

January

2022



KAPLEN JCC on the Palisades

Senior Activity Center

Bergen County Kosher Nutrition Site

Have any questions?

Helene Schwartz

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Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
10:00 Breakfast & chat 10:30 Full body workout with Maurice 11:15 BINGO 12:00 Lunch 1:00 Welcome 2022 party with Peter Lieberman 2:00 Game hour	10:00 Breakfast & chat 10:30 Functional movement 11:15 William 'Pat' Schuber presents the History of Presidential Inaugurations 12:00 Lunch 1:00 Cecilia in concert 2:00 Game hour	10:00 Breakfast & chat 10:30 Boxing with Maurice 11:15 Current events 12:00 Lunch 1:00 Vocals and Sax with Ilya 2:00 Game hour	10:00 Breakfast & chat 10:30 Yoga with Maurice 11:15 Trivia with Helene 12:00 Lunch 1:00 Swinging w/ Selah 2:00 Game hour	10:00 Breakfast & chat 10:30 Balance & Agility 11:15 Celebrating Shabbat with our friends from the IDEA School 12:00 Lunch 1:00 Frankie M in concert 2:00 Game hour
10	11	12	13	14
10:00 Breakfast & chat 10:30 Full body workout with Maurice 11:15 BINGO 12:00 Lunch 1:00 Jazz greats w/ Janice 2:00 Game hour	10:00 Breakfast & chat 10:30 Functional movement 11:15 The most famous songwriter you never heard of w/ Flip Peters 12:00 Lunch 1:00 Live concert with Lou S 2:00 Game hour	10:00 Breakfast & chat 10:30 Boxing with Maurice 11:15 Current events 12:00 Lunch 1:00 Joe Keys Duo 2:00 Game hour	10:00 Breakfast & chat 10:30 Yoga with Maurice 11:15 Fun with CareOne at Teaneck 12:00 Lunch 1:00 Dance party with Aaron 2:00 Game hour Pulmonary monitoring 10-12 	10:00 Breakfast & chat 10:30 Balance & Agility 11:15 Celebrating Shabbat with our friends from the IDEA School 12:00 Lunch 1:00 Singalong w/ Hal 2:00 Game hour

Please call ahead to register your days



Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: right;">17</p> <p>10:00 Breakfast & chat 10:30 Full body workout with Maurice 11:15 Bristol Bingo w/ prizes 12:00 Lunch 1:00 Peter L dance party 2:00 Game hour</p>	<p style="text-align: right;">18</p> <p>10:00 Breakfast & chat 10:30 Functional movement 11:15 Marty Schneit presents 'Irving Berlin' 12:00 Lunch 1:00 From Jazz to Soul with Rhonda 2:00 Game hour</p>	<p style="text-align: right;">19</p> <p>10:00 Breakfast & chat 10:30 Boxing with Maurice 11:15 Current events 12:00 Lunch 1:00 Jay Daniels live concert 2:00 Game hour Blood pressure screening 10-12</p> 	<p style="text-align: right;">20</p> <p>10:00 Breakfast & chat 10:30 Yoga with Maurice 11:15 'Bag Up NJ' presentation with the Bergen County Health Department 12:00 Lunch 1:00 Getting musical w/ Maurice 2:00 Game hour</p>	<p style="text-align: right;">21</p> <p>10:00 Breakfast & chat 10:30 Balance & Agility 11:15 Celebrating Shabbat with our friends from the IDEA School 12:00 Lunch 1:00 Johnny M dance party 2:00 Game hour</p>
<p style="text-align: right;">24</p> <p>10:00 Breakfast & chat 10:30 Full body workout with Maurice 11:15 BINGO 12:00 Lunch 1:00 Tommy Spins the Tunes 2:00 Game hour</p>	<p style="text-align: right;">25</p> <p>10:00 Breakfast & chat 10:30 Functional movement 11:15 Exploring Spain with Martin Rothenberg 12:00 Lunch 1:00 Neil Dankman sings the greats 2:00 Game hour</p>	<p style="text-align: right;">26</p> <p>10:00 Breakfast & chat 10:30 Boxing with Maurice 11:15 Current events 12:00 Lunch 1:00 Jazz Greats with Janice 2:00 Game hour</p>	<p style="text-align: right;">27</p> <p>10:00 Breakfast & chat 10:30 Yoga with Maurice 11:15 Mike Sobel presents 'Laurel and Hardy' 12:00 Lunch 1:00 Dance party with Aaron 2:00 Game hour</p>	<p style="text-align: right;">28</p> <p>10:00 Breakfast & chat 10:30 Balance & Agility 11:15 Celebrating Shabbat with our friends from the IDEA School 12:00 Lunch 1:00 Joe Keys Duo 2:00 Game hour</p>
<p style="text-align: right;">31</p> <p>10:00 Breakfast & chat 10:30 Full body workout with Maurice 11:15 BINGO 12:00 Lunch 1:00 Gizelle in Concert 2:00 Game hour</p>				