorus <b>1:00pm</b> Bingo/ Bridge <b>1:00pm</b> Peri Art Class <b>HOT ROAST BEEF</b>	<b>4</b> <b>8:00m</b> Breakfast Buddies <b>9:30am</b> Burlington Shopping <b>10:30am</b> Senior Fitness <b>11:30am</b> Lunch <b>7:00pm</b> Evening Bingo  <b>ITALIAN MEATBALLS</b>
<b>10</b> <b>8:00am</b> Breakfast Buddies <b>9:30am</b> Conversational English <b>10:45am</b> Blood Work Choices <b>11:30am</b> Lunch <b>12:00pm</b> Chorus <b>1:00pm</b> Bingo/ Beginner Bridge <b>1:00pm</b> Peri Art Class  <b>VEGETABLE LASAGNA</b>	<b>11</b> <b>8:00am</b> Breakfast Buddies <b>8:30am</b> Culinary Institute Tour <b>10:30am</b> Senior Fitness <b>11:30am</b> Lunch <b>7:00pm</b> Evening Bingo  <b>ROAST PORK W/ GRAVY</b>
<b>17</b> <b>8:00am</b> Breakfast Buddies <b>9:30am</b> Conversational English <b>10:30am</b> Horizon Health <b>11:00am</b> PAAD & Senior Gold <b>11:30am</b> Lunch <b>12:00pm</b> Chorus <b>1:00pm</b> Bingo/ Beginner Bridge <b>1:00pm</b> Peri Art Class <b>EGGPLANT ROLLANTINI</b>	<b>18</b> <b>8:00am</b> Breakfast Buddies <b>9:45am</b> Bogota Mini Golf <b>9:45am</b> Bowler City <b>10:30am</b> Senior Fitness <b>11:30am</b> Lunch <b>7:00pm</b> Evening Bingo  <b>CHICKEN CORDON BLEU</b>
<b>24</b> <b>8:00am</b> Breakfast Buddies <b>9:30am</b> Conversational English <b>9:30am</b> FOOD STAMPS <b>11:30am</b> Lunch <b>12:00pm</b> Chorus <b>1:00pm</b> Bingo/ Beginner Bridge <b>1:00pm</b> Peri Art Class  <b>LEMON PEPPER CHICKEN</b>	<b>25</b> <b>8:00am</b> Breakfast Buddies <b>10:30am</b> Senior Fitness <b>11:30am</b> Sedona Tap House <b>11:30am</b> Lunch <b>7:00pm</b> Evening Bingo  <b>BAKED COD FILT</b>
<b>31</b> <b>8:00am</b> Breakfast Buddies <b>9:30am</b> Conversational English <b>10:45am</b> Hackensack @ Palisades <b>11:30am</b> Lunch <b>12:00pm</b> Chorus <b>1:00pm</b> Bingo/ Beginner Bridge <b>1:00pm</b> Peri Art Class  <b>SWEDISH MEATBALLS</b>	

*Borough of Cliffside Park*



Mayor Thomas Calabrese

Housing Authority  
Board of Commissioners

Peter Colao

*Chairman*

Simone Carafa

*Vice Chairman*

Salvatore Spoto

Janet Merrill

Ralph Calabrese

Harry Guttilla

Lynn DeLucia

Joseph Capano

*Executive Director*

James Santasiero

*Assistant Executive Director*

**CLIFFSIDE PARK  
SENIOR ACTIVITY  
CENTER &  
TRANSPORTATION**

500 Gorge Rd  
Cliffside Park NJ, 07010

**Linda Phillips-Perez**  
**Carol Russo**  
Coordinator

**Phyllis Dubon**  
Recreation Leader

Phone: (201) 943-3768  
Fax: (201) 941-4038  
Email: lperez@cp-ha.org  
Email: pdubon@cp-ha.org



The Cliffside Park Senior Activity Center operates as a community focal point providing services and programs to seniors living independently or with families in the community. We offer recreational, cultural, health and social activities to seniors aged sixty years and over, in order to promote independence, personal enrichment and an enhanced quality of life.

## For Your Information

Cliffside Park Housing Authority (201)- 941-0655

Cliffside Park Borough Hall (201)- 313-2000

Community Transportation (201)-368-5955

Division Of Senior Services (201)- 336-7400

Division on Disability Services (201)- 336-6500

Meals on Wheels (201)- 336-7420

Bergen County Social Services (201)- 368-4200 (Food Stamps)

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### **Cliffside Park Senior Transportation Regular Weekly Schedule**

**Monday's**- Edgewater Trip- 1st Trip- 500/550 bldgs. 9:20am- All other Stop 9:30am- Return 10:30am  
Edgewater Trip- 2nd Trip- 500/550 bldgs. 10:20am- All other stops 10:30am- Return 11:30am  
Super Fresh Trip- 500/550 bldgs. 12:50pm- All other stops 1:00pm- Return 2:30pm

**Tuesday's**- Garden State Plaza- 500/550 bldgs. 9:20am- All other stops 9:30am- Return 1:00pm  
Food Bazaar & Rite Aid- 500/550 bldgs. 10:20am- Return 11:30am  
North Bergen Wal Mart- 500/550 bldgs. 1:00pm- Return 2:30pm

**Wednesday's**- Edgewater Trip- 1st Trip- 500/550 bldgs. 9:20am- All other Stop 9:30am- Return 10:30am  
Edgewater Trip- 2nd Trip- 500/550 bldgs. 10:20am- All other stops 10:30am- Return 11:30am  
Dollar Store Trip- 500/550 bldgs. 12:50pm- All other stops 1:00pm- Return 2:30pm  
Shop Rite Trip- 500/550 bldgs. 1:00pm- Return 2:30pm

**Thursday's**- Shop Rite Trip- 1st Trip- 500/550 bldgs. 8:50am- All other stops 9:00am- Return 10:00am  
Shop Rite Trip- 2nd Trip- 500/550 bldgs. 9:50am- All other stops 10:00am- Return 11:00am

**Friday's**- Friday's are Reserved for Special Trips. See our monthly trip schedule.