

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

Sept. 1~ Twin Lights Historic Site & Lunch @Donovan's Reef, Seabright, NJ	9:00am
Sept. 2~ Dehydration w/ HARP	10:15am
Sept. 2~ Boulevard Diner Lunch	12:00pm
Sept. 2& 23~PAAD Assistance w/Angela	10:00am
Sept. 7 & 21~ Meditation w/ Angela (Tues.)	11:00am
Sept. 8~Resorts World Casino \$35	8:30am
Sept. 9~ CPR Tips w/ HARP 10:15am	Dynasty Buffet 12:00pm
Sept. 9 & 23~ Singing w/ Richie Ranno	1:00pm
Sept. ~Gift Card Bingo w/ Advanced Physical Therapy	11:00am
Sept. 13~Long Branch	9:00am
Sept. 15~ Point Pleasant Trip	9:00am
Sept. 16~ Blood Pressure & w/ Hackensack/ Meridian Hospital/Alzheimer's Education	9-11am
Sept. 15~ Point Pleasant Trip	9:00am
Sept. 20 Woodbury Commons	9:00am
Sept. 22 Botanical Gardens \$30	9:00am
Sept. 23 ~ Gift Card Bingo w/ Valley Bank 11:00am	Brownstone Lunch 12:00pm
Sept. 24~ Music under the Stars w/ Special Guest Jose' Ponde	7-9pm
Sept. 27~ Nyack Palisades Mall	9:00am
Sept. 29 ~Uncle Giuseppe	12:00pm
Sept. 30~ Birthday Cake Celebration 11:15pm	Farmers Market 12:00pm

West Virginia Trip September 15-17, 2021

Friday Special Shopping: 9/3 Stu Leonards, 9/10 Burlington, 9/17 Christmas Tree Store, 9/24 Wegmans

Senior Classes

Jammin w/ Jeremy ~ Mon. 10am & Wed. 10:30 am

Yoga~ Tues. 10am ~ Meditation` Tues. 11am Sept. &

Art~ Tues. 1pm Bridge~ Tues. & Thurs 1pm Peri Art on Zoom~ Thurs. 1pm Tai Chi ~ Fri. 10am

Bocce League every Monday 12:30 Bingo every Tuesday & Friday at 12:30pm

Medical Transportation Monday & Wednesday

Next Month :

Casino \$35 Oct. 8~ 8:30am Four Seasons Tribute \$55 Oct. 20 @ The Shore Club

Halloween Party Oct.28 \$15 11am-3pm Must sign-up