

2023



KAPLEN JCC on the Palisades

# 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

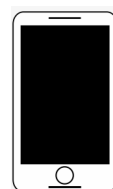
**Marlene S Ceragno**

201.569.7900 ext 439



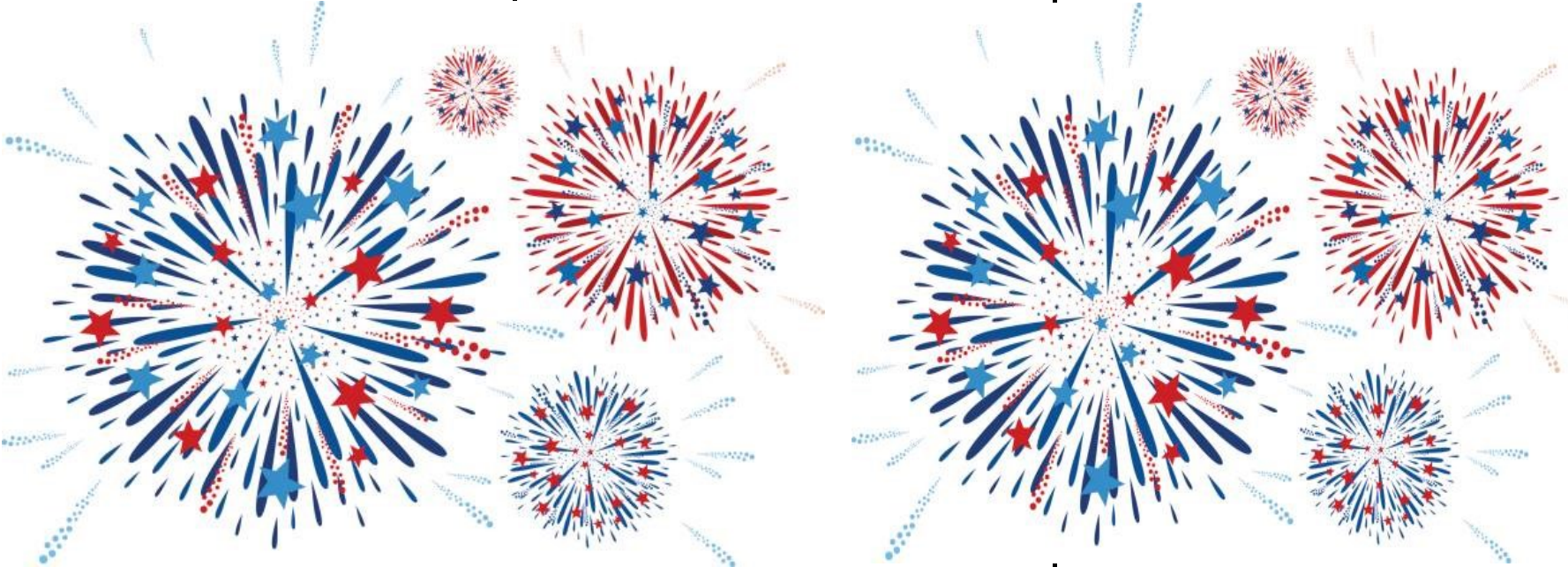
**Natalie Almagor**

201.408.1503

Please call ahead  
to register your  
days



Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>10:00 Breakfast &amp; chat 10:30 Full body workout with Maurice 11:15 Current events 12:00 Lunch 1:00 Peter L sing along</p>	<p>4</p> <p><b>CLOSED</b></p> <p>Happy 4<sup>th</sup> of July</p>	<p>5</p> <p>10:00 Breakfast &amp; chat 10:30 Boxing with Maurice 11:15 BINGO 12:00 Lunch 1:00 Lou Sabini music hour</p>	<p>6</p> <p>10:00 Breakfast &amp; chat 10:30 Qigong with Natalie 11:15 Rick Feingold presents the Miracle Mets 12:00 Lunch 1:00 D'var Torah with Joy</p>	<p>7</p> <p>10:00 Breakfast &amp; chat 10:30 Balance &amp; Agility 11:15 Celebrating an intergenerational Shabbat 12:00 Lunch 1:00 Paul Simeone sing along</p>
<p>9</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 goes Hawaiian</p>	<p>11</p> <p>10:00 Breakfast &amp; chat 10:30 Functional movement 11:15 Lily Drapkin presents Jewish Women of Valor 12:00 Lunch 1:00 Joe Allegro sing along</p>	<p>12</p> <p>10:00 Breakfast &amp; chat 10:30 Boxing with Maurice 11:15 BINGO 12:00 Lunch 1:00 Cecilia and her Sax</p>	<p>13</p> <p>10:00 Breakfast &amp; chat 10:30 Qigong with Natalie 11:15 Fun with Brightview 12:00 Lunch 1:00 D'var Torah with Joy</p> <p>BRIGHTVIEW SENIOR LIVING TENAFLY</p>	<p>14</p> <p>10:00 Breakfast &amp; chat 10:30 Balance &amp; Agility 11:15 Celebrating an intergenerational Shabbat 12:00 Lunch 1:00 George T music hour</p>

Monday	Tuesday	Wednesday	Thursday	Friday
17 10:00 Breakfast & chat 10:30 Full body workout with Maurice 11:15 Current events 12:00 Lunch 1:00 Peter in concert	18 10:00 Breakfast & chat 10:30 Functional movement 11:15 Travel to Italy with Marv 12:00 Lunch 1:00 Libby R and her Sax	19 10:00 Breakfast & chat 10:30 Boxing with Maurice 11:15 Bristol BINGO with prizes 12:00 Lunch 1:00 Paul Simeone music hour  VNA Blood pressure	20 10:00 Breakfast & chat 10:30 Qigong with Natalie 11:15 Marty Schneit presents 12:00 Lunch 1:00 D'var Torah with Joy	21 10:00 Breakfast & chat 10:30 Balance & Agility 11:15 Celebrating an intergenerational Shabbat 12:00 Lunch 1:00 Johnny M dance party
24 10:00 Breakfast & chat 10:30 Full body workout with Maurice 11:15 Morning program with Achieve 12:00 Lunch 1:00 David Scance in concert 	25 10:00 Breakfast & chat 10:30 Functional movement 11:15 Opera Appreciation with Bill Walton 12:00 Lunch 1:00 Mark Richards sing along	26 10:00 Breakfast & chat 10:30 Boxing with Maurice 11:15 BINGO 12:00 Lunch 1:00 Jazz greats with Janice	27 10:00 Breakfast & chat 10:30 Qigong with Natalie 11:15 Paul White presents The Wonderful Yankees 12:00 Lunch 1:00 D'var Torah with Joy	28 10:00 Breakfast & chat 10:30 Balance & Agility 11:15 Celebrating an intergenerational Shabbat 12:00 Lunch 1:00 Party with Henry
31 10:00 Breakfast & chat 10:30 Full body workout with Maurice 11:15 Current events 12:00 Lunch 1:00 Moshe Katzburg in concert				Thank you to our sponsors 