

*The New Cliffside Park Senior Activity Center
At the Gerald A. Calabrese Complex
500 Gorge Road Cliffside Park, NJ 201-943-3768*

Feb. 1 ~ Christmas Tree Store Shopping & Dynasty Lunch	10:00am
Feb.1~ Interactive Music & Dance w/ Alan	12-1:30am
Feb. 3~(Sun.) Super Bowl Party \$15 by 1/22 /19	5:30pm
Feb. 6~ Chair Exercise w/ Dr. Arber	9:15am
Feb. 7 & 21 (Thurs.) ~PAAD & Senior Gold Application Assistance	11:00am
Feb. 7~ Gift Card Bingo w/ County Manor	10:30am
Feb. 8~ Burlington (Paramus) Shopping & Shake Shack for Lunch	10:00am
<i>Feb 9~Saturday Night Elk's Club Valentine Dinner Dance \$35 Sign-up by 2/4/19</i>	<i>6:00pm</i>
Feb. 11~ Blood Pressure & Health Consults w/ Lori	9-11am
Feb. 13~ (Wed.) Sands Casino \$33	8:30am
Feb. 14~ (Thurs.) Patsy's Valentine Luncheon \$25 by 2/11/19	11:30am
Feb. 15~ (Fri.) Shop Rite Shopping	9am/10am
Feb.20~Beal Bank	10-11am
Feb. 20 ~Movie Day~ Kidnap	12:30pm
Feb. 21~ Quit Smoking Lecture	10:45am
Feb.22~ High Society Lite Lunch \$18.00 by 2/19/19	11:00am
Feb. 25~AARP Driver Safety Class (sign-up)	9:00am-3:00pm
Feb. 26~ Birthday Party w/ Alan	10:00am
Feb. 28~ Managing Musculoskeletal Health W/ New Bridge Medical	10:45am
Feb. 28~ Hackensack Medical Center@ Palisades	10:00am
Feb. 28~ Food Stamps	9:30am-12:00pm

**Bingo every Monday Morning 10am & Thursday Afternoon 1pm Evening Bingo every Friday 7pm
Cliffside Park Senior Center is open on Saturdays from 9am-1pm with Games, Coffee & Danish**

Upcoming Events

Mar.31 (Sunday) Give & Take 2pm

April 7-14, 2019 Florida & Bahamas Cruise on Norwegian Escape

Bocce League Mondays beginning April 8th

April 17th Spring Fling w/ Entertainer Joey Vincent & DJ Nick \$10 Reserve your seat

Cliffside Senior Transport offers Cliffside Park residents transportation to and from your medical appointments.

Please call the Senior Activity Center for more information. Regularly Scheduled Activities Included: Exercise, Tai Chi, Yoga, Line Dancing, Chorus, Walking Club, Zumba, Bingo, Cards, Art, Bridge, Mahjong, Wii Bowling, Puzzles, Intergenerational Programs, Afternoon Teas, Singing w/Alan, Local & Mall Shopping, Trips, Concerts & Parties