



2022



KAPLEN JCC on the Palisades

Senior Activity Center

Bergen County Kosher Nutrition Site

Have any questions?

Helene Schwartz

201.408.1451

Marlene S Ceragno

201.569.7900 ext 439

Lisa Robins



201.408.1455



Judi Nahary

201.408.1450

Please call ahead to register your days



Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
<p>10:00 Breakfast & chat</p> <p>10:30 Full body workout with Maurice</p> <p>11:15 Current events</p> <p>12:00 Lunch</p> <p>1:00 Cecilia and her Sax</p>	<p>10:00 Breakfast & chat</p> <p>10:30 Functional movement</p> <p>11:15 Dick Burnon presents Molly Pichon</p> <p>12:00 Lunch</p> <p>1:00 From Jazz to Soul with Rhonda</p>	<p>CLOSED</p>  <p>Yom Kippur</p>	<p>10:00 Breakfast & chat</p> <p>10:30 Yoga with Maurice</p> <p>11:15 Paul White Presents 'Jazz, it's so hot, it's cool'</p> <p>12:00 Lunch</p> <p>1:00 Jazz greats with Janice</p>	<p>10:00 Breakfast & chat</p> <p>10:30 Balance & Agility</p> <p>11:15 Celebrating Shabbat</p> <p>12:00 Lunch</p> <p>1:00 Libby and her Sax music hour</p>
10	11	12	13	14
<p>CLO SED</p>  <p>Happy Sukkot!</p>		<p>10:00 Breakfast & chat</p> <p>10:30 Boxing with Maurice</p> <p>11:15 BINGO</p> <p>12:00 Lunch</p> <p>1:00 Moshe Katzburg dance party</p>	<p>10:00 Breakfast & chat</p> <p>10:30 Yoga with Maurice</p> <p>11:15 Fun with CareOne</p> <p>12:00 Lunch</p> <p>1:00 Celebrating the oldies with George T</p> <p style="text-align: center;">CAREONE at Cresskill • at Teaneck • at Valley</p>	<p>10:00 Breakfast & chat</p> <p>10:30 Balance & Agility</p> <p>11:15 Celebrating Shabbat</p> <p>12:00 Lunch</p> <p>1:00 Mike G concert</p>

Monday	Tuesday	Wednesday	Thursday	Friday
<p>17</p> <p>CLO SED</p> 	<p>18</p>	<p>19</p> <p>10:00 Breakfast & chat 10:30 Boxing with Maurice 11:15 Bristol BINGO with prizes 12:00 Lunch 1:00 Peter L dance party</p> 	<p>20</p> <p>10:00 Breakfast & chat 10:30 Yoga with Maurice 11:15 Mike Sobel presents Laurel and Hardy 12:00 Lunch 1:00 D'var Torah with Joy</p>	<p>21</p> <p>10:00 Breakfast & chat 10:30 Balance & Agility 11:15 Celebrating Shabbat 12:00 Lunch 1:00 Sing along with Mark</p>
<p>24</p> <p>10:00 Breakfast & chat 10:30 Full body workout with Maurice 11:15 Current events 12:00 Lunch 1:00 Joe Conti Duo</p>	<p>25</p> <p>10:00 Breakfast & chat 10:30 Functional movement 11:15 Marty Schneit presents West Side Stories 12:00 Lunch 1:00 Crooning with Neil Dankman</p>	<p>26</p> <p>10:00 Breakfast & chat 10:30 Boxing with Maurice 11:15 BINGO 12:00 Lunch 1:00 Vocals and Sax with Ilya</p>	<p>27</p> <p>10:00 Breakfast & chat 10:30 Yoga with Maurice 11:15 Michael Goodman presents The Mossad 12:00 Lunch 1:00 D'var Torah with Joy</p>	<p>28</p> <p>10:00 Breakfast & chat 10:30 Balance & Agility 11:15 Celebrating Shabbat 12:00 Lunch 1:00 Henry Covner dance party</p>
<p>31</p> <p>10:00 Breakfast & chat 10:30 Full body workout with Maurice 11:15 Current events 12:00 Lunch 1:00 Lou Sabini music hour</p>	