

# June



KAPLEN JCC on the Palisades

2023

## Senior Activity Center

Bergen County Kosher Nutrition Site

This program is partially funded by the Bergen County Division of Senior Services

**Have any questions?**

**Helene Schwartz**

201.408.1451

**Lisa Robins**

201.408.1455

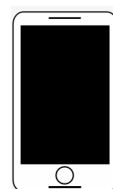
**Marlene S Ceragno**



201.569.7900 ext 439

**Natalie Almagor**

201.408.1503

Please call ahead to register your days



Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
			10:00 Breakfast & chat 10:30 Qigong with Natalie 11:15 Dick B presents when Fort Lee was Hollywood 12:00 Lunch 1:00 D'var Torah with Joy	10:00 Breakfast & chat 10:30 Balance & Agility 11:15 Celebrating an Intergenerational Shabbat 12:00 Lunch 1:00 Jay Daniels concert
5	6	7	8	9
10:00 Breakfast & chat 10:30 Full body workout with Maurice 11:15 Current events 12:00 Lunch 1:00 Celebrating the oldies with Frankie M	10:00 Breakfast & chat 10:30 Functional movement 11:15 Paul White presents Kentucky Derby, Preakness and the Belmont Stakes 12:00 Lunch 1:00 Joe Allegro sing along	10:00 Breakfast & chat 10:30 Boxing with Maurice 11:15 BINGO 12:00 Lunch 1:00 Cecilia and her Sax	10:00 Breakfast & chat 10:30 Qigong with Natalie 11:15 Fun with Brightview 12:00 Lunch 1:00 Moshe Katzburg in concert  	10:00 Breakfast & chat 10:30 Balance & Agility 11:15 Celebrating an intergenerational Shabbat 12:00 Lunch 1:00 D'var Torah with Joy

Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: right;">12</p> <p>10:00 Breakfast &amp; chat  10:30 Full body workout with Maurice  11:15 Current events  12:00 Lunch  1:00 Richard Stillman's Hawaiian Luau</p>	<p style="text-align: right;">13</p> <p>10:00 Breakfast &amp; chat  10:30 Functional movement  11:15 James D presents The 2 most important women in the Civil War  12:00 <b>Lavish Lunch</b>  1:00 Neil D in concert</p>	<p style="text-align: right;">14</p> <p>10:00 Breakfast &amp; chat  10:30 Boxing with Maurice  11:15 BINGO  12:00 Lunch  1:00 Music hour with Reggie</p>	<p style="text-align: right;">15</p> <p>10:00 Breakfast &amp; chat  10:30 Qigong with Natalie  11:15 Bill Walton ~ Opera Appreciation  12:00 Lunch  1:00 D'var Torah with Joy</p>	<p style="text-align: right;">16</p> <p>10:00 Breakfast &amp; chat  10:30 Balance &amp; Agility  11:15 Celebrating an intergenerational Shabbat  12:00 Lunch  1:00 Paul S sing along</p>
<p style="text-align: right;">19</p> <p>10:00 Breakfast &amp; chat  10:30 Full body workout with Maurice  11:15 Current events  12:00 Lunch  1:00 Stuart K sing along</p>	<p style="text-align: right;">20</p> <p>10:00 Breakfast &amp; chat  10:30 Functional movement  11:15 Armchair tour of Central Park with Mario Medici  12:00 Lunch  1:00 Joe Allegro music hour</p>	<p style="text-align: right;">21</p> <p>10:00 Breakfast &amp; chat  10:30 Boxing with Maurice  11:15 Bristol BINGO w/ prizes  12:00 Lunch  1:00 Joe Conti Duo</p> <p><b>Blood pressure screening 10-12</b></p> 	<p style="text-align: right;">22</p> <p>10:00 Breakfast &amp; chat  10:30 Qigong with Natalie  11:15 Pat Schuber presents the Presidency of US Grant  12:00 Lunch  1:00 D'var Torah with Joy</p>	<p style="text-align: right;">23</p> <p>10:00 Breakfast &amp; chat  10:30 Balance &amp; Agility  11:15 Celebrating an intergenerational Shabbat  12:00 Lunch  1:00 Johnny M sings the Oldies</p>
<p style="text-align: right;">26</p> <p>10:00 Breakfast &amp; chat  10:30 Full body workout with Maurice  11:15 Achieve Presents  12:00 Lunch  1:00 Flip Peters sing along</p> <p><b>ACHIEVE</b>  HOMECARE AGENCY  AchieveHomeCareNJ.com</p>	<p style="text-align: right;">27</p> <p>10:00 Breakfast &amp; chat  10:30 Functional movement  11:15 Michael Goodman ~ The Jewish response to the Rosenbergs Family's journey  12:00 Lunch  1:00 Cecilia in the lounge</p>	<p style="text-align: right;">28</p> <p>10:00 Breakfast &amp; chat  10:30 Boxing with Maurice  11:15 BINGO  12:00 Lunch  1:00 Learn about NJ Relay and CapTel Telecommunications</p>	<p style="text-align: right;">29</p> <p>10:00 Breakfast &amp; chat  10:30 Qigong with Natalie  11:15 Paul Scalia presents The Life of Bobby Darren  12:00 Lunch  1:00 D'var Torah with Joy</p>	<p style="text-align: right;">30</p> <p>10:00 Breakfast &amp; chat  10:30 Balance &amp; Agility  11:15 Celebrating an intergenerational Shabbat  12:00 Lunch  1:00 Henry Covner dance party</p>