

REMEMBER

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

Medical Transportation
Mondays & Wednesdays
By Appointment Only
7 days Advance notice

The Bus leaves from the 500/550
Buildings 10 minutes before the
departure time

Must Register to use the Senior
Citizen
Transportation

ALL SCHEDULES ARE
SUBJECT TO CHANGE WITHOUT
NOTICE

Programs provided by
Bergen County DSS
Funding

MONDAYS & WEDNESDAYS
Foot Doctor Appointments
@ 550 Building
For appointments & questions call
201-487-4443

Saturday's Open
8:30am-12:30pm

We are on the internet:
cphousingauthority.com
Facebook
Cliffside Park Senior Activity Center
Instagram
Cliffsidepark_seniorcenter

CLIFFSIDE PARK SENIOR ACTIVITY CENTER

AT THE GERALD A. CALABRESE COMPLEX

500 GORGE RD

CLIFFSIDE PARK, NJ 07010



September 2021


Sept. 1– Twin Lights Historic Site & Lunch Seabright, NJ	9:00am
Sept. 2– Dehydration w/ HARP	10:15am
Sept. 2– Boulevard Diner Lunch	12:00pm
Sept. 2– Gift Card Bingo w/ Advanced Physical Therapy	11:00am
Sept. 2 & 23– PAAD Assistance w/ Angela	10:00am
Sept. 3– Stew Leonard's	9:00am
Sept. 7 & 21– Meditation w/ Angela	11:00am
Sept. 8– Resorts Casino Atlantic City \$35.00 Due @ Sign-up	8:30am
Sept. 9– CPR Tips w/ HARP	10:15am
Sept. 9– Dynasty Buffet	12:00pm
Sept. 9 & 23– Singing w/ Richie Ranno	1:00pm
Sept. 10– Burlington Secaucus	9:00am
Sept. 13– Long Branch	9:00am
Sept. 15– Point Pleasant	9:00am
Sept. 16– SNAP Applications (Food Stamps)	9am-12pm
Sept. 16– Franco's Pizza Fort Lee	12:00pm
Sept. 16– Monthly Blood Pressure & Alzheimer's Education	9am-11am
Sept. 17– Christmas Tree Store	9:00am
Sept. 20– Woodbury Commons	9:00am
Sept. 22– Botanical Gardens \$30.00	9:00am
Sept. 23– Gift Card Bingo w/ Valley Bank	11:00am
Sept. 23– Brownstone Edgewater	12:00pm
Sept. 24– Wegmans Grocery Store	9:00am
Sept. 24– Music Under the stars w/Special Guest Jose' Conde	7pm-9pm
Sept. 27– Nyack Mall Upstate New York	9:00am
Sept. 29– Uncle Giuseppe's	11:00am
Sept. 30– Birthday Cake Celebration	11:15am
Sept 30– Farmers Market (For people w/ Vouchers only)	12:00pm

Upcoming Events

Oct. 8– Casino trip \$35.00

Oct. 20– Four Seasons Tribute @ The Shore Club \$55.00

Oct. 28– Halloween Party– Costume Parade- \$15.00
(DJ & Lunch)

Monday	Tuesday	Wednesday
Vacation Trip to West Virginia Sept. 15-17, 2021 3 Days- 2 Nights Call for information	MEDICAL TRANSPORTATION MONDAY & WEDNESDAY 7 DAYS ADVANCE NOTICE Call for more information	1 9:00am Historic Site & Lunch 9:30am Edgewater 10:30am Jammin w/Jeremy 10:30am Edgewater Medicals BEEF STROGANOFF
6 CLOSED  LABOR DAY	7 9:30am Garden State Plaza 9:30am Wal-Mart 10:00am Yoga 11:00am Meditation 11:00am Wal-Mart 12:30pm Bingo 1:00pm Art 1:00pm Bridge HAMBURGER	8 8:30am Resorts Casino AC 9:30am Edgewater 10:30am Jammin w/Jeremy 10:30am Edgewater Medicals CHICKEN FLORENTINE
13 9:00am Long Branch 9:30am Edgewater 10:00am Bank Runs 10:00am Jammin w/Jeremy 10:30am Edgewater 1:00pm City Supermarket Medicals CHICKEN TERIYAKI	14 9:30am Wal-Mart 10:00am Yoga 11:00am Wal-Mart 12:30pm Bingo 1:00pm Art 1:00pm Bridge SALISBURY STEAK	15 9:00am Point Pleasant 9:30am Edgewater 10:30am Jammin w/Jeremy 10:30am Edgewater Medicals ITALIAN MEATBALLS
20 9:00am Woodbury Commons 9:30am Edgewater 10:00am Bank Runs 10:00am Jammin w/Jeremy 10:30am Edgewater 1:00pm City Supermarket Medicals BBQ CHICKEN	21 9:30am Garden State Plaza 9:30am Wal-Mart 10:00am Yoga 11:00am Meditation 11:00am Wal-Mart 12:30pm Bingo 1:00pm Art 1:00pm Bridge STUFFED CABBAGE	22 9:00am Botanical Gardens 9:30am Edgewater 10:30am Jammin w/Jeremy 10:30am Edgewater Medicals CHICKEN FILLET
27 9:00am Nyack Mall 9:30am Edgewater 10:00am Bank Runs 10:00am Jammin w/Jeremy 10:30am Edgewater 1:00pm City Supermarket Medicals HOME-STYLE MEATLOAF	28 9:30am Garden State Plaza 9:30am Wal-Mart 10:00am Yoga 11:00am Wal-Mart 12:30pm Bingo 1:00pm Art 1:00pm Bridge BAKED PENNE	29 9:30am Edgewater 10:30am Jammin w/Jeremy 10:30am Edgewater 11:00am Uncle Giuseppe's Medicals ORANGE CHICKEN

Thursday	Friday
2 9:30am ShopRite 10:00am PAAD Assistance 10:15am Speaker 11:00am Gift Card Bingo 11:00am ShopRite 12:00pm Blvd Diner Lunch 1:00pm Bridge BROCCOLI CHICKEN	3 9:00am Stew Leonard's 9:30am ShopRite 10:00am Tai Chi 12:30pm Wal-Mart 12:30pm Bingo CHEF SALAD
9 9:30am ShopRite 10:15am CPR Tips w/ HARP 11:00am ShopRite 1:00pm Dollar Store 12:00pm Dynasty Buffet 100pm Singing w/ Richie 1:00pm Bridge RIGATONI BOLOGNESE	10 9:00am Burlington Secaucus 9:30am ShopRite 10:00am Tai Chi 12:30pm Wal-Mart 12:30pm Bingo PULLED PORK SANDWICH
16 9:00am Blood Pressure 9:30am ShopRite 1100am Gift Card Bingo 11:00am ShopRite 12:00pm Franco's Fort Lee 1:00pm Dollar Store 1:00pm Bridge SHAVED CHICKEN	17 9:00am Christmas Tree Store 9:30am ShopRite 10:00am Tai Chi 12:30pm Wal-Mart 12:30pm Bingo TUNA SALAD
23 9:30am ShopRite 10:00am PAAD Assistance 11:00am Gift Card Bingo 11:00am ShopRite 12:00pm Brownstone 1:00pm Dollar Store 100pm Singing w/ Richie 1:00pm Bridge MEATBALL MARSALA	24 9:00am Wegmans Montvale 9:30am ShopRite 10:00am Tai Chi 12:30pm Wal-Mart 12:30pm Bingo 7pm Music Under the Stars "Special Guest Jose' Conde" CHICKEN CAESAR SALAD
30 9:30am ShopRite 11:00am ShopRite 11:15am Birthday Cake 12:00 Farmers Market 1:00pm Dollar Store 12:00pm Farmers Market 1:00pm Bridge ROASTED TURKEY	Bocce Every Monday @ 12:30pm New players Welcome

Borough of Cliffside Park



Mayor Thomas Calabrese

Housing Authority
Board of Commissioners

Peter Colao
Chairman

Ralph Calabrese
Vice Chairman

Janet Merrill
Harry Guttilla
Vincent Conforti
Vito Candela

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
Coordinators

Phyllis Dubon
Recreation Leader &
Transportation Coordinator

Albana Hadzovic
Recreation Leader

Phone: (201) 943-3768
Fax: (201) 941-4038

Email: lperez@cp-ha.org
Email: pdubon@cp-ha.org
Email: ahadzovic@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)

Cliffside Park Senior Activity Center Transportation Weekly Trips

Monday– Special Day Trips

Edgewater Trip– 1st Trip– 500/550 bldgs. 9:20am– All other stops 9:30am– Return 10:30am
Edgewater Trip– 2nd Trip– 500/550 bldgs. 10:20am– All other stops 10:30am– Return 11:30am
City Supermarket– 500/550 bldgs. 12:50pm– All other stops 1:00pm– Return 2:30pm
Medicals (By appointment only– 7 Days Advance Notice)

Tuesday– Garden State Plaza– 500/550 bldgs. 9:20am– All other stops 9:30am– Return 1:00pm

Walmart Trip– 1st Trip– 500/550 bldgs. 9:20am– All other stops 9:30am– Return 11:00am
Walmart Trip– 2nd Trip– 500/550 bldgs. 11:00am– All other stops 11:10am– Return 12:40am

Wednesday– Special Day Trips

Edgewater Trip– 1st Trip– 500/550 bldgs. 9:20am– All other stops 9:30am– Return 10:30am
Edgewater Trip– 2nd Trip– 500/550 bldgs. 10:20am– All other stops 10:30am– Return 11:30am
Medicals (By appointment only– 7 Days Advance Notice)

Thursday– Special Luncheon

Shop Rite Trip– 1st Trip– 500/550 bldgs. 9:20am– All other stops 9:30am– Return 11:00am
Shop Rite Trip– 2nd Trip– 500/550 bldgs. 11:00am– All other stops 11:10am– Return 12:40pm
Dollar Store– 500/550 bldgs. 12:50pm– All other stops 1:00pm– Return 2:30pm

Friday– Special Shopping Trips

Shop Rite Trip– 500/550 bldgs. 9:20am– All other stops 9:30am– Return 11:00am
Walmart Trip– 500/550 bldgs. 12:20pm– All other stops 12:30pm– Return 2:00pm