

October 2019

City of Clifton Senior Center
 900 Clifton Avenue, C-5 Clifton, NJ 07013 973-470-2234

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 <i>Balance & Strength</i> 1230-115	2 <i>Chair Yoga</i> 12:30 - 1:30 <i>Medicare Seminar</i>	3 <i>Balance & Strength</i> 3:00—3:45	4 <i>Yoga</i> 2:00—3:00	5
6	7	8 <i>Balance & Strength</i> 1230-115	9 <i>Chair Yoga</i> 12:30 - 1:30 <i>Medicare Seminar</i>	10 <i>Balance & Strength</i> 3:00—3:45	11 <i>Yoga</i> 2:00—3:00	12
13	14	15 <i>Balance & Strength</i> 1230-115	16 <i>Chair Yoga</i> 12:30 - 1:30 <i>Medicare Seminar</i>	17 Flu Shots 10—11 <i>Balance & Strength</i> 3:00—3:45	18 <i>Yoga</i> 2:00—3:00	19 <i>AARP Driver Safety Course</i> 9:00 - 3:30
20	21	22 <i>Balance & Strength</i> 1230-115	23 <i>Chair Yoga</i> 1:00—2:00	24 <i>Balance & Strength</i> 3:00—3:45	25 <i>Yoga</i> 2:00—3:00	26
27	28	29 <i>Balance & Strength</i> 1230-115	30 <i>Chair Yoga</i> 1:00—2:00	31 HALLOWEEN <i>Balance & Strength</i> 3:00—3:45	**Must register for Balance & Strength by calling Lorraine Salerno at 973-220-4849**	**Must register for the AARP Driver Safety Course 973-470-2234***