



2025

 **KAPLEN JCC** on the Palisades
75 YEARS

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

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

Monday	Tuesday	Wednesday	Thursday	Friday
 ** Effective July 1, ** the transportation fee will be \$10 per round trip.	1 10:00 Breakfast & chat 10:30 Moving and Grooving with Tamar 11:15 Paul White presents: Horse Racing - Kentucky Derby, Preakness, Belmont & Haskell 12:15 Lunch 1:00 Efrat performs	2 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 	3 10:00 Breakfast & chat 10:30 Qigong and Tai Chi with Natalie 11:15 Melisa Damcevskas presents: Stress Management 12:15 Lunch 1:00 D'var Torah with Joy	 4th OF JULY NO PROGRAM
7 10:00 Breakfast & chat 10:30 Full body workout with Debbie 11:15 Bingo with Applause 12:15 Lunch 1:00 Cecilia performs 	8 10:00 Breakfast & chat 10:30 Moving and Grooving with Tamar 11:15 Clint Edwards presents: Master of Song - Dorothy Fields 12:15 Lunch 1:00 Music with Joe Allegro	9 10:00 Breakfast & chat 10:30 Functional movement with Debbie 11:15 Reggie performs 12:15 Lunch 1:00 Trivia  	10 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	11 10:00 Breakfast & chat 10:30 Balance & Agility with Tamar 11:15 Celebrate Shabbat 12:15 Lunch 1:00 Fun with Harmony Village 

Monday	Tuesday	Wednesday	Thursday	Friday
<p>14</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>15</p> <p>10:00 Breakfast & chat </p> <p>10:30 Moving and Grooving with Tamar</p> <p>11:15 Mario Medici presents: Highlights of the Jersey Shore</p> <p>12:15 Lunch</p> <p>1:00 John Lepre performs</p>	<p>16</p> <p>10:00 Breakfast & chat</p> <p>10:30 Functional movement with Debbie</p> <p>11:15 In Concert with Moshe Katzburg</p> <p>12:15 Lunch</p> <p>1:00 Brain Games </p>	<p>17</p> <p>10:00 Breakfast & chat</p> <p>10:30 Qigong and Tai Chi with Natalie</p> <p>11:15 Joel Farkas presents: Kings, Queens, & Guillotines</p> <p>12:15 Lunch</p> <p>1:00 D'var Torah with Joy</p>	<p>18</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 with Helene</p> <p></p>
<p>21</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 Neil Dankman performs</p>	<p>22</p> <p>10:00 Breakfast & chat</p> <p>10:30 Moving and Grooving with Tamar</p> <p>11:15 Carol Simon Levin presents: Overlooked Ingenuity</p> <p>12:15 Lunch</p> <p>1:00 Concert by Reggie</p>	<p>23</p> <p>10:00 Breakfast & chat</p> <p>10:30 Functional movement with Debbie</p> <p>11:15 Music with Janice</p> <p>12:15 Lunch</p> <p>1:00 Fun with Synergy Home Care</p>	<p>24</p> <p>10:00 Breakfast & chat</p> <p>10:30 Qigong and Tai Chi with Natalie</p> <p>11:15 Rick Feingold presents: The Glenn Miller Band</p> <p>12:15 Lunch</p> <p>1:00 D'var Torah with Joy</p>	<p>25</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 Sing-along with Hal</p> <p></p>
<p>28</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 Music Concert with David Scance </p>	<p>29</p> <p>10:00 Breakfast & chat</p> <p>10:30 Moving and Grooving with Tamar</p> <p>11:15 Ian Drake presents: U.S. Policy re: Iran</p> <p>12:15 Lunch</p> <p>1:00 Concert performed by Michael Andrews</p>	<p>30</p> <p>10:00 Breakfast & chat</p> <p>10:30 Functional movement with Debbie</p> <p>11:15 Richard Stillman performs</p> <p>12:15 Lunch</p> <p>1:00 Comedy Central</p> <p></p>	<p>31</p> <p>10:00 Breakfast & chat</p> <p>10:30 Qigong and Tai Chi with Natalie</p> <p>11:15 Bill Walton presents: An Evening at the Opera</p> <p>12:15 Lunch</p> <p>1:00 D'var Torah with Joy</p>	<p>THANK YOU to our Sponsors!</p> <p> </p> <p>  </p> <p></p> <p></p> <p></p> <p> All programs are subject to change without notice</p>