



2024

Senior Activity Center

Bergen County Kosher Nutrition Site



KAPLEN JCC on the Palisades

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
<div>1</div> <div>10:00 Breakfast & chat 10:30 Full body workout with Debbie 11:15 Bingo 12:15 Lunch 1:00 Current events</div> <div></div>	<div>2</div> <div>10:00 Breakfast & chat 10:30 Yoga for seniors with Tamar 11:15 Paul White presents April in Paris 12:15 Lunch 1:00 Joe Allegro performs</div>	<div>3</div> <div>10:00 Breakfast & chat 10:30 Functional movement with Debbie 11:15 Cecilia performs 12:15 Lunch 1:00 Activity with Allegro</div> <div></div>	<div>4</div> <div>10:00 Breakfast & chat 10:30 Qigong with Natalie 11:15 Rick Feingold presents Andrew Carnegie 12:15 Lunch 1:00 D'var Torah with Joy</div> <div></div>	<div>5</div> <div>10:00 Breakfast & chat 10:30 Balance & Agility with Tamar 11:15 Celebrating an intergenerational Shabbat 12:15 Lunch 1:00 Sing-along with Hal</div>
<div>8</div> <div>10:00 Breakfast & chat 10:30 Full body workout with Debbie 11:15 Bingo 12:15 Lunch 1:00 Current events</div> <div></div>	<div>9</div> <div>10:00 Breakfast & chat 10:30 Yoga for seniors with Tamar 11:15 Mike Sobel presents Laurel & Hardy 12:15 Lunch 1:00 Peter Lieberman performs</div>	<div>10</div> <div>10:00 Breakfast & chat 10:30 Functional movement with Debbie 11:15 Reggie performs 12:15 Lunch 1:00 Trivia</div>	<div>11</div> <div>10:00 Breakfast & chat 10:30 Qigong with Natalie 11:15 Fun with Brightview 12:15 Lunch 1:00 D'var Torah with Joy</div> <div></div>	<div>12</div> <div>10:00 Breakfast & chat 10:30 Balance & Agility with Tamar 11:15 Celebrating an intergenerational Shabbat 12:15 Lunch 1:00 Sing-along with Stuart</div>

Monday	Tuesday	Wednesday	Thursday	Friday
15 10:00 Breakfast & chat 10:30 Full body workout with Debbie 11:15 Bingo 12:15 Lunch 1:00 Current events	16 10:00 Breakfast & chat 10:30 Yoga for seniors with Tamar 11:15 Mario Medici presents Ellis Island: Island of Hope, Island of Tears 12:15 Lunch 1:00 David Scance performs	17 10:00 Breakfast & chat 10:30 Functional movement with Debbie 11:15 Passover Seder with Cantor Israel Singer 12:15 Lunch 1:00 Activity with Arden Courts	18 10:00 Breakfast & chat 10:30 Qigong with Natalie 11:15 Joe Lennox presents Two Groundbreaking Space Missions that Changed the World 12:15 Lunch 1:00 D'var Torah with Joy 	19 10:00 Breakfast & chat 10:30 Balance & Agility with Tamar 11:15 Celebrating an intergenerational Shabbat 12:15 Lunch 1:00 Sing-along with Stuart
No program 22 - 24 			25 10:00 Breakfast & chat 10:30 Qigong with Natalie 11:15 Table Talk with Lisa 12:15 Lunch 1:00 D'var Torah with Joy	26 10:00 Breakfast & chat 10:30 Balance & Agility with Tamar 11:15 Celebrating an intergenerational Shabbat 12:15 Lunch 1:00 Trivia
No program 29 & 30  			Thank you to our sponsors!    	