

CRESSKILL SENIOR ACTIVITY CENTER 201-503-9831

November 2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>2  DAY LIGHT SAVINGS TIME</p>	<p>3  10:30-12:30 Ballroom Dancing Lesson (Nov. 17 Dec. 15)</p> <p> SAVE ON YOUR MEDICARE COSTS TODAY @ 12:30 pm. Call Donnajo for information</p>	<p>4 VOTING ALL CENTER PROGRMS ARE CANCELLED</p> <p></p>	<p>5 PLEASE MAKE A NOTE: that ... ALL regular classes CANCELLED AARP Drivers Ed Class TODAY 9-3 pm Please register for the 6-hour course. When completed you are eligible for a discount on your car insurance. Limited space—you must sign up \$15 for AARP members \$20 for nonmembers.</p> <p>  </p>	<p>6  9:30 Qi-Gong/Tai-Chi 11:00 Movie "Internship" (119m) RATED PG-13 1:30 Duplicate Bridge</p>	<p>7 9:30 Zumba Gold 10:00 Discussion Group 11:15 Weight training 12:00 PILATES 1:00 YMCA Exercise 1:00 Mah-Jong</p> <p></p>	<p>1</p> <p>8</p>
<p>9</p>	<p>10  12:30 Senior Meeting</p>	<p>11 Center Closed Veteran's Day</p> <p></p>	<p>12 10-11:30 Italian Lessons 10:00 Quilting 1:00 Yoga Class</p> <p> 1:30 Game Day</p>	<p>13 9:30 Qi-Gong/Tai-Chi 11:00 Movie "Fading Gigolo" (90m) RATED "R" 1:30 Duplicate Bridge</p> <p></p>	<p>14 9:30 Zumba Gold 10:00 Discussion Group 11:15 Weight training 12:00 PILATES 1:00 YMCA Exercise 1:00 Mah-Jong</p> <p></p>	<p>15</p>
<p>16 SELF DEFENSE CLASS</p>	<p>17 10:30-12:30 Ballroom Dancing Lesson (Dec. 15) THIRD & FINAL SELF DEFENSE CLASS: 3:30—5:00 PM These classes, taught by a retired police officer, will encompass safety measures & self-defense techniques that will allow you to be aware of your surroundings in your everyday life. ..See Donnajo FOR INFO.</p> <p></p>	<p>18 10:00 Advanced Bridge 11:45 Stretch Class</p> <p> 1:30 Art Class</p>	<p>19 10-11:30 Italian Lessons 10:00 Quilting</p> <p> 1:00 Yoga Class 1:30 Game Day</p>	<p>20 9:30 Qi-Gong/Tai-Chi 11:00 Movie "Secret Life of Walter Mitty" (114m) RATED PG 1:30 Duplicate Bridge</p> <p></p>	<p>21 9:30 Zumba Gold 10:00 Discussion Group 11:15 Weight training 12:00 PILATES 1:00 YMCA Exercise 1:00 Mah-Jong</p> <p></p>	<p>15</p>
<p>23  11:00-1:00 Blood Pressure taken and recorded 12:30 Senior Meeting</p>	<p>25 10:00 Advanced Bridge 11:45 Stretch Class</p> <p> 1:30 Last Art Class</p>	<p>26 10-11:30 Italian Lessons</p> <p> NO Quilting NO Yoga Class NO Game Day</p>	<p>27  Happy Thanksgiving! CENTER CLOSED</p>	<p>29</p>	<p>29</p>	
<p>30 </p>	<p>1 TREE TRIMMING PARTY 11:00 am SEE Donnajo for info.</p>	<p>Computer lessons Tuesday's 9-10</p> <p></p>	<p>Computer lessons Wednesday's 9-11</p> <p></p>	<p>Computer lessons Thursday's 9-11</p> <p></p>	<p>Call Donnajo to set up your one on one computer lesson @ 201-503-9831</p> <p></p>	<p>29</p>