

CRESSKILL SENIOR ACTIVITY CENTER MAY

Monday

Tuesday

Wednesday

Thursday

Friday



1 **9:00 am Italian Conversation**
9:30 am Pilates w/ Kim
 Meeting # 87023051168 Pass Cresskill
10:45 am Movin & Grovin w/ Kim
 Meeting# 87023051168 Pass Cresskill
12:00 Afternoon Movies
STRAW 1h 48 m Rated R
1:00 Susan's YMCA Exercise
 Meeting #841 3153 9903 Password4rVrG7

4 **9:00 Knitting Crocheting**
9:00 Hong Kong Style Mahjong
11:00 am Strength Training
IN- PERSON/ZOOM
 Password Stephen
 Meeting # 81812557587
12:30 Multimedia Art w/Deirdre #3
1:00 pm Book Club # 1
The Widow by John Grisham

5 **9:30 am Basic Training**
In-Person/ZOOM
 Meeting # 818 1255 7587
 Password **Stephen**
10:30 FLEX & FIRM
11:00 Men's Poker
1:00 Watercolor LESSON # 7

6 **9:00 Hong Kong Style Mahjong**
9:30 am Chair Yoga
 Meeting78737645088Pass yoga
11:00 am Stephen's Mat Class
 Meeting 81812557587PassStephen
11:00am French Conversation
12:00 pm Game Day
12:30 Beginner Ukulele lessons
1:00 Ukulele Intermediate lessons

7 **9:30 am Mahjong**
10:00 am Tai-Chi
 Meeting#782 9358 9759
 Password 824244
11 00 am Duplicate Bridge
11:00 am Writing Workshop
6:30 pm Ukulele Jam
session all welcome to join

8 **9:00 Italian w/Pete**
9:30 am Pilates w/ Kim
 Meeting # 87023051168 Pass Cresskill
10:45 Movin & Grovin w/ Kim
 Meeting# 87023051168 Pass Cresskill
11:30 ART HISTORY
African American Art
1:00 Susan's YMCA Exercise
 Meeting #841 3153 9903 Pass 4rVrG7

10 11 **9:00 Knitting Crocheting**
9:00 Hong Kong Style Mahjong
11:00 am Strength Training
IN- PERSON/ZOOM
 Password Stephen
 Meeting # 81812557587
12:30 Multimedia
Art w/Deirdre #4



12 **9:30 am Basic Training**
In-Person/ZOOM
 Meeting # 818 1255 7587
 Password **Stephen**
10:30 FLEX & FIRM
11:00 Men's Poker
1:00 Watercolor LESSON#8

13 **9:00 Hong Kong Style Mahjong**
9:30 am Chair Yoga
 Meeting78737645088Pass yoga
11:00 am Stephen's Mat Class
 Meeting 81812557587PassStephen
11:00am French Conversation
12:00 pm Game Day
12:30 Beginner Ukulele lessons
1:00 Ukulele Intermediate lessons

14 **9:30 am Mahjong**
10:00 am Tai-Chi
 Meeting#782 9358 9759
 Password 824244
11 00 am Duplicate Bridge
11:00 am Writing Workshop
6:30 pm Ukulele Jam
session all welcome to join

15 **9:00 Italian w/Pete**
9:30 am Pilates w/ Kim
 Meeting # 87023051168 Pass Cresskill
10:45 am Movin & Grovin w/ Kim
 Meeting# 87023051168 Pass Cresskill
WOMENS MONTH
11:45 am Women's Health
All welcome, bring a friend.
NO Susan's YMCA TODAY

18 **9:00 Knitting Crocheting**
9:00 Hong Kong Style Mahjong
11:00 am Strength Training
IN- PERSON/ZOOM
 Password Stephen
 Meeting # 81812557587
12:30 Multimedia Art w/Deirdre #5
1:00 pm Book Club # 2
The Frozen River by Ariel Lawhon

19 **9:30 am Basic Training**
In-Person/ZOOM
 Meeting # 818 1255 7587
 Password **Stephen**
10:30 FLEX & FIRM
12:00 Men's Poker
1:00 Watercolor LESSON # 9

20 **9:00 Hong Kong Style Mahjong**
9:30 am Chair Yoga
 Meeting78737645088Pass yoga
11:00 am Stephen's Mat Class
 Meeting 81812557587PassStephen
11:00am French Conversation
12:00 pm Game Day
12:30 Beginner Ukulele lessons
1:00 Ukulele Intermediate lessons

21 **9:30 am Mahjong**
10:00 am Tai-Chi
 Meeting#782 9358 9759
 Password 824244
11 00 am Duplicate Bridge
11:00 am Writing Workshop
11:00 am CHESS W/BENTLEY
6:30 pm Ukulele Jam session
all welcome to join

22 **9:00 Italian w/Pete**
9:30 am Pilates w/ Kim
 Meeting # 87023051168 Pass Cresskill
10:45 am Movin & Grovin w/ Kim
 Meeting# 87023051168 Pass Cresskill
Susan's YMCA Exercise
ZOOM ONLY
Meeting #841 3153 9903
Password 4rVrG7

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We will be
CLOSED
 on
MEMORIAL DAY

26 **NO STEPHENS Basic**
Training TODAY
10:30 FLEX & FIRM
11:00 Men's Poker
1:00 Watercolor LESSON # 10

27 **9:00 Hong Kong Style Mahjong**
9:30 am Chair Yoga
 Meeting78737645088Pass yoga
No Stephen's Mat Class TODAY
11:00am French Conversation
12:00 pm Game Day
12:30 Beginner Ukulele lessons
1:00 Ukulele Intermediate lessons

28 **Blood Pressure Screening**
9:30 -1:30 pm
NO Mahjong TODAY
10:00 am Tai-Chi
 Meeting# 782 9358 9759 Pass 824244
11:00 Duplicate Bridge
11:00 Writing Workshop
6:30 pm Ukulele Jam session
all welcome to join



29 **9:00 Italian w/Pete**
9:30 am Pilates w/ Kim
 Meeting # 87023051168 Pass Cresskill
10:45 am Movin & Grovin w/ Kim
 Meeting# 87023051168 Pass Cresskill
11:30 ART HISTORY
Art of Native Americans
Susan's YMCA Exercise ZOOM/In Person
 Meeting #841 3153 9903 Pass 4rVrG7