



2024

Senior Activity Center

Bergen County Kosher Nutrition Site

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

Have any questions?

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Please call ahead to register your days



Monday	Tuesday	Wednesday	Thursday	Friday
1 CLOSED 	2 10:00 Breakfast & chat 10:30 Yoga for seniors 11:15 Paul White presents Golda Meir the Iron Lady 12:15 Lunch 1:00 George Tuzzeo sing-along	3 10:00 Breakfast & chat 10:30 Functional movement 11:15 John LePre in concert 12:15 Lunch 1:00 Trivia 	4 10:00 Breakfast & chat 10:30 Qigong with Natalie 11:15 Michael Gaskin presents George Burns at 90 12:15 Lunch 1:00 D'var Torah with Joy	5 10:00 Breakfast & chat 10:30 Balance & Agility with Tamara 11:15 Celebrating an intergenerational Shabbat 12:15 Lunch 1:00 Stuart sing-along
8 10:00 Breakfast & chat 10:30 Full body workout with Rosalie 11:15 Bingo 12:15 Lunch 1:00 Current events	9 10:00 Breakfast & chat 10:30 Yoga for seniors 11:15 Joel Farkas presents Remember the Ladies 12:15 Lunch 1:00 Cecilia plays the Sax 	10 10:00 Breakfast & chat 10:30 Functional movement 11:15 Music hour with Reggie 12:15 Lunch 1:00 Trivia	11 10:00 Breakfast & chat 10:30 Qigong with Natalie 11:15 Fun with Brightview 12:15 Lunch 1:00 D'var Torah with Joy 	12 10:00 Breakfast & chat 10:30 Balance & Agility with Tamara 11:15 Celebrating an intergenerational Shabbat 12:15 Lunch 1:00 Word Games

Monday	Tuesday	Wednesday	Thursday	Friday
15 10:00 Breakfast & chat 10:30 Full body workout with Rosalie 11:15 Bristal Bingo with prizes 12:15 Lunch 1:00 Current events  	16 10:00 Breakfast & chat 10:30 Yoga for seniors 11:15 Theo Solomon presents Great Beginnings of Film 12:15 Lunch 1:00 Johnny M in the Lounge 	17 10:00 Breakfast & chat 10:30 Functional movement 11:15 Peter L dance party 12:15 Lunch 1:00 Trivia VNA Blood pressure screening 10-12 	18 10:00 Breakfast & chat 10:30 Qigong with Natalie 11:15 Evan Weiner presents Early Days of Radio 12:15 Lunch 1:00 D'var Torah with Joy	19 10:00 Breakfast & chat 10:30 Balance & Agility with Tamara 11:15 Celebrating an intergenerational Shabbat 12:15 Lunch 1:00 Stuart sing-along
22 10:00 Breakfast & chat 10:30 Full body workout with Rosalie 11:15 Bingo 12:15 Lunch 1:00 New Year New You! with Achieve 	23 10:00 Breakfast & chat 10:30 Yoga for Seniors 11:15 Rick Feingold present Madame C.J. Walker 12:15 Lunch 1:00 Joe Allegro performs	24 10:00 Breakfast & chat 10:30 Functional movement 11:15 David Scance in concert 12:15 Lunch 1:00 Senior Checks seminar	25 10:00 Breakfast & chat 10:30 Qigong with Natalie 11:15 You Be the Judge 12:15 Lunch 1:00 D'var Torah with Joy  	26 10:00 Breakfast & chat 10:30 Balance & Agility with Tamara 11:15 Celebrating an intergenerational Shabbat 12:15 Lunch 1:00 Trivia
29 10:00 Breakfast & chat 10:30 Full body workout with Rosalie 11:15 Bingo 12:15 Lunch 1:00 Current events 	30 10:00 Breakfast & chat 10:30 Yoga for seniors 11:15 Orestes Rios, Bergen County Division of Senior Services presents Ride Connect Program 12:15 Lunch 1:00 Concert with Neil Dankman	31 10:00 Breakfast & chat 10:30 Functional movement 11:15 Richard Stillman performs 12:15 Lunch 1:00 Trivia 	Thank you to our sponsors!      SPONSOR A PROGRAM If you would like to sponsor a program in honor of your birthday or other milestone or in honor or memory of a loved one, please contact Helene Schwartz at 201.408.1451 or hschwartz@jccotp.org 	