

## 2025

performs

## Senior Activity Center

Bergen County Kosher Nutrition Site





with Tamara

11:15 Celebrate Shabbat

1:00 Fun with Care One

12:15 Honey Must. Chicken

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

with Natalie

11:15 Joel Farkas presents

12:15 Veg. Eggplant Parm.

**Revolutionary Icons:** 

D'var Torah with Joy

The Whole Story

## Have any questions?

**Helene Schwartz** 201.408.1451

**Lisa Robins** 201.408.1455

**Natalie Almagor** 201.408.1503

Marlene S Ceragno 201.569.7900 ext 439

For all **Transportation** questions and issues please contact Zandra Brown, **Transportation** Supervisor 201.569.7900 ext 628

Helping Others Help Themselves	10:30	Moving and Grooving		with Deppie
GOLDBERG LAW GROUP		with Tamar	11:15	Passover Seder
BRIGHTVIEW	11:15	Paul White presents		<b>Led by Cantor</b>
SENIOR LIVING		April in Paris		Israel Singer
TENAFLY  ACHIEVE		The Art of the Louvre	12:15	Seder Lunch
HOMECARE AGENCY AchieveHomeCareNJ.com	12:15	Blintzes		Ros
CARRONE Harmony	1:00	George Tuzzio	1:00	Word in a Word
CAREONE VILLAGE at CareOne Paramus at CareOne Valley		performs		Passover Edition
7		8		
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10:00 Breakfast & chat	10:00	Breakfast & chat	10:00	Breakfast & chat
10:00 Breakfast & chat 10:30 Full body workout with		Breakfast & chat		Breakfast & chat Functional movemen
		Breakfast & chat		
10:30 Full body workout with	10:30	Breakfast & chat Moving and Grooving	10:30	Functional movemen
10:30 Full body workout with Debbie	10:30	Breakfast & chat  Moving and Grooving  with Tamar	10:30 11:15	Functional movemen with Debbie
10:30 Full body workout with Debbie 11:15 Bingo with Applause	10:30	Breakfast & chat Moving and Grooving with Tamar Clint Edwards presents	10:30 11:15	Functional movemen with Debbie Johnny M. performs
<ul><li>10:30 Full body workout with Debbie</li><li>11:15 Bingo with Applause</li><li>12:15 Chicken Marsala</li></ul>	10:30	Breakfast & chat Moving and Grooving with Tamar Clint Edwards presents Artie Shaw:	10:30 11:15 12:15	Functional movemen with Debbie Johnny M. performs Pot Roast
<ul><li>10:30 Full body workout with Debbie</li><li>11:15 Bingo with Applause</li><li>12:15 Chicken Marsala</li></ul>	10:30 11:15	Breakfast & chat Moving and Grooving with Tamar Clint Edwards presents Artie Shaw: Greatest Bandleader	10:30 11:15 12:15	Functional movemen with Debbie Johnny M. performs Pot Roast

Monday	Tuesday	Wednesday	Thursday	Friday
Thank you to our sponsors!	1	2	3	4
	10:00 Bagelicious	10:00 Breakfast & chat	10:00 Breakfast & chat	10:00 Breakfast & chat
APPLAUSE	Breakfast	10:30 Functional movement	10:30 Qigong and Tai Chi	10:30 Balance & Agility
APPLAUSE  Home Care  Helping Others Help Themselves  NI ELDER LAW	10:30 Moving and Grooving	with Debbie	with Natalie	with Tamara
CENTER GOLDBERG LAW GROUP	with Tamar	11:15 Passover Seder	11:15 Michael Gaskin	11:15 Celebrate Shabbat
BRIGHTVIEW	11:15 Paul White presents	Led by Cantor	presents Lucy & Carol	12:15 BBQ Chicken
SENIOR LIVING	April in Paris	Israel Singer	12:15 Baked Breaded Fish	1:00 Jay Daniels
TENAFLY  ACHIEVE	The Art of the Louvre	12:15 Seder Lunch	1:00 D'var Torah with Joy	performs Jersey
HOMECARE AGENCY AchieveHomeCareNJ.com	12:15 Blintzes	Conos		Boys & Jersey Girls
CADE ONE Harmony	1:00 George Tuzzio	1:00 Word in a Word		
CAREONE VILLAGE at CareOne Paramus at CareOne Valley	performs	Passover Edition		
7	8	9	10	11
10:00 Breakfast & chat	10:00 Breakfast & chat	10:00 Breakfast & chat	10:00 Breakfast & chat	10:00 Breakfast & chat
10:30 Full body workout with	10:30 Moving and Grooving	10:30 Functional movement	10:30 Qigong and Tai Chi	10:30 Balance & Agility

	Monday		Tuesday		Wednesday		Thursday	Friday
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J	CC CLOSED 14	9:45	Blood Pressure Screening	10:00			Breakfast & chat	10:00 Breakfast & chat
			Breakfast & chat		Functional movement		Qigong and Tai Chi with	10:30 Balance & Agility
			Moving and Grooving	10100	with Debbie	10.00	Natalie	with Tamar
	A STATE OF THE STA	10.00	with Tamar	11:15	Michael Andrews performs	11:15		11:15 Celebrate Shabbat
/	НАРРУ	11:15	Mike Czuchnicki presents		Swedish Meatballs		American Bandstand	12:15 Hawaiian Chicken
		111.10	Penn Station	1:00	Sing-Along with Stuart	12:15	Fish Francese	1:00 Trivia
	Passover 2	12:15	Chicken Cacciatore	1.00	and Anastasia	1:00	D'var Torah with Joy	1100 IIIViu
3		1:00	Frankie M. performs	-	and Anastasia	1.00	A .	
	True .	1.00	Trankie iii. perioriiis		The state of the s	4		
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	21		22		23		24	25
10:00	Breakfast & chat	10:00	Breakfast & chat	10:00	Breakfast & chat	10:00	Breakfast & chat	10:00 Breakfast & chat
10:30	Full body workout with	10:30	Moving and Grooving	10:30	Functional movement	10:30	Qigong and Tai Chi with	10:30 Balance & Agility
	Debbie		with Tamar		with Debbie		Natalie	with Tamar
11:15	Bingo	11:15	Mario Medici presents	11:15	Efrate performs	11:15	Yom Hashoah readings	11:15 Celebrate an
12:15	Pepper Steak		Carousels: Then & Now	12:15	Shepard Pie with Turkey		and film	intergenerational Shabbat
1:00	Reggie performs	12:15	Poached Salmon	1:00	Make a Salad with	12:15	Blintzes	12:15 Chicken with Mushroom
		1:00	John LePre performs		Nutritionist Marla Klein	1:00	D'var Torah with Joy	1:00 Sing-Along with Hal
	28		29		30		<i>m</i> ·	
10.00	Breakfast & chat	10.00	Breakfast & chat	10.00	Breakfast & chat			
	Full body workout with	10.00	Hot Chocolate!		Functional movement			
10.00	Debbie	40.20	ССБИДАНИЯ	10.00	with Debbie	1,44	99	
11.15	Bingo	10:30	Moving and Grooving	11.15	Richard Stillman performs			
	Turkey Burger	44.45	with Tamar		Meatloaf with Mushroom		- × 和 和	
1:00	Neil Dankman performs	11:15	Mitch Rosen presents	1:00	Trivia			
1.00	Tion Dankingh perioring		What You Didn't Know	1.00	TITVICE TO THE PROPERTY OF THE	All pro	ograms and lunch menu items	-
	a Ga	10.45	About Coney Island			are su	ıbject to change without notice.	The same of the sa
			Salmon Salad		YOM HAZIKARON National Finensianies Day	Thank	c you for your understanding!	
		1:00	David Scance performs			46000	Market	