



2025 Senior Activity Center

Bergen County Kosher Nutrition Site

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



KAPLEN JCC on the Palisades
WHERE COMMUNITY UNITES

Have any
questions?



Helene
Schwartz

201.408.1451

Lisa Robins

201.408.1455

Natalie Almagor

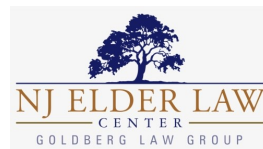
201.408.1503

Marlene S Ceragno

201.569.7900 ext 439

Monday

Thank you to our sponsors!



Tuesday

Wednesday

Thursday

Friday

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

10:00 Breakfast & chat
10:30 Full body workout with
Debbie
11:15 Bingo with Applause
12:15 Lunch
1:00 Hermie Kessler
presents Eat Healthy
Live Longer & It Can
Be Kosher!



10:00 **Bagelicious
Breakfast**
10:30 Moving and Grooving
with Tamar
11:15 Paul White presents
Monuments, Memorials
Arlington, Va.
12:15 Lunch
1:00 Cecilia performs



10:00 Breakfast & chat
10:30 Functional movement
with Debbie
11:15 Paul Simeone
performs
12:15 Lunch
1:00 Fun with Sandy
Synergy HomeCare



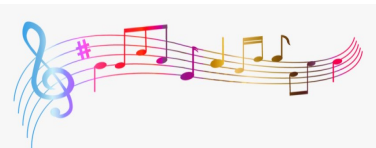

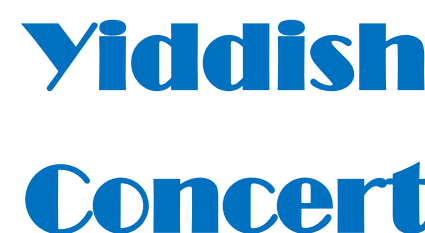





10:00 Breakfast & chat
10:30 Qigong and Tai Chi
with Natalie
11:15 Fun with Brightview
12:15 Lunch
1:00 D'var Torah with Joy



10:00 Breakfast & chat
10:30 Balance & Agility
with Tamara
11:15 Celebrate Shabbat
12:15 Lunch
1:00 Michael Phillips and
Student Choir



Monday	Tuesday	Wednesday	Thursday	Friday
<p>12</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 Peter Lieberman performs</p> 	<p>13</p> <p>10:00 Breakfast & chat</p> <p>10:30 Moving and Grooving with Tamar</p> <p>11:15 Clint Edwards presents Nat King Cole: Unforgettable Music</p> <p>12:15 Lunch</p> <p>1:00 Reggie performs</p>	<p>14</p> <p>10:00 Breakfast & chat</p> <p>10:30 Functional movement with Debbie</p> <p>11:15 David Scance performs</p> <p>12:15 Lunch</p> <p>1:00 Word in a Word</p>	<p>15</p> <p>10:00 Breakfast & chat</p> <p>10:30 Qigong and Tai Chi with Natalie</p> <p>11:15 Evan Weiner presents 1925 ~ What Was Life Like 100 Years Ago?</p> <p>12:15 Lunch</p> <p>1:00 D'var Torah with Joy</p>	<p>16</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 Sing-along with Hal</p> 
<p>19</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 John LePre performs</p> 	<p>20</p>  <p>9:45 Blood Pressure Screening</p> <p>10:00 Breakfast & chat</p> <p>10:30 Moving and Grooving with Tamar</p> <p>11:15 Bill Walton presents Mozart, Vocal Visions</p> <p>12:15 Lunch</p> <p>1:00 George Tuzzio performs</p>	<p>21</p> <p>10:00 Breakfast & chat</p> <p>10:30 Functional movement with Debbie</p> <p><i>The 41st Esther & Julius Adler</i></p> 	<p>22</p> <p>10:00 Breakfast & chat</p> <p>10:30 Qigong and Tai Chi with Natalie</p> <p>11:15 Dick Burnon presents Maryann McNeil</p> <p>12:15 Lunch</p> <p>1:00 D'var Torah with Joy</p>	<p>23</p> <p>10:00 Breakfast & chat</p> <p>10:30 Balance & Agility with Tamar</p> <p>11:15 Celebrate Shabbat</p> <p>12:15 Lunch</p> <p>1:00 Trivia</p> 
<p>JCC CLOSED</p> 	<p>27</p> <p>10:00 Breakfast & chat</p> <p>10:30 Moving and Grooving with Tamar</p> <p>11:15 Irene Curran presents Maya Angelou</p> <p>12:15 Lunch</p> <p>1:00 Efrate performs</p>	<p>28</p> <p>10:00 Breakfast & chat</p> <p>10:30 Functional movement with Debbie</p> <p>11:15 Neil Dankman performs</p> <p>12:15 Lunch</p> <p>1:00 Fun with Care One</p>	<p>29</p> <p>10:00 Breakfast & chat</p> <p>10:30 Qigong and Tai Chi with Natalie</p> <p>11:15 Rick Feingold presents Escape From Behind Enemy Lines</p> <p>12:15 Lunch</p> <p>1:00 D'var Torah with Joy</p> 	<p>30</p> <p>10:00 Breakfast & chat</p> <p>10:30 Balance & Agility with Tamar</p> <p>11:15 Celebrate Shabbat</p> <p>12:15 Lunch</p> <p>1:00 Trivia</p> 