

CRESSKILL SENIOR ACTIVITY CENTER 201-503-9831

SEPTEMBER 2022 IN-PERSON / VIRTUAL CALENDAR

38 Spring Street, Cresskill, New Jersey 07626

WWW.CRESSKILLBORO.COM

Mon

Tue

Wed

Thu

Fri

MOVIE MONDAY'S
COME JOIN US FOR POPULAR
FILMS . BRING A FRIEND
12:00 NOON beginning on 9/26

Let's Walk Together
Inside walking climate controlled at our
Cresskill Community Center, 100 3rd Street
Tuesday's 9:30-11:30 am, Wednesday's 10:30
-12:30 pm & Thursday's 12:00-2:00 pm.

Watercolor Session #4
Sept. 13-20-27
Oct. 11-18-25
Nov. 1-15-22-28
CALL TO SIGN UP NOW



1 10:00 am Tai-Chi
IN-PERSON or ZOOM
738 0548 9594
 Password 824244

2 ALL CLASSES
ZOOM ONLY
TODAY

5
 We will be **CLOSED**
 TO OBSERVE
Labor DAY

6 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 Cardo IN-PERSON or ZOOM
 Meeting # 897 2408 3039 Password Ztzw4k
BOOK CLUB 1:00 PM

7 MEMORY SCREENING BY APPT 10-2 PM
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 698Password 8BcN2b
 12:00 Game Day

8 10:00 am Tai-Chi
IN-PERSON or ZOOM
NOTE: NEW Meeting
738 0548 9594
 Password 824244
11:00 am
Duplicate Bridge

9 10:00 am Kim's Pilates
IN-PERSON or ZOOM
 Meeting#87023051168 Password Cresskill
11:15 am Movin & Grovin w/ Kim
 Meeting# 87023051168 Password Cresskill
1:00 pm Susan's YMCA Exercise
IN-PERSON or ZOOM
 Meeting #841 3153 9903 Password 4rVrG7

12 9:00 am Guided Meditation Zoom only
 Meeting# 714 8119 7049 Password meditate
9:00 am Knitting & Crocheting
11:00 am Stephen's Strength Training
 Meeting # 601 5138 698 Password 8BcN2b
1:00 pm. 9-11 REMBERING 21 YEARS LATER
Photographer David Margules and
author of "From Dust til' Dawn" with a and
special performance by Vocalist, Sophia Hirsch
1:00 pm Book Club #1 (Usually First Monday)

13 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 Cardo IN-PERSON or ZOOM
 Meeting # 897 2408 3039 Password Ztzw4k
1:00 pm SESSION #4 Watercolor LESSON #1

14 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 698Password 8BcN2b
 12:00 Game Day

15 10:00 am Tai-Chi
IN-PERSON or ZOOM
Meeting# 782 7189 3102
 Password 824244
11:00 am
Duplicate Bridge

16 10:00 am Kim's Pilates
IN-PERSON or ZOOM
 Meeting#87023051168 Password Cresskill
11:15 am Movin & Grovin w/ Kim
 Meeting# 87023051168 Password Cresskill
1:00 pm Susan's YMCA Exercise
IN-PERSON or ZOOM
 Meeting #841 3153 9903 Password 4rVrG7

19 9:00 am Guided Meditation Zoom only
 Meeting# 714 8119 7049 Password meditate
9:00 am Knitting & Crocheting
11:00 am Stephen's Strength Training
IN-PERSON or ZOOM
 Meeting # 601 5138 698 Password 8BcN2b
FALL PREVENTION INFORMATIONAL
SEPT 19 @ 12:30 PM PRE-REGISTRATION
REQUIRED. SEE DONNAJO FOR MORE INFO
1:00 pm Book Club#2

20 9:45 am Stephen's Basic Training
IN-PERSON or ZOOM
 Meeting# 601 5138 698 Password 8BcN2b
11:00 am Betsy's Stretch on ZOOM ONLY
 Meeting# 861 0522 2055 Password Ztzw4k
12:00 pm Betsy's Cardo on ZOOM ONLY
 Meeting # 897 2408 3039 Password Ztzw4k
1:00 pm SESSION #4 Watercolor LESSON #2

21 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 698Password 8BcN2b
 12:00 Game Day

22 9:00-1:00 am
Blood Pressure Screening
 By appointment only
10:00 am Tai-Chi
IN-PERSON or ZOOM
Meeting# 782 7189 3102
 Password 824244
11:00 am
Duplicate Bridge

23 10:00 am Kim's Pilates
IN-PERSON or ZOOM
 Meeting#87023051168 Password Cresskill
11:15 am Movin & Grovin w/ Kim
 Meeting# 87023051168 Password Cresskill
1:00 pm Susan's YMCA Exercise
IN-PERSON or ZOOM
 Meeting #841 3153 9903 Password 4rVrG7

26 9:00 am Guided Meditation Zoom only
 Meeting# 714 8119 7049 Password meditate
NO Knitting & Crocheting TODAY
11:00 am Stephen's Strength Training
IN-PERSON or ZOOM
 Meeting # 601 5138 698 Password 8BcN2b
NEW DAY 12:00 pm MOVIE Monday's
"SENIOR MOMENT " 1 Hour 32 Minutes

27 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 Cardo IN-PERSON or ZOOM
 Meeting # 897 2408 3039 Password Ztzw4k
1:00 pm SESSION #4 Watercolor LESSON #3

28 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 698Password 8BcN2b
 12:00 Game Day

29 10:00 am Tai-Chi
IN-PERSON or ZOOM
Meeting# 782 7189 3102
 Password 824244
11:00 am
Duplicate Bridge

30 10:00 am Kim's Pilates
IN-PERSON or ZOOM
 Meeting#87023051168 Password Cresskill
11:15 am Movin & Grovin w/ Kim
 Meeting# 87023051168 Password Cresskill
1:00 pm Susan's YMCA Exercise
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