

2025



Senior Activity Center

Bergen County Kosher Nutrition Site

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

Wednesday

Have any questions?



Helene Schwartz

201.408.1451

Lisa Robins

201.408.1455

Natalie Almagor

201.408.1503

Marlene S Ceragno

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



be \$10 per round trip.

10:00 Breakfast & chat 10:00 Breakfast & chat 10:30 Full body workout 10:30 Moving and Grooving with Debbie with Tamar 11:15 Bingo with Applause 11:15 Clint Edwards 12:15 Lunch presents: Master of 1:00 Cecilia performs Song - Dorothy Fields 12:15 Lunch **Music with Joe Allegro**

10:30 Moving and Grooving with Tamar 11:15 Paul White presents: **Horse Racing - Kentucky** Derby, Preakness, Belmont & Haskell 12:15 Lunch

Tuesday

10:00 Breakfast & chat

10:00 Breakfast & chat **10:30 Functional movement** with Debbie 11:15 Music Concert by **Paul Simone** 12:15 Lunch 1:00 Sing-along with Hal

10:00 Breakfast & chat

with Debbie

11:15 Reggie performs

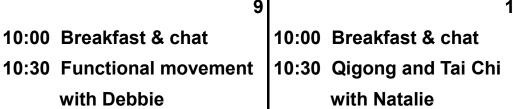
12:15 Lunch

1:00 Trivia

10:00 Breakfast & chat 10:30 Qigong and Tai Chi with Natalie 11:15 Melisa Damcevska presents: **Stress Management** 12:15 Lunch D'var Torah with Joy

Thursday





11:15 Fun with Brightview

12:15 Lunch

1:00 D'var Torah with Jov

10:00 Breakfast & chat 10:30 Balance & Agility with Tamar 11:15 Celebrate Shabbat 12:15 Lunch 1:00 Fun with Harmony **Village**



	Manday		Tuesday		VA/o almondov		Thursday	Eridox
	Monday		Tuesday		Wednesday		Thursday	Friday
10:00	14 Breakfast & chat	10:00	Breakfast & chat	10:00	Breakfast & chat		17 Breakfast & chat	18 10:00 Breakfast & chat
10:30	Full body workout	10:30	Moving and Grooving	10:30	Functional movement	10:30	Qigong and Tai Chi	10:30 Balance & Agility
	with Debbie		with Tamar		with Debbie		with Natalie	with Tamar
11:15	Bingo	11:15	Mario Medici presents:	11:15	In Concert with	11:15	Joel Farkas presents:	11:15 Celebrate Shabbat
12:15	Lunch	High	lights of the Jersey Shore		Moshe Katzburg	King	gs, Queens, & Guillotines	12:15 Lunch
1:00	Peter Lieberman performs	12:15	Lunch	12:15	Lunch	12:15	Lunch	1:00 Trivia with Helene
		1:00	John Lepre performs	1:00	Brain Games	1:00	D'var Torah with Joy	TRIVE
	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	10:30	Moving and Grooving	10:30	Functional movement	10:30	Qigong and Tai Chi	10:30 Balance & Agility
	with Debbie		with Tamar		with Debbie		with Natalie	with Tamar
11:15	Bingo	11:15	Carol Simon Levin	11:15	Music with Janice	11:15	Rick Feingold presents:	11:15 Celebrate Shabbat
12:15	Lunch		presents:	12:15	Lunch		The Glenn Miller Band	12:15 Lunch
1:00	Neil Dankman performs		Overlooked Ingenuity	1:00	Fun with Synergy	12:15	Lunch	1:00 Sing-along with Hal
		12:15	Lunch		Home Care	1:00	D'var Torah with Joy	Shabbat
		1:00	Concert by Reggie					Shalom
	28		29		30		31	THANK YOU to our Sponsors!
10:00	Breakfast & chat	10:00	Breakfast & chat	10:00	Breakfast & chat	10:00	Breakfast & chat	
10:30	Full body workout	10:30	Moving and Grooving	10:30	Functional movement	10:30	Qigong and Tai Chi	APPLAUSE BRIGHT VIEW
	with Debbie		with Tamar		with Debbie		with Natalie	Helping Others Help Themselves SENIOR LIVING
11:15	Bingo	11:15	lan Drake presents:	11:15	Richard Stillman performs	11:15	Bill Walton presents:	CAREONE VILLAGE at Carefone Paramus
12:15	Lunch		U.S. Policy re: Iran	12:15	Lunch		An Evening at the Opera	at CareOne Valley
1:00	Music Concert with	12:15	Lunch	1:00	Comedy Central	12:15	Lunch	Eastbridge Home Care
	David Scance	1:00	Concert performed by			1:00	D'var Torah with Joy	NI ELDED LAW
			Michael Andrews		(! AHA!)			NJ ELDER LAW
					ريك	▶ ^A	II programs are subject to change without notice	SYNERGY® HomeCare Care that moves you