





















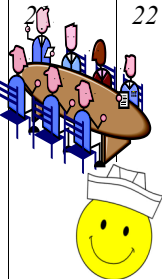












CRESSKILL SENIOR ACTIVITY CENTER 201-503-9831

May 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
 #1 	1 NEW TIME PILATES 9:15 Book Club 11:00 Ballroom Dancing Less3 10:30 1:00 PM LET'S STOP OSTEOPOROSIS WITH REAL FOOD & NUTRITION PRE-REGISTRATION SEE DONNAJO TO SIGN UP PLEASE THREE PART SERIES	2 Computer Less by appt. 9-11 10:00 Bridge 10:15 BASIC Training 11:45 Stretch Class  1:30 Art Class	 3 Computer Less by appt. 9-11  Chair Yoga 11:45 1:00 Yoga Class 2:00 Game Day	4 NO Qi-Gong/Tai-Chi 10:30 Movie 135m Rated "R" "Manchester by the Sea" 1:00 Duplicate Bridge 	5 9:30 Zumba Gold 10:00 Discussion Group 11:15 STRENGTH training PILATES NOW ON MON. 1:00 YMCA Exercise 1:00 Mah-Jong 	6 
7 	8 NEW TIME PILATES 9:15  12:30 Senior Meeting	9 Computer Less by appt. 9-11 10:00 Bridge 10:15 BASIC Training 11:45 Stretch Class 1:30 Art Class 	10 Computer Less by appt. 9-11  Chair Yoga 11:45 1:00 Yoga Class 2:00 Game Day 	11 9:30 Qi-Gong/Tai-Chi 10:30 Movie 126m Rated "PG" "We Bought a Zoo" 1:00 Duplicate Bridge 	12 9:30 Zumba Gold 10:00 Discussion Group 11:15 STRENGTH training PILATES NOW ON MON. 1:00 YMCA Exercise 1:00 Mah-Jong 	13 
14 	15 NEW TIME PILATES 9:15 Book Club 11:00 Ballroom Dancing Less3 10:30 1:00 PM LET'S STOP OSTEOPOROSIS WITH REAL FOOD & NUTRITION PRE-REGISTRATION DONNAJO TO SIGN UP PLEASE	16 Computer Less by appt. 9-11 10:00 Bridge 10:15 BASIC Training 11:45 Stretch Class 1:30 Art Class 	17 Computer Less by appt. 9-11 Chair Yoga 11:45 1:00 Yoga Class 2:00 Game Day 	18 9:30 Qi-Gong/Tai-Chi 10:30 Movie 100 m Rated "R" "Jackie" 1:00 Duplicate Bridge 	19 9:30 Zumba Gold 10:00 Discussion Group 11:15 STRENGTH training PILATES NOW ON MON. 1:00 YMCA Exercise 1:00 Mah-Jong 	20 
	22 NEW TIME PILATES 9:15 11-1:00 Blood Pressure taken and recorded 12:30 Senior Meeting 	23 Computer Less by appt. 9-11 10:00 Bridge 10:15 BASIC Training 11:45 Stretch Class 1:30 Art Class 	24 Computer Less by appt. 9-11 Chair Yoga 11:45 1:00 Yoga Class 2:00 Game Day 	25 9:30 Qi-Gong/Tai-Chi 10:30 Movie 139m "Fences" Rated "PG-13" 1:00 Duplicate Bridge 	26 9:30 Zumba Gold 10:00 Discussion Group 11:15 STRENGTH training PILATES NOW ON MON. 1:00 YMCA Exercise 1:00 Mah-Jong 	27 
28	29  HAPPY memorial DAY CENTER CLOSED	30 Last week of Computer Less by appt. 9-11 10:00 Bridge 10:15 BASIC Training 11:45 Stretch Class 1:30 Art Class 	31 Last week of Computer Less by appt. 9-11 Chair Yoga 11:45 1:00 Yoga Class 2:00 Game Day 	 THE CENTER WOULD LIKE TO WISH THE H.S SENIORS GOOD LUCK & THANK THEM FOR ALL THEIR TIME & KINDNESS	KEEP AN EYE OUT FOR OUR EXCITING TRIPS ... 