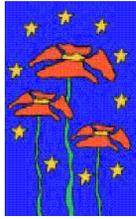


CRESSKILL SENIOR ACTIVITY CENTER 201-503-9831

November 2016

Update #1

Sun	Mon	Tue	Wed	Thu	Fri	Sat
   	<p><i>PLAYHOUSE CHRISTMAS @ HUNTINGTON HILL plus Holiday light at Turtleback Zoo Friday, DEC. 2 Limited space sign up early \$87 pp SEE DONNAJO</i></p> 	<p>1 Computer Less by appt. 9-11 10:00 Bridge 10:15 BASIC Training 11:45 Stretch Class 1:30 Art Class</p> 	<p>2 Computer Lessons by appt. 9-11 9:45—11:15 Quilting Chair Yoga 11:45 1:00 Yoga Class 2:00 Game Day</p> 	<p>3 9:30 Qi-Gong/Tai-Chi 10:30 Movie "45 YEARS" 115 m RATED PG-13 1:00 Duplicate Bridge</p>  	<p>4 9:30 Zumba Gold 10:00 Discussion Group 11:15 STRENGTH training 12:00 PILATES 1:00 YMCA Exercise 1:00 Mah-Jong</p> 	5
	<p>7 Book Club 11:00 Ballroom Dancing Lesson 10:30-12:30 (Nov. 21) Coloring Corner 12:30 LET'S RELAX AND COLOR</p>	<p>8 VOTING ALL CENTER PROGRMS ARE CANCELLED</p> 	<p>9 Computer Lessons by appt. 9-11 9:45—11:15 Quilting Chair Yoga 11:45 1:00 Yoga Class 2:00 Game Day</p>  	<p>10 9:30 Qi-Gong/Tai-Chi 10:30 Movie "Testament of Youth" 130 m RATED PG-13 1:00 Duplicate Bridge</p> 	<p>11 Center Closed Veteran's Day</p> 	12
13	<p>14 12:30 Senior Meeting</p> 	<p>15 Computer Less by appt. 9-11 10:00 Bridge 10:15 BASIC Training 11:45 Stretch Class 1:30 Art Class</p>  	<p>16 Computer Lessons by appt. 9-11 9:45—11:15 Quilting Chair Yoga 11:45 1:00 Yoga Class 2:00 Game Day</p> 	<p>17 9:30 Qi-Gong/Tai-Chi 10:30 Movie "In the Heart of the Sea" 122 m RATED PG-13 1:00 Duplicate Bridge</p> 	<p>18 9:30 Zumba Gold 10:00 Discussion Group 11:15 STRENGTH training 12:00 PILATES 1:00 YMCA Exercise 1:00 Mah-Jong</p> 	<p>19 伍 為</p> 
	<p>21 Ballroom Dancing Lesson 10:30-12:30 Coloring Corner 12:30 LET'S RELAX AND COLOR</p>	<p>22 Computer Less by appt. 9-11 10:00 Bridge 10:15 BASIC Training 11:45 Stretch Class 1:30 Art Class</p>  	<p>23 9:45—11:15 Quilting NO Chair Yoga NO Yoga Class NO Game Day</p> 	<p>24</p> 	<p>25</p> 	26
	<p>28 Tree Trimming - Holiday Party 11:00 Tree Trimming and a free holiday lunch, then a musical show . You MUST sign up at center limited space available. See Donnajo</p>	<p>29 Computer Less by appt. 9-11 10:00 Bridge 10:15 BASIC Training 11:45 Stretch Class 1:30 Art Class</p> 	<p>30 Computer Lessons by appt. 9-11 9:45—11:15 Quilting Chair Yoga 11:45 1:00 Yoga Class 2:00 Game Day</p>  	<p>Senior helping Seniors Our Cresskill High School seniors are available to our seniors for computer / smart-phone lessons. See Donnajo</p> 		