

# CRESSKILL SENIOR ACTIVITY CENTER 201-503-9831



## July 2014



Mon

Tue

Wed

Thu

Fri

Sat

SELF-DEFENSE CLASS



This **SELF DEFENSE** 3 part series starts on Monday, 9/15 and then 10/20 & 11/17. 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. You must sign up for all 3 classes. See Donna Jo

1 10:00 Advanced Bridge  
11:45 Stretch Class  
2:15 Art Class



2 1:00 Yoga Class



1:30 Game Day

3 9:30 Qi-Gong/Tai-Chi  
11:00 Movie  
"FROZEN" (102m) Rated PG  
Bring the grandkids!!!  
1:00 Duplicate Bridge



4  
  
**CENTER CLOSED**

5

6



7 10:30-12:30  
Ballroom Dancing  
Lesson (July 7, 21  
Aug. 18 Sept. 15, 29 Oct. 20  
Nov. 3, 17 Dec. 1, 15)

8 10:00 Advanced Bridge  
11:45 Stretch Class



2:15 Art Class

9 1:00 Yoga Class



1:30 Game Day

10 9:30 Qi-Gong/Tai-Chi  
11:00 Movie  
"NEBRASKA" (115m)  
RATED "R"  
1:00 Duplicate Bridge



11 9:30 Zumba Gold  
10:00 Discussion Group  
11:15 Weight training  
12:00 PILATES  
1:00 YMCA Exercise  
1:00 Mah-Jong



12

13

14 12:30  
Senior Meeting



15 10:00 Advanced Bridge  
No Stretch Class Today  
2:15 Last Art Class



16 1:00 Yoga Class



1:30 Game Day

17 9:30 Qi-Gong/Tai-Chi  
11:00 Movie  
"12 YEARS A SLAVE"  
(134 m) RATED "R"  
1:00 Duplicate Bridge



18 9:30 Zumba Gold  
10:00 Discussion Group  
11:15 Weight training  
12:00 PILATES  
1:00 YMCA Exercise  
1:00 Mah-Jong



19

20



21 10:30-12:30  
Ballroom Dancing  
Lesson (July 21  
Aug. 18 Sept. 15, 29 Oct. 20  
Nov. 3, 17 Dec. 1, 15)



22 10:00 Advanced Bridge  
11:45 Stretch Class



2:15 Art Class

23 1:00 Yoga Class



1:30 Game Day

24 9:30 Qi-Gong/Tai-Chi  
11:00 Movie  
"LONE SURVIVOR"  
(120m) RATED "R"  
1:00 Duplicate Bridge



25 NO Zumba Gold Today  
10:00 Discussion Group  
11:15 Weight training  
12:00 PILATES  
1:00 YMCA Exercise  
1:00 Mah-Jong



26

27



28 11:00-1:00 Blood  
Pressure  
Taken and recorded  
12:30 Senior Meeting



10:00 Advanced Bridge  
11:45 Stretch Class

30 1:00 Yoga Class



1:30 Game Day

31 9:30 Qi-Gong/Tai-Chi  
11:00 Movie  
"HER" (126 m)  
RATED "R"  
1:00 Duplicate Bridge



WE ARE STILL COLLECTING ITEMS TO SEND TO OUR BRAVE TROOPS. SEE DONNAJO FOR A LIST OF ITEMS. PLEASE ASK EVERYONE YOU KNOW TO HELP. THE PACKAGES WILL BE A GREAT SURPRISE FROM HOME THANK YOU FOR YOUR SUPPORT

