



CRESSKILL SENIOR ACTIVITY CENTER 201-503-9831

July 2022 IN-PERSON / VIRTUAL CALENDAR

38 Spring Street, Cresskill, New Jersey 07626

WWW.CRESSKILLBORO.COM



Mon

Tue

Wed

Thu

Fri

MEMORY SCREENING
July 11, 2022 or
July 25, 2022 & Aug 22
By Appointment only
10:00 am-2:00 pm
See Donnajo to pre-register

AARP
Smart Driver Safety Course
 Monday, OCT 17TH (6 HOURS)
 LIMITED SPACE AVAILABLE
 SEE DONNAJO FOR INFO.

Watercolor Session #4
Pre-registration begins July 12th
 \$80 pp 10 Lessons dates below:
Sept. 13-20-27
Oct. 11-18-25
Nov. 1-15-22-29
See Donnajo for more information



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



5 **9:45 am Stephen's Basic Training**
ZOOM ONLY TODAY
Meeting# 601 5138 698 Password 8BcN2b
11:00 am Betsy's Stretch
ZOOM ONLY TODAY
Meeting# 861 0522 2055 Ztzw4k Password
12:00 pm Betsy Cardo ZOOM ONLY TODAY
Meeting # 897 2408 3039 Password Ztzw4k
Book Club #1 TPR at 12:00 noon

6 **TECH Lessons by appointment only**
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 pm MOVIE "On the Rocks"
 1 Hour 36 minutes
NEW TIME 12:00 Game Day

7 **10:00 am Tai-Chi**
IN-PERSON or ZOOM
NEW Meeting#
738 0548 9594
 Password 824244
NEW 10-12 noon
 Bridge Bass

8 **10:00 am Kim's Pilates**
IN-PERSON or ZOOM
Meeting # 870 2305 1168 Password Cresskill
11:15 am Movin & Grovin w/ Kim
Meeting # 870 2305 1168 Password Cresskill
NO Susan's YMCA Exercise Today

11 **9:00 am Guided Meditation Zoom only**
Meeting# 714 8119 7049 Password meditate
9:15 am Knitting & Crocheting

MEMORY SCREENING BY APPT 10-2

11:00 am Stephen's Strength Training
IN-PERSON or ZOOM
Meeting # 601 5138 698 Password 8BcN2b

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 Ztzw4k Password
12:00 pm Betsy's Cardo IN-PERSON or ZOOM
Meeting # 897 2408 3039 Password Ztzw4k
1:00 pm Summer Watercolor
Painting Party Limited Space MUST sign-up

13 **TECH Lessons by appointment only**
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 pm MOVIE "The Commuter"
 1 Hour 44 minutes
NEW TIME 12:00 Game Day

14 **10:00 am Tai-Chi**
IN-PERSON or ZOOM
NEW Meeting#
738 0548 9594
 Password 824244
10-12 noon
 Bridge Bass

15 **10:00 am Kim's Pilates**
IN-PERSON or ZOOM
Meeting # 870 2305 1168 Password Cresskill
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

18 **9:00 am Guided Meditation Zoom only**
Meeting# 714 8119 7049 Password meditate

9:15 am Knitting & Crocheting
11:00 am Stephen's Strength Training
IN-PERSON or ZOOM
Meeting # 601 5138 698 Password 8BcN2b

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 Ztzw4k Password
12:00 pm Betsy's Cardo IN-PERSON or ZOOM
Meeting # 897 2408 3039 Password Ztzw4k

20 **TECH Lessons by appoint only**
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 pm MOVIE "French Exit" Rated "R"
 1 Hour 53 minutes
NEW TIME 12:00 Game Day

21 **9:00-1:00 am**
Blood Pressure Screening
By appointment only
10:00 am Tai-Chi
IN-PERSON or ZOOM
NEW Meeting# 738 0548 9594
 Password 824244
10-12 noon
 Bridge Bass

22 **10:00 am Kim's Pilates**
IN-PERSON or ZOOM
Meeting # 870 2305 1168 Password Cresskill
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

25 **9:00 am Guided Meditation Zoom only**
Meeting# 714 8119 7049 Password mediate
Last 9:15 am Knitting & Crocheting
See you in September

MEMORY SCREENING BY APPT 10-2 PM
By Appt only

11:00 am Stephen's Strength Training
IN-PERSON or ZOOM
Meeting # 601 5138 698 Password 8BcN2b
1:00 pm Book Club #2

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 Ztzw4k Password
12:00 pm Betsy's Cardo IN-PERSON or ZOOM
Meeting # 897 2408 3039 Password Ztzw4k

27 **TECH Lessons by appoint only**
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 pm MOVIE "Leave No Trace"
 1 Hour 49 minutes
NEW TIME 12:00 Game Day

28 **10:00 am Tai-Chi**
IN-PERSON or ZOOM
Meeting# 738 0548 9594
 Password 824244
NEW 10-12 noon
 Bridge Base

29 **10:00 am Kim's Pilates**
IN-PERSON or ZOOM
Meeting # 870 2305 1168 Password Cresskill
11:00 am Discussion Club
Meeting # 870 2305 1168 Password Cresskill
1:00 pm Susan's YMCA Exercise
IN-PERSON or ZOOM
Meeting #841 3153 9903
 Password 4rVrG7