



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

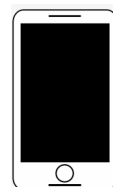
201.569.7900 ext 439

Natalie Almagor

201.408.1503

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Thank you to our sponsors!</p>		<p>1</p> <p>10:00 Breakfast & chat</p> <p>10:30 Functional movement with Debbie</p> <p>11:15 Richard Stillman performs</p> <p>12:15 Lunch</p> <p>1:00 Trivia</p>	<p>2</p> <p>10:00 Breakfast & chat</p> <p>10:30 Qigong with Natalie</p> <p>11:15 Michael Gaskin presents Arthur Rubenstein</p> <p>12:15 Lunch</p> <p>1:00 D'var Torah with Joy</p>	<p>3</p> <p>10:00 Breakfast & chat</p> <p>10:30 Balance & Agility with Tamar</p> <p>11:15 Celebrating an intergenerational Shabbat</p> <p>12:15 Lunch</p> <p>1:00 Afternoon sing along</p>
<p>6</p> <p>10:00 Breakfast & chat</p> <p>10:30 Full body workout with Debbie</p> <p>11:15 Bingo</p> <p>12:15 Lunch</p> <p>1:00 Current events</p> <p>Yom Hashoah</p>	<p>7</p> <p>10:00 Breakfast & chat</p> <p>10:30 Moving and Grooving with Tamar</p> <p>11:15 Paul White presents Ireland</p> <p>12:15 Lunch</p> <p>1:00 Peter L music hour</p>	<p>8</p> <p>10:00 Breakfast & chat</p> <p>10:30 Functional movement with Debbie</p> <p>11:15 Reggie in concert</p> <p>12:15 Lunch</p> <p>1:00 Activities with Allegro</p>	<p>9</p> <p>10:00 Breakfast & chat</p> <p>10:30 Qigong with Natalie</p> <p>11:15 Fun with Brightview</p> <p>12:15 Lunch</p> <p>1:00 D'var Torah with Joy</p>	<p>10</p> <p>10:00 Breakfast & chat</p> <p>10:30 Balance & Agility with Tamar</p> <p>11:15 Celebrating an intergenerational Shabbat</p> <p>12:15 Lunch</p> <p>1:00 Fun with Applause</p>

Please call ahead to register your days



Monday	Tuesday	Wednesday	Thursday	Friday
<p>13</p> <p>10:00 Breakfast & chat 10:30 Full body workout with Debbie 11:15 Bingo 12:15 Lunch 1:00 Current events</p>  <p>יום הזיכרון</p>	<p>14</p> <p>10:00 Breakfast & chat 10:30 Moving and Grooving with Tamar 11:15 Evan Weiner presents 12:15 Lunch 1:00 John LePre music hour</p> <p>Israel Independents</p>  <p>Yom Haatzmaut</p>	<p>15</p> <p>10:00 Breakfast & chat 10:30 Functional movement with Debbie 11:15 David Scance dance party 12:15 Lunch 1:00 Trivia with Arden Courts</p> <p>VNA Blood pressure Screening 10-12</p> 	<p>16</p> <p>10:00 Breakfast & chat 10:30 Qigong with Natalie 11:15 Joel Farkas presents After the Revolutionary War 12:15 Lunch 1:00 D'var Torah with Joy</p>	<p>17</p> <p>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</p>
<p>20</p> <p>10:00 Breakfast & chat 10:30 Full body workout with Debbie 11:15 Bingo 12:15 Lunch 1:00 Current events</p>	<p>21</p> <p>10:00 Breakfast & chat 10:30 Moving and Grooving with Tamar 11:15 History of Television 12:15 Lunch 1:00 Cecilia and her Sax</p>	<p>22</p>  <p>Yiddish Concert</p>	<p>23</p> <p>10:00 Breakfast & chat 10:30 Qigong with Natalie 11:15 Herb Bernstein music presentation 12:15 Lunch 1:00 D'var Torah with Joy</p>	<p>24</p> <p>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</p>
<p>Closed</p> <p>27</p>  <p>MEMORIAL DAY</p>	<p>28</p> <p>10:00 Breakfast & chat 10:30 Moving and Grooving with Tamar 11:15 Bill Walton Opera Appreciation 12:15 Lunch 1:00 George Tuzzeo sing along</p>	<p>29</p> <p>10:00 Breakfast & chat 10:30 Functional movement with Debbie 11:15 Michael Andrew music hour 12:15 Lunch 1:00 Afternoon with Achieve</p>	<p>30</p> <p>10:00 Breakfast & chat 10:30 Qigong with Natalie 11:15 Carol Simon Levin presents 12:15 Lunch 1:00 D'var Torah with Joy</p>	<p>31</p> <p>10:00 Breakfast & chat 10:30 Balance & Agility with Tamar 11:15 Celebrating an intergenerational Shabbat 12:15 Lunch 1:00 Trivia</p>