


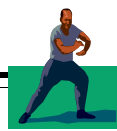


















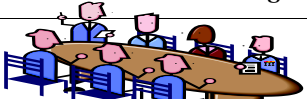

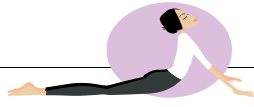



# CRESSKILL SENIOR ACTIVITY CENTER 201-503-9831

April 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
 <b>3</b> <b>NEW TIME PILATES 9:15</b> <i>Book Club 11:00</i> <i>Ballroom Dancing</i> <i>Lesson 10:30-12:30</i> <i>Coloring Corner 12:30</i> <b>PLEASE JOIN US @1PM</b> <b>PART 2 OF SERIES \$\$</b> <b>FINACES FOR WOMEN\$\$</b>	<b>4</b>  <i>Computer Less by appt. 9-11</i> <b>10:00 Bridge</b> <b>10:15 BASIC Training</b> <b>11:45 Stretch Class</b> <i>Art Resumes Next Week</i>	<b>5</b>  <i>Computer Less by appt. 9-11</i> <b>9:45—11:15 Quilting</b>  <i>Chair Yoga 11:45</i> <b>1:00 Yoga Class</b> <b>2:00 Game Day</b>	<b>6</b>  <b>9:30 Qi-Gong/Tai-Chi</b> <b>10:30 Movie 90 m Rated "NR"</b> <b>"The Rewrite"</b> <b>1:00 Duplicate Bridge</b> 	<b>7</b> <b>9:30 Zumba Gold</b> <b>10:00 Discussion Group</b> <b>11:15 STRENGTH training</b> <b>PILATES NOW ON MON.</b> <b>1:00 YMCA Exercise</b> <b>1:00 Mah-Jong</b>	 	
 <b>10</b> <b>NEW TIME PILATES 9:15</b> <b>12:30</b> <b>Senior Meeting</b> 	<b>11</b> <i>NO Computer Lessons today</i> <b>10:00 Bridge</b> <b>10:15 BASIC Training</b> <b>11:45 Stretch Class</b> <b>1:30 Art Class</b>	<b>12</b> <i>NO Computer Lessons today</i> <b>9:45—11:15 Quilting</b> <b>Yoga 11:45</b> <b>1:00 Yoga Class</b> <b>2:00 Game Day</b>   	<b>13</b> <b>9:30 Qi-Gong/Tai-Chi</b> <b>10:30 Movie 95m Rated "PG"</b> <b>"Who Gets the Dog"</b> <b>1:00 Duplicate Bridge</b>	<b>14</b>  <b>CENTER CLOSED</b>	<b>15</b>	
<b>16</b> 	<b>17</b> <b>NEW TIME PILATES 9:15</b> <i>Ballroom Dancing</i> <i>Lesson 10:30-12:30</i> <i>Coloring Corner 12:30</i>  	<b>18</b>  <i>Computer Less by appt. 9-11</i> <b>10:00 Bridge</b> <b>10:15 BASIC Training</b> <b>11:45 Stretch Class</b> <b>1:30 Art Class</b> 	<b>19</b> <i>Computer Less by appt. 9-11</i> <b>9:45—11:15 Quilting</b> <i>Chair Yoga 11:45</i> <b>1:00 Yoga Class</b> <b>2:00 Game Day</b> 	<b>20</b> <b>9:30 Qi-Gong/Tai-Chi</b> <b>10:30 Movie 111m PG-13</b> <b>"Words &amp; Pictures"</b> <b>1:00 Duplicate Bridge</b>	<b>21</b> <b>9:30 Zumba Gold</b> <b>10:00 Discussion Group</b> <b>11:15 STRENGTH training</b> <b>PILATES NOW ON MON.</b> <b>1:00 YMCA Exercise</b> <b>1:00 Mah-Jong</b>	
<b>23</b> 	<b>24</b> <b>NEW TIME PILATES 9:15</b> <b>11-1:00 Blood Pressure taken and recorded</b>  <b>12:30 Senior Meeting</b> 	<b>25</b> <i>Compt Less by appt. 9-11</i> <b>10:00 Bridge</b> <b>10:15 BASIC Training</b> <b>11:45 Stretch Class</b> <b>1:30 Art Class</b> 	<b>26</b> <i>Computer Less by appt. 9-11</i> <b>LAST 9:45—11:15 Quilting</b> <i>Chair Yoga 11:45</i> <b>1:00 Yoga Class</b> 	<b>27</b> <b>9:30 Qi-Gong/Tai-Chi</b> <b>10:30 Movie 131m Rated "R"</b> <b>"Hacksaw Ridge"</b> <b>1:00 Duplicate Bridge</b> 	<b>28</b> <b>9:30 Zumba Gold</b> <b>10:00 Discussion Group</b> <b>11:15 STRENGTH training</b> <b>PILATES NOW ON MON.</b> <b>1:00 YMCA Exercise</b> <b>1:00 Mah-Jong</b>	