

CRESSKILL SENIOR ACTIVITY CENTER 201-503-9831

APRIL 2022 IN-PERSON / VIRTUAL / CALENDAR

38 Spring Street, Cresskill, New Jersey 07626

WWW.CRESSKILLBORO.COM

Mon

Tue

Wed

Thu

Fri



APRIL 11th
 12:30 pm "PLASTIC BAG BAN 101"
 NJ.'s strictest in the nation ban on
 single-use bags takes effect soon.
 What you need to know.

 Pre-register please.
 See Donnajo for more information



1 10:00 am **Kim's Pilates**
IN-PERSON or ZOOM
 Meeting # 870 2305 1168 Password Cresskill
 11:00 am **Discussion Club**
 11:15 am **Movin & Grovin w/ Kim**
 Meeting # 870 2305 1168 Password Cresskill
 1:00 pm **Susan's YMCA Exercise**
IN-PERSON or ZOOM
 Meeting #841 3153 9903 Password 4rVrG7

4 9:00 am **Guided Meditation Zoom only**
 Meeting# 714 8119 7049 Password meditate
 9:00 am **Knitting & Crocheting In-person only**
 11:00 am **Stephen's Strength Training**
IN-PERSON or ZOOM
 Meeting # 601 5138 698 Password 8BcN2b
 1:00 pm **Book Club #1 (First Monday's)**
IN-PERSON ONLY

5 9:45 am **Stephen's Basic Training**
 Meeting# 601 5138 698 Password 8BcN2b
 11:00 am **Betsy's Stretch**
IN-PERSON or ZOOM
 Meeting# 861 0522 2055 Password Ztzw4k
 12:00 pm **Betsy's Cardio** **IN-PERSON or ZOOM**
 Meeting # 897 2408 3039 Password Ztzw4k
 1:00 pm **Spring Watercolor Painting Party**
 Limited Space **MUST** sign-up

6 9:30 am **Arlene's Chair Yoga**
IN-PERSON or ZOOM
 Meeting#787 3764 5088 Password yoga
 11:00 am **IN-PERSON or ZOOM**
Stephen's Mat Class
 Meeting # 601 5138 698 Password 8BcN2b
 12:00 pm **MOVIE "Finding You"**
 Rated PG 1Hour 55 Minutes

7 10:00 am **Tai-Chi**
IN-PERSON or ZOOM
NEW Meeting# 782 7189 3102
 Password 824244
 11:00 am **Quilting**
 11:30 pm **Duplicate Bridge**

8 10:00 am **Kim's Pilates**
IN-PERSON or ZOOM
 Meeting # 870 2305 1168 Password Cresskill
 11:00 am **Discussion Club**
 11:15 am **Movin & Grovin w/ Kim**
 Meeting # 870 2305 1168 Password Cresskill
 1:00 pm **Susan's YMCA Exercise**
IN-PERSON or ZOOM
 Meeting #841 3153 9903 Password 4rVrG7

11 9:00 am **Guided Meditation Zoom only**
 Meeting# 714 8119 7049 Password meditate
 9:00 am **Knitting & Crocheting In-person only**
 11:00 am **Stephen's Strength Training**
IN-PERSON or ZOOM
 Meeting # 601 5138 698 Password 8BcN2b
 12:30 "PLASTIC BAG BAN 101"
 Pre-register see Donnajo for more information

12 9:45 am **Stephen's Basic Training**
IN-PERSON or ZOOM
 Meeting# 601 5138 698 Password 8BcN2b
 11:00 am **Betsy's Stretch** **IN-PERSON or ZOOM**
 Meeting# 861 0522 2055 Password Ztzw4k
 12:00 pm **Betsy's Cardio** **IN-PERSON or ZOOM**
 Meeting # 897 2408 3039 Password Ztzw4k
 1:00 pm **MAKEUP CLASS FOR SESSION #2**

13 9:30 am **Arlene's Chair Yoga**
IN-PERSON or ZOOM
 Meeting#787 3764 5088 Password yoga
 11:00 am **IN-PERSON or ZOOM**
Stephen's Mat Class
 Meeting # 601 5138 698 Password 8BcN2b
 12:00 pm **MOVIE "Emma"** Rated PG 2hr 5 min

14 10:00 am **Tai-Chi**
IN-PERSON or ZOOM
NEW Meeting# 782 7189 3102
 Password 824244
 11:00 am **Quilting**
 11:30 pm **Duplicate Bridge**



18 9:00 am **Guided Meditation Zoom only**
 Meeting# 714 8119 7049 Password meditate
NO Knitting & Crocheting TODAY
 11:00 am **IN-PERSON or ZOOM**
Stephen's Strength Training
 Meeting # 601 5138 698 Password 8BcN2b
 1:00 pm **Book Club #2 (Third Monday's)**

19 9:45 am **Stephen's Basic Training**
IN-PERSON or ZOOM
 Meeting# 601 5138 698 Password 8BcN2b
 11:00 am **Betsy's Stretch** **IN-PERSON or ZOOM**
 Meeting# 861 0522 2055 Password Ztzw4k
 12:00 pm **Betsy's Cardio** **IN-PERSON or ZOOM**
 Meeting # 897 2408 3039 Password Ztzw4k
 1:00 pm **SESSION #3 Watercolor LESSON #1**

20 9:30 am **Arlene's Chair Yoga**
IN-PERSON or ZOOM
 Meeting#787 3764 5088 Password yoga
 11:00 am **IN-PERSON or ZOOM**
Stephen's Mat Class
 Meeting # 601 5138 698 Password 8BcN2b
 12:00 pm **MOVIE "Supernova"**
 Rated "R" 1 Hour 35 Minutes
 12:30 **First Day of GAME DAY**

21 10:00 am **Tai-Chi**
IN-PERSON or ZOOM
NEW Meeting# 782 7189 3102
 Password 824244
NO Quilting Today
 11:30 pm **Duplicate Bridge**

22 10:00 am **Kim's Pilates**
IN-PERSON or ZOOM
 Meeting # 870 2305 1168 Password Cresskill
 11:00 am **Discussion Club**
 11:15 am **Movin & Grovin w/ Kim**
 Meeting # 870 2305 1168 Password Cresskill
NO Susan's YMCA Exercise TODAY



25 9:00 am **Guided Meditation Zoom only**
 Meeting# 714 8119 7049 Password meditate
 9:00 am **Knitting & Crocheting In-person only**
 11:00 am **Stephen's Strength Training**
IN-PERSON or ZOOM
 Meeting # 601 5138 698 Password 8BcN2b



26 9:45 am **Stephen's Basic Training**
IN-PERSON or ZOOM
 Meeting# 601 5138 698 Password 8BcN2b
 11:00 am **Betsy's Stretch** **IN-PERSON or ZOOM**
 Meeting# 861 0522 2055 Password Ztzw4k
 12:00 pm **Betsy's Cardio** **IN-PERSON or ZOOM**
 Meeting # 897 2408 3039 Password Ztzw4k
 1:00 pm **Watercolor LESSON #2**

27 9:30 am **Arlene's Chair Yoga**
IN-PERSON or ZOOM
 Meeting#787 3764 5088 Password yoga
 11:00 am **IN-PERSON or ZOOM**
Stephen's Mat Class
 Meeting # 601 5138 698 Password 8BcN2b
 12:00 pm **MOVIE "Queen Bee"**
 Rated PG-13 1 Hour 41 Minutes
 12:30 pm **Game Day**

28 9:00—1:00 pm **Blood Pressure Screening**
 By appointment only
 10:00 am **Tai-Chi**
NOTE ZOOM ONLY
NEW Meeting# 782 7189 3102
 Password 824244
 11:00 am **Quilting**
 11:30 pm **Duplicate Bridge**

29 10:00 am **Kim's Pilates**
 Meeting # 870 2305 1168 Password Cresskill
 11:00 am **Discussion Club**
 11:15 am **Movin & Grovin w/ Kim**
 Meeting # 870 2305 1168 Password Cresskill
 1:00 pm **Susan's YMCA Exercise**
 Meeting #841 3153 9903 Password 4rVrG7
SENIOR BINGO AT CRESSKILL
COMM INTY CENTER SEE DONNAJO
FOR MORE INFORMATION

