





# CRESSKILL SENIOR ACTIVITY CENTER 201-503-9831

## August 2022 IN-PERSON / VIRTUAL CALENDAR

### 38 Spring Street, Cresskill, New Jersey 07626

## WWW.CRESSKILLBORO.COM



Mon	Tue	Wed	Thu	Fri
<p><b>1</b> 9:00 am Guided Meditation Zoom only Meeting# 714 8119 7049 Password mediate</p> <p style="text-align: center;"><b>LAST 9:00 am Knitting &amp; Crocheting</b> WILL RETURN IN SEPTEMBER</p> <p>11:00 am Stephen's Strength Training IN-PERSON or ZOOM Meeting # 601 5138 698 Password 8BcN2b 1:00 pm Book Club #1</p>	<p><b>2</b> 9:45 am Stephen's Basic Training IN-PERSON or ZOOM Meeting# 601 5138 698 Password 8BcN2b</p> <p>11:00 am Betsy's Stretch IN-PERSON or ZOOM Meeting# 861 0522 2055 Password Ztzw4k</p> <p>12:00 pm Betsy's Cardo IN-PERSON or ZOOM Meeting# 897 2408 3039 Password Ztzw4k</p>	<p><b>3</b> 9:30 am Arlene's Chair Yoga IN-PERSON or ZOOM Meeting#787 3764 5088 Password yoga</p> <p>11:00 am IN-PERSON or ZOOM Stephen's Mat Class Meeting # 601 5138 698Password 8BcN2b MOVIES RETURN IN SEPT ON MONDAY'S 12:00 Game Day</p>	<p><b>4</b> 10:00 am Tai-Chi IN-PERSON or ZOOM Meeting# 738 0548 9594 Password 824244 NEW 10-12 noon Bridge Bass</p>	<p><b>5</b> 10:00 am Kim's Pilates IN-PERSON or ZOOM Meeting # 870 2305 1168 Password Cresskill</p> <p>11:15 am Movin &amp; Grovin w/ Kim Meeting # 870 2305 1168 Password Cresskill</p> <p>1:00 pm Susan's YMCA Exercise IN-PERSON or ZOOM Meeting #841 3153 9903 Password 4rVrG7</p>
<p><b>8</b> 9:00 am Guided Meditation Zoom only Meeting# 714 8119 7049 Password mediate</p> <p>11:00 am Stephen's Strength Training IN-PERSON or ZOOM Meeting # 601 5138 698 Password 8BcN2b</p>	<p><b>9</b> 9:45 am Stephen's Basic Training IN-PERSON or ZOOM Meeting# 601 5138 698 Password 8BcN2b</p> <p>11:00 am Betsy's Stretch IN-PERSON or ZOOM Meeting# 861 0522 2055 Password Ztzw4k</p> <p>12:00 pm Betsy's Cardo IN-PERSON or ZOOM Meeting# 897 2408 3039 Password Ztzw4k</p>	<p><b>10</b> TECH Lessons by appointment only</p> <p>9:30 am Arlene's Chair Yoga IN-PERSON or ZOOM Meeting#787 3764 5088 Password yoga</p> <p>11:00 am IN-PERSON or ZOOM Stephen's Mat Class Meeting # 601 5138 698Password 8BcN2b 12:00 Game Day</p>	<p><b>11</b> 10:00 am Tai-Chi IN-PERSON or ZOOM Meeting# 738 0548 9594 Password 824244 NEW 10-12 noon Bridge Bass</p>	<p><b>12</b> 10:00 am Kim's Pilates IN-PERSON or ZOOM Meeting # 870 2305 1168 Password Cresskill</p> <p>11:15 am Movin &amp; Grovin w/ Kim Meeting # 870 2305 1168 Password Cresskill</p> <p>NO Susan's YMCA Exercise Today</p>
<p><b>15</b> 9:00 am Guided Meditation Zoom only Meeting# 714 8119 7049 Password mediate</p> <p>11:00 am Stephen's Strength Training IN-PERSON or ZOOM Meeting # 601 5138 698 Password 8BcN2b</p> <p>1:00 pm Book Club #2</p>	<p><b>16</b> TECH Lessons by appoint only</p> <p>9:45 am Stephen's Basic Training IN-PERSON or ZOOM Meeting# 601 5138 698 Password 8BcN2b</p> <p>11:00 am Betsy's Stretch IN-PERSON or ZOOM Meeting# 861 0522 2055 Password Ztzw4k</p> <p>12:00 pm Betsy's Cardo IN-PERSON or ZOOM Meeting# 897 2408 3039 Password Ztzw4k</p>	<p><b>17</b> TECH Lessons by appointment only</p> <p>9:30 am Arlene's Chair Yoga IN-PERSON or ZOOM Meeting#787 3764 5088 Password yoga</p> <p>11:00 am IN-PERSON or ZOOM Stephen's Mat Class Meeting # 601 5138 698Password 8BcN2b 12:00 Game Day</p>	<p><b>18</b> TECH Lessons by appointment only</p> <p>10:00 am Tai-Chi IN-PERSON or ZOOM Meeting# 738 0548 9594 Password 824244 NEW 10-12 noon Bridge Bass</p>	<p><b>19</b> 10:00 am Kim's Pilates IN-PERSON or ZOOM Meeting # 870 2305 1168 Password Cresskill</p> <p>11:15 am Movin &amp; Grovin w/ Kim Meeting # 870 2305 1168 Password Cresskill</p> <p>NO Susan's YMCA Exercise Today</p>
<p><b>22</b> 9:00 am Guided Meditation Zoom only Meeting# 714 8119 7049 Password mediate</p> <p style="text-align: center;"><b>MEMORY SCREENING BY APPT 10-2 PM</b></p> <p>11:00 am Stephen's Strength Training IN-PERSON or ZOOM Meeting # 601 5138 698 Password 8BcN2b</p>	<p><b>23</b> 9:45 am Stephen's Basic Training IN-PERSON or ZOOM Meeting# 601 5138 698 Password 8BcN2b</p> <p>11:00 am Betsy's Stretch IN-PERSON or ZOOM Meeting# 861 0522 2055 Password Ztzw4k</p> <p>12:00 pm Betsy's Cardo IN-PERSON or ZOOM Meeting# 897 2408 3039 Password Ztzw4k</p>	<p><b>24</b> TECH Lessons by appointment only</p> <p>9:30 am Arlene's Chair Yoga IN-PERSON or ZOOM Meeting#787 3764 5088 Password yoga</p> <p>11:00 am IN-PERSON or ZOOM Stephen's Mat Class Meeting # 601 5138 698Password 8BcN2b 12:00 Game Day</p>	<p><b>25</b> 9:00—1:00 am Blood Pressure Screening By appointment only</p> <p style="text-align: center;"><b>NO Tai-Chi Today</b></p> <p>NEW 10-12 noon Bridge Bass</p>	<p><b>26</b> 10:00 am Kim's Pilates IN-PERSON or ZOOM Meeting # 870 2305 1168 Password Cresskill</p> <p>11:15 am Movin &amp; Grovin w/ Kim Meeting # 870 2305 1168 Password Cresskill</p> <p>1:00 pm Susan's YMCA Exercise IN-PERSON or ZOOM Meeting #841 3153 9903 Password 4rVrG7</p>
<p><b>29</b> TECH Lessons by appointment only</p> <p>9:00 am Guided Meditation Zoom only Meeting# 714 8119 7049 Password mediate</p> <p>11:00 am Stephen's Strength Training IN-PERSON or ZOOM Meeting # 601 5138 698 Password 8BcN2b</p> <p style="text-align: center;"><b>MOVIES RETURN IN LATE SEPTEMBER</b> ON MONDAY'S SEE CENTER CALENDAR FOR OUR MOVIE TITLES</p>	<p><b>30</b> 9:45 am Stephen's Basic Training IN-PERSON or ZOOM Meeting# 601 5138 698 Password 8BcN2b</p> <p>11:00 am Betsy's Stretch IN-PERSON or ZOOM Meeting# 861 0522 2055 Password Ztzw4k</p> <p>12:00 pm Betsy's Cardo IN-PERSON or ZOOM Meeting# 897 2408 3039 Password Ztzw4k</p>	<p><b>31</b> TECH Lessons by appointment only</p> <p>9:30 am Arlene's Chair Yoga IN-PERSON or ZOOM Meeting#787 3764 5088 Password yoga</p> <p>11:00 am IN-PERSON or ZOOM Stephen's Mat Class Meeting # 601 5138 698Password 8BcN2b 12:00 Game Day</p>	<p>Monday, September 12th, 1:00 pm. 9-11 World Trade Center Tribute WE WILL NEVER FORGET REMEMBERING 9-11 ~ 22 YEARS LATER Photographer David Margules author of "From Dust til Dawn" Special performance by Vocalist, Sofia Hirsch Pre-register  Limited Space</p>	<p style="text-align: center;"><b>FALL PREVENTION INFORMATIONAL</b> SEPTEMBER 19 @ 12:30 PM</p> <div style="text-align: center;">  <p><b>FALL PREVENTION</b></p> <p>Pre-register, see Donnajo Bring photos of your home to be assessed your risk.</p> </div>