



2025



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
2 <b>JCC CLOSED</b>  שבועות SHAVUOT	3	4 10:00 Breakfast & chat 10:30 Functional movement with Debbie 11:15 George Tuzzeo in concert 12:15 Lunch 1:00 Fun with Synergy Home Care	5 10:00 Breakfast & chat 10:30 Qigong and Tai Chi with Natalie 11:15 Comedy of the Catskills 12:15 Lunch 1:00 D'var Torah with Joy 	6 10:00 Breakfast & chat 10:30 Balance & Agility with Tamara 11:15 Celebrating an intergenerational Shabbat 12:15 Lunch 1:00 Come Fly With Me with Jay Daniels
9 10:00 Breakfast & chat 10:30 Full body workout with Debbie 11:15 Bingo 12:15 Lunch 1:00 Ceclia and her Sax	10 10:00 Breakfast & chat 10:30 Moving and Grooving with Tamar 11:15 Clint Edwards presents Peggy Lee 12:15 Lunch 1:00 Crooning with Neil 	11 10:00 Breakfast & chat 10:30 Functional movement with Debbie 11:15 Joe Conti Dance Party 12:15 Lunch 1:00 Trivia 	12 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 	13 10:00 Breakfast & chat 10:30 Balance & Agility with Tamara 11:15 Celebrating an intergenerational Shabbat 12:15 Lunch 1:00 CareOne Activity 

Monday	Tuesday	Wednesday	Thursday	Friday
<p>16</p> <p>10:00 Breakfast &amp; chat</p> <p>10:30 Full body workout with Debbie</p> <p>11:15 Bingo</p> <p>12:15 Lunch</p> <p>1:00 Sing along with Peter L</p> 	<p>17</p> <p>10:00 Breakfast &amp; chat</p> <p>10:30 Moving and Grooving with Tamar</p> <p>11:15 Mike C presents, TBA</p> <p>12:15 Lunch</p> <p>1:00 John LePre music hour</p> 	<p>18</p> <p>10:00 Breakfast &amp; chat</p> <p>10:30 Functional movement with Debbie</p> <p>11:15 Richard Stillman show</p> <p>12:15 Lunch</p> <p>1:00 Brain Games</p>	<p>19</p> <p>10:00 Breakfast &amp; chat</p> <p>10:30 Qigong and Tai Chi with Natalie</p> <p>11:15 Joe Lennox presents Freedom 7</p> <p>12:15 Lunch</p> <p>1:00 D'var Torah with Joy</p> 	<p>20</p> <p>10:00 Breakfast &amp; chat</p> <p>10:30 Balance &amp; Agility with Tamar</p> <p>11:15 Celebrating an intergenerational Shabbat</p> <p>12:15 Lunch</p> <p>1:00 Hal K sing-along</p>
<p>23</p> <p>10:00 Breakfast &amp; chat</p> <p>10:30 Full body workout with Debbie</p> <p>11:15 Bingo</p> <p>12:15 Lunch</p> <p>1:00 David Scance music hour</p>	<p>24</p> <p>10:00 Breakfast &amp; chat</p> <p>10:30 Moving and Grooving with Tamar</p> <p>11:15 Central Park ~ The Jewel of NYC</p> <p>12:15 Lunch</p> <p>1:00 Reggie in concert</p>	<p>25</p> <p>10:00 Breakfast &amp; chat</p> <p>10:30 Functional movement with Debbie</p> <p>11:15 Moshe Katzberg in concert</p> <p>12:15 Lunch</p> <p>1:00 Trivia</p> 	<p>26</p> <p>10:00 Breakfast &amp; chat</p> <p>10:30 Qigong and Tai Chi with Natalie</p> <p>11:15 Evan Weiner presents Nova Scotia</p> <p>12:15 Lunch</p> <p>1:00 D'var Torah with Joy</p>	<p>27</p> <p>10:00 Breakfast &amp; chat</p> <p>10:30 Balance &amp; Agility with Tamar</p> <p>11:15 Celebrating an intergenerational Shabbat</p> <p>12:15 Lunch</p> <p>1:00 Trivia</p> 
<p>30</p> <p>10:00 Breakfast &amp; chat</p> <p>10:30 Full body workout with Debbie</p> <p>11:15 Bingo</p> <p>12:15 Lunch</p> <p>1:00 Micheal Andrews sing along</p>				<p>Thank you to our sponsors!</p> <div>   </div> <div>   </div> <div>   </div> <div>  </div>