

APRIL

2025

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?



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Monday	Tuesday	Wednesday	Thursday	Friday
<p>Thank you to our sponsors!</p>	<p>1</p> <p>10:00 Bagelicious Breakfast </p> <p>10:30 Moving and Grooving with Tamar</p> <p>11:15 Paul White presents April in Paris... The Art of the Louvre</p> <p>12:15 Blintzes</p> <p>1:00 George Tuzzio performs</p>	<p>2</p> <p>10:00 Breakfast & chat</p> <p>10:30 Functional movement with Debbie</p> <p>11:15 Passover Seder Led by Cantor Israel Singer</p> <p>12:15 Seder Lunch </p> <p>1:00 Word in a Word Passover Edition</p>	<p>3</p> <p>10:00 Breakfast & chat</p> <p>10:30 Qigong and Tai Chi with Natalie</p> <p>11:15 Michael Gaskin presents Lucy & Carol</p> <p>12:15 Baked Breaded Fish</p> <p>1:00 D'var Torah with Joy </p>	<p>4</p> <p>10:00 Breakfast & chat</p> <p>10:30 Balance & Agility with Tamara</p> <p>11:15 Celebrate Shabbat</p> <p>12:15 BBQ Chicken</p> <p>1:00 Jay Daniels performs Jersey Boys & Jersey Girls </p>
<p>7</p> <p>10:00 Breakfast & chat</p> <p>10:30 Full body workout with Debbie</p> <p>11:15 Bingo with Applause </p> <p>12:15 Chicken Marsala</p> <p>1:00 Cecilia performs</p>	<p>8</p> <p>10:00 Breakfast & chat</p> <p>10:30 Moving and Grooving with Tamar</p> <p>11:15 Clint Edwards presents Artie Shaw: Greatest Bandleader Of All Time</p> <p>12:15 Veg. Cheese Lasagne</p> <p>1:00 Peter Lieberman performs</p>	<p>9</p> <p>10:00 Breakfast & chat</p> <p>10:30 Functional movement with Debbie</p> <p>11:15 Johnny M. performs</p> <p>12:15 Pot Roast</p> <p>1:00 Tales with Natalie </p>	<p>10</p> <p>10:00 Breakfast & chat</p> <p>10:30 Qigong and Tai Chi with Natalie</p> <p>11:15 Joel Farkas presents Revolutionary Icons: The Whole Story</p> <p>12:15 Veg. Eggplant Parm.</p> <p>1:00 D'var Torah with Joy</p>	<p>11</p> <p>10:00 Breakfast & chat</p> <p>10:30 Balance & Agility with Tamara</p> <p>11:15 Celebrate Shabbat</p> <p>12:15 Honey Must. Chicken</p> <p>1:00 Fun with Care One </p>

Monday	Tuesday	Wednesday	Thursday	Friday
<div>JCC CLOSED</div> <div>14</div> <div></div>	<div>15</div> <div>9:45 Blood Pressure Screening</div> <div>10:00 Breakfast & chat</div> <div>10:30 Moving and Grooving with Tamar</div> <div>11:15 Mike Czuchnicki presents Penn Station</div> <div>12:15 <i>Chicken Cacciatore</i></div> <div>1:00 Frankie M. performs</div>	<div>16</div> <div>10:00 Breakfast & chat</div> <div>10:30 Functional movement with Debbie</div> <div>11:15 Michael Andrews performs</div> <div>12:15 <i>Swedish Meatballs</i></div> <div>1:00 Sing-Along with Stuart and Anastasia</div> <div></div>	<div>17</div> <div>10:00 Breakfast & chat</div> <div>10:30 Qigong and Tai Chi with Natalie</div> <div>11:15 Rick Feingold presents American Bandstand</div> <div>12:15 <i>Fish Francese</i></div> <div>1:00 D'var Torah with Joy</div> <div></div>	<div>18</div> <div>10:00 Breakfast & chat</div> <div>10:30 Balance & Agility with Tamar</div> <div>11:15 Celebrate Shabbat</div> <div>12:15 <i>Hawaiian Chicken</i></div> <div>1:00 Trivia</div> <div></div>
<div>21</div> <div>10:00 Breakfast & chat</div> <div>10:30 Full body workout with Debbie</div> <div>11:15 Bingo</div> <div>12:15 <i>Pepper Steak</i></div> <div>1:00 Reggie performs</div> <div></div>	<div>22</div> <div>10:00 Breakfast & chat</div> <div>10:30 Moving and Grooving with Tamar</div> <div>11:15 Mario Medici presents Carousels: Then & Now</div> <div>12:15 <i>Poached Salmon</i></div> <div>1:00 John LePre performs</div>	<div>23</div> <div>10:00 Breakfast & chat</div> <div>10:30 Functional movement with Debbie</div> <div>11:15 Efrate performs</div> <div>12:15 <i>Shepard Pie with Turkey</i></div> <div>1:00 Make a Salad with Nutritionist Marla Klein</div> <div></div>	<div>24</div> <div>10:00 Breakfast & chat</div> <div>10:30 Qigong and Tai Chi with Natalie</div> <div>11:15 Yom Hashoah readings and film</div> <div>12:15 <i>Blintzes</i></div> <div>1:00 D'var Torah with Joy</div> <div></div>	<div>25</div> <div>10:00 Breakfast & chat</div> <div>10:30 Balance & Agility with Tamar</div> <div>11:15 Celebrate an intergenerational Shabbat</div> <div>12:15 <i>Chicken with Mushroom</i></div> <div>1:00 Sing-Along with Hal</div>
<div>28</div> <div>10:00 Breakfast & chat</div> <div>10:30 Full body workout with Debbie</div> <div>11:15 Bingo</div> <div>12:15 <i>Turkey Burger</i></div> <div>1:00 Neil Dankman performs</div> <div></div>	<div>29</div> <div>10:00 Breakfast & chat</div> <div>Hot Chocolate!</div> <div>10:30 Moving and Grooving with Tamar</div> <div>11:15 Mitch Rosen presents What You Didn't Know About Coney Island</div> <div>12:15 <i>Salmon Salad</i></div> <div>1:00 David Scance performs</div> <div></div>	<div>30</div> <div>10:00 Breakfast & chat</div> <div>10:30 Functional movement with Debbie</div> <div>11:15 Richard Stillman performs</div> <div>12:15 <i>Meatloaf with Mushroom</i></div> <div>1:00 Trivia</div> <div></div>	<div></div> <div>All programs and lunch menu items are subject to change without notice. Thank you for your understanding!</div>	