









CRESSKILL SENIOR ACTIVITY CENTER 201-503-9831



March 2022 IN-PERSON / VIRTUAL / CALENDAR 38 Spring Street, Cresskill, New Jersey 07626 WWW.CRESSKILLBORO.COM

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Please note: In the event we have inclement weather. Instructors will teach all classes on ZOOM. Please find codes on calendar</p> 	<p>1 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 #7</p>	<p>2 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 "Clemency" Rated R 1 hr. 53 min.</p>	<p>3 10:00 am Tai-Chi IN-PERSON or ZOOM Meeting# 764 5507 4096 Password 824244 11:00 am Quilting 2:00 pm ZOOM ONLY Bridge Club Base</p>	<p>4 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</p>
<p>7 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</p>	<p>8 9:45 am Stephen's Basic Training IN-PERSON or ZOOM Meeting# 601 5138 698 Password 8BcN2b 11:00 am Betsy's Stretch ZOOM ONLY TODAY Meeting# 861 0522 2055 Password Ztzw4k 12:00 pm Betsy Cardio ZOOM ONLY TODAY Meeting # 897 2408 3039 Password Ztzw4k NO Watercolor TODAY</p>	<p>9 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 "Overcomer" PG</p>	<p>10 10:00 am Tai-Chi IN-PERSON or ZOOM Password 824244 Meeting# 764 5507 4096 11:00 am Quilting 2:00 pm ZOOM ONLY Bridge Club Base</p>	<p>11 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</p>
<p>14 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</p> 	<p>15 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 #8</p>	<p>16 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 "All My Life" PG-13</p>	<p>17 ZOOM ONLY Tai-Chi TODAY Password 824244 Meeting# 764 5507 4096 NO Quilting Today 2:00 pm ZOOM ONLY Bridge Club Base</p> 	<p>18 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</p>
<p>21 9:00 am Guided Meditation Zoom only Meeting# 714 8119 7049 Password meditate 9:00 am Knitting & Crocheting In-person only 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)</p> 	<p>22 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 Ztzw4Passwordk 12:00 pm Betsy's Cardio IN-PERSON or ZOOM Meeting # 897 2408 3039 Password Ztzw4k 1:00 pm Watercolor LESSON #9</p>	<p>23 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 "Wild Mountain Thyme"</p>	<p>24 9:00—1:00 pm Blood Pressure Screening By appointment only 10:00 am Tai-Chi IN-PERSON or ZOOM Meeting# 764 5507 4096 Password 824244 11:00 am Quilting 2:00 pm ZOOM ONLY Bridge Club Base</p> 	<p>25 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</p>
<p>28 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</p>	<p>29 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 Final Session#2 Watercolor Lesson #10</p>	<p>30 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 "SOUL" PG</p>	<p>31 10:00 am Tai-Chi IN-PERSON or ZOOM Meeting# 764 5507 4096 Password 824244 11:00 am Quilting 2:00 pm ZOOM ONLY Bridge Club Base</p>	<p>Spring Painting Party 4/5 @ 1 pm Please register for our painting tutorial. Limited space. MUST register.</p>  <p>YOU CAN PAINT THIS</p>