

Thank you to our sponsors!



Have any questions?

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2025











Senior Activity Center

Bergen County Kosher Nutrition Site

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



Monday	Tuesday	Wednesday	Thursday	Friday
<p>Please note:</p> <p> Transportation \$ 10</p> <p> Lunch \$ 6</p> <p></p>				<p>1</p> <p>10:00 Breakfast & chat 10:30 Balance & Agility with Tamara 11:15 Celebrate Shabbat 12:15 Lunch 1:00 Disco Lives with Jay Daniels</p> <p></p>
<p>4</p> <p>10:00 Breakfast & chat 10:30 Full body workout with Debbie 11:15 Bingo with Applause 12:15 Lunch 1:00 Music with Joe Allegro</p> <p></p>	<p>5</p> <p>10:00 Breakfast & chat 10:30 Movin' and Groovin' with Tamar 11:15 Paul White presents Famous People From "Da Bronx" 12:15 Lunch 1:00 Tap Toes with Andy Hladek</p>	<p>6</p> <p>10:00 Breakfast & chat 10:30 Functional movement with Debbie 11:15 George Tuzzeo performs 12:15 Lunch 1:00 Fun with Synergy Home Care</p> <p></p>	<p>7</p> <p>10:00 Breakfast & chat 10:30 Qigong and Tai Chi with Natalie 11:15 Evan Weiner presents 1975...Fifty Years Later 12:15 Lunch 1:00 D'var Torah with Joy</p>	<p>8</p> <p>10:00 Breakfast & chat 10:30 Balance & Agility with Tamara 11:15 Celebrate Shabbat 12:15 Lunch 1:00 Fun with Care One</p> <p></p> <p>All programs are subject to change without notice</p>

Monday	Tuesday	Wednesday	Thursday	Friday
<p>11</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 Sing-along with John LePre</p> 	<p>12</p> <p>10:00 Breakfast & chat</p> <p>10:30 Movin' and Groovin' with Tamar</p> <p>11:15 Clint Edwards presents Master of Song: Ira Gershwin</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 Functional movement with Debbie</p> <p>11:15 David Scance performs</p> <p>12:15 Lunch</p> <p>1:00 Travel with ComeForCare</p>	<p>14</p> <p>10:00 Breakfast & chat</p> <p>10:30 Qigong and Tai Chi with Natalie</p> <p>11:15 Fun with Brightview</p> <p>12:15 Lunch</p> <p>1:00 D'var Torah with Joy</p> 	<p>15</p> <p>10:00 Breakfast & chat</p> <p>10:30 Balance & Agility with Tamara</p> <p>11:15 Johnny M. performs</p> <p>12:15 Lunch</p> <p>1:00 Celebrate Shabbat</p> 
<p>18</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 Michael Andrews performs</p> 	<p>19</p> <p>10:00 Breakfast & chat</p> <p>10:00 Blood Pressure Screening</p> <p>10:30 Movin' and Groovin' with Tamar</p> <p>11:15 Mike Czuchnicki presents 250 Years of Flight - Horse Buggy to Moon Buggy</p> <p>12:15 Lunch</p> <p>1:00 Reggie performs!</p>	<p>20</p> <p>10:00 Breakfast & chat</p> <p>10:30 Functional movement with Debbie</p> <p>11:15 Moishe Katzburg performs</p> <p>12:15 Lunch</p> <p>1:00 Brain Games</p> 	<p>21</p> <p>10:00 Breakfast & chat</p> <p>10:30 Qigong and Tai Chi with Natalie</p> <p>11:15 Joel Farkas presents Remembering the American Revolution</p> <p>12:15 Lunch</p> <p>1:00 D'var Torah with Joy</p>	<p>22</p> <p>10:00 Breakfast & chat</p> <p>10:30 Balance & Agility with Tamara</p> <p>11:15 Dance party with Aaron</p> <p>12:15 Lunch</p> <p>1:00 Celebrate Shabbat</p> 
<p>25</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 Sing-along with Neil Dankman</p> 	<p>26</p> <p>10:00 Breakfast & chat</p> <p>10:30 Movin' and Groovin' with Tamar</p> <p>11:15 Ian Drake presents Our Dysfunctional Congress</p> <p>12:15 Lunch</p> <p>1:00 George Tuzzio performs</p> 	<p>27</p> <p>10:00 Breakfast & chat</p> <p>10:30 Functional movement with Debbie</p> <p>11:00 Car Show</p> <p>11:15 Efrath performs</p> <p>12:15 Lunch</p> <p>1:00 Word in a Word</p> 	<p>28</p> <p>10:00 Breakfast & chat</p> <p>10:30 Qigong and Tai Chi with Natalie</p> <p>11:15 Rick Feingold presents Ted Williams When America Was At War</p> <p>12:15 Lunch</p> <p>1:00 D'var Torah with Joy</p>	<p>29</p> <p>10:00 Breakfast & chat</p> <p>10:30 Balance & Agility with Tamara</p> <p>11:15 Joe Allegro performs</p> <p>12:15 Lunch</p> <p>1:00 Sing-along with Hal</p> 