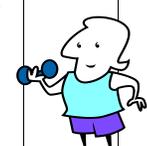


CRESSKILL SENIOR ACTIVITY CENTER 201-503-9831

October 2014

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---|--|---|--|--|--|-----|
|  | <p>AARP Drivers Education Class WEDNESDAY NOV. 5TH 9-3 pm Please register for the 6-hour course. When completed you are eligible for a discount on your car insurance. Limited space—sign up now \$15 for AARP members \$20 for nonmembers.</p> | <p>COULD YOU USE AN EXTRA \$100 A MONTH- NOV 3rd @ 12:30 pm. we present a MEDICARE savings program that could pay for your part B premium. Call Donna Jo for info. and registration</p> | <p>1 10-11:30 Italian Lessons 10:00 Quilting 1:00 Yoga Class</p>  <p>1:30 Game Day</p> | <p>2 9:30 Qi-Gong/Tai-Chi 11:00 Movie "THE BOOK THIEF" (131m) PG-13 NOTE LATER TIME 2:00 Duplicate Bridge</p>  | <p>3 9:30 Zumba Gold 10:00 Discussion Group 11:15 Weight training 12:00 PILATES 1:00 YMCA Exercise 1:00 Mah-Jong</p>  | 4 |
| <p>5</p>  <p>COMPUTER LESSONS SEE DONNA JO</p> | <p>6 10:00 Italian Lessons</p>  <p>12:30 Senior Meeting</p> | <p>7 10:00 Intermediate Bridge</p>  <p>11:45 Stretch Class 1:30 Art Class</p> | <p>8 10-11:30 Italian Lessons TRIP TRIP—meet at Center at 8:30 am Please be on time.</p>  <p>10:00 Quilting 1:00 Yoga Class 1:30 Game Day</p> | <p>9 9:30 Qi-Gong/Tai-Chi 11:00 Movie "At Middleton" (100m) RATED "R" 1:30 Duplicate Bridge</p>  | <p>10 9:30 Zumba Gold 10:00 Discussion Group 11:15 Weight training 12:00 PILATES 1:00 YMCA Exercise 1:00 Mah-Jong</p>  | 11 |
| 12 | <p>13</p>  <p>COLUMBUS DAY</p> <p>CENTER CLOSED</p> | <p>14 10:00 Advanced Bridge 11:45 Stretch Class 1:30 Art Class</p>  | <p>15 10-11:30 Italian Lessons 10:00 Quilting 1:00 Yoga Class</p>  <p>1:30 Game Day</p> | <p>16 9:30 Qi-Gong/Tai-Chi 11:00 Movie "Escape Plan" (116m) RATED "R" 1:30 Duplicate Bridge</p>  | <p>17 9:30 Zumba Gold 10:00 Discussion Group 11:15 Weight training 12:00 PILATES 1:00 YMCA Exercise 1:00 Mah-Jong</p>  | 18 |
| 19 | <p>20 10:30-12:30 Ballroom Dancing Lessons (Nov. 3,17 Nov 17, Dec 1,15) 2nd self Defense class (LAST classes 11/17) 3:30 -5:00 pm</p> | <p>21 10:00 Advanced Bridge</p>  <p>11:45 Stretch Class 1:30 Art Class</p> | <p>22 10-11:30 Italian Lessons 10:00 Quilting</p>  <p>1:00 Yoga Class 2:00 Game Day</p> | <p>23 9:30 Qi-Gong/Tai-Chi 11:00 Movie "Son Of God" (117m) RATED "R" 1:30 Duplicate Bridge</p>  | <p>24 9:30 Zumba Gold 10:00 Discussion Group 11:15 Weight training 12:00 PILATES 1:00 YMCA Exercise 1:00 Mah-Jong</p>  | 25 |
| <p>26</p>  | <p>27 10:00 Italian Lessons 11:00-1:00 Blood Pressure Taken and recorded 12:30 Senior Meeting</p> | <p>28 10:00 Advanced Bridge 11:45 Stretch Class 1:30 Art Class</p>  | <p>29 10-11:30 Italian Lessons 10:00 Quilting 1:00 Yoga Class 2:00 Game Day</p> <p>Card Game Day</p>  | <p>30 NO Qi-Gong/Tai-Chi 11:00 Movie "JOE" (138m) RATED "R" NOTE LATER TIME 2:00 Duplicate Bridge</p>  | <p>31 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>Happy Halloween</p> | 31 |