Joseph Cipolla Senior Activity Center

93 North Farview Avenue

Paramus, NJ September 2021

As the summer is coming to an end on the 22nd lets hold on to the warmth of sun and the beauty of the trees as long as we can. With the gradual change of seasons so comes the natural tendency to reset, refocus, and reorganize. After the lazy days of summer, I think we benefit from the need to get back on track, set new goals and return to a more scheduled existence as we enter Fall. Schedule with Us! Let's refocus our efforts to come together as a community. Reset our minds and bodies with some chair fitness, yoga, chair yoga as pictured below, bocce, mahjong, canasta, and bingo. Currently, we are at mass capacity for chair yoga, if you are interested in this class please call the office to see if there is availability. Unfortunately, given the inability to find a time for another chair yoga class that works for the majority we will split the group into two having a group A and B alternating weeks.

NEW!!!! TAP DANCING WITH PATTI STARTING SEPTEMBER 23rd, call or email to sign up. Chair fitness with Elaine is now in person on Tuesdays at 11:00am Anne

MEMBERSHIP REQUIREMENTS: Must be a Paramus resident and 62 years of age or older.

Contact Information:
Joseph Cipolla Senior Activity Center

Main number: 201-265-2100 Ext. 6200

Anne Schneider, Director
Danielle Wells, Assistant Director

BOROUGH OF PARAMUS TELEPHONE NUMBERS

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Health Department: 201-265-2100 Ext.2300
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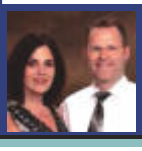

Mark P. Salvesen, BC-HIS* NJ Hearing Aid Dispenser Supervising License No. 535
Peggy J. Stanlick, BC-HIS* NJ Hearing Aid Dispenser Supervising License No. 1086
*Certified by the National Board for Certification in Hearing Instrument Sciences.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 10:00 Art 10:00 Healthy Bones 2:30 Canasta	2 9:30 Yoga 9:30 Chair Yoga 10:00 Bocce 1:00 Pioneers Club	3 9:30 Healthy Bones 11:00 Meditation 1:00 Dance Exercise
6 CLOSED 	7 9:30 Yoga 11:00 Chair Fitness with Elaine (upper level) 12:00 BINGO CANCELED 12:30 CARDS CANCELED	8 10:00 Art 10:00 Healthy Bones 11:00 #1 Club 2:30 Canasta	9 9:30 Yoga 9:30 Chair Yoga 10:00 Bocce	10 9:30 Healthy Bones 11:00 Meditation 1:00 Dance Exercise
13 9:30 Healthy Bones 12:30 Mahjong	14 9:30 Yoga 11:00 Chair Fitness with Elaine (upper level) 12:00 Bingo (Pizza) 12:30 Cards	15 9:30 Healthy Bones 10:00 Art 2:30 Canasta	16 9:30 Yoga 9:30 Chair Yoga 10:00 Bocce 1:00 Pioneers Club	17 9:30 Healthy Bones 11:00 Meditation 1:00 Dance Exercise
20 10:00 Healthy Bones 12:30 Mahjong	21 9:30 Yoga 11:00 Chair Fitness with Elaine (upper level) 12:00 Bingo (Hotdogs) 12:30 Cards	22 10:00 Art 10:00 Healthy Bones 11:00 #1 Club 2:30 Canasta	23 9:30 Yoga 9:30 Chair Yoga 10:00 Bocce * New 2:00 Tap Dancing	24 9:30 Healthy Bones 11:00 Meditation 1:00 Dance Exercise
27 10:00 Healthy Bones 12:30 Mahjong	28 9:30 Yoga 11:00 Chair Fitness with Elaine (upper level) 12:00 Bingo (Sandwiches) 12:30 Cards	29 10:00 Art 10:00 Healthy Bones 2:30 Canasta	30 9:30 Yoga 9:30 Chair Yoga 10:00 Bocce 2:00 Tap Dancing	

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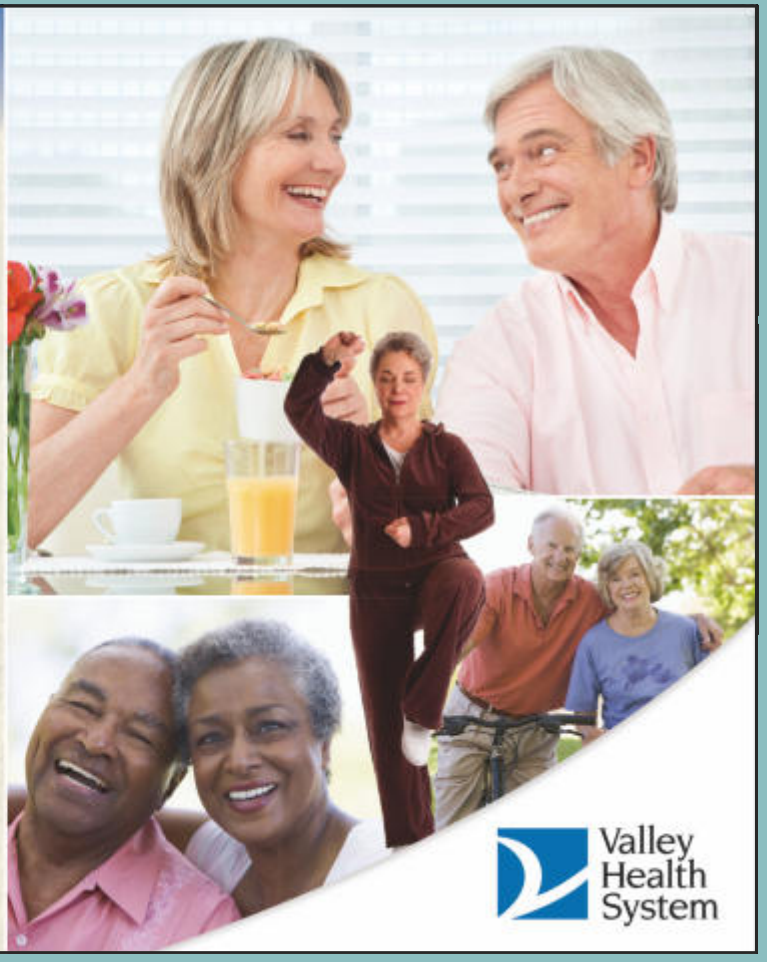

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