

THANK YOU TO OUR SPONSORS!



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
CLOSED 1	2	3	4	5
	10:00 Breakfast & chat 10:30 Movin' and Groovin' with Tamar 11:15 Paul White presents: Power of Laughter... Famous Comedians 12:15 Lunch 1:00 Frankie M. performs 	10:00 Breakfast & chat 10:30 FUNctional movement with Debbie 11:15 Lou Sabini performs 12:15 Lunch 1:00 Fun with Synergy Home Care 	10:00 Breakfast & chat 10:30 Qigong and Tai Chi with Natalie 11:15 Michael Gaskin presents: Comedy of The Catskills (part 2) 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 Jay Daniels presents The Beatles '65 
8	BAGELICIOUS BREAKFAST 9	10	11	12
10:00 Breakfast & chat 10:30 Full body workout with Debbie 11:15 Bingo with Applause 12:15 Lunch 1:00 Cecilia performs 	10:00 Breakfast & chat 10:30 Movin' and Groovin' with Tamar 11:15 Clint Edwards presents Henry Mancini 12:15 Lunch 1:00 John LePre performs 	10:00 Breakfast & chat 10:30 FUNctional movement with Debbie 11:15 Joe Allegro performs 12:15 Lunch 1:00 Travels with ComeForCare 	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 Fun with Care One 

Have any questions?

Helene Schwartz

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Lisa Robins

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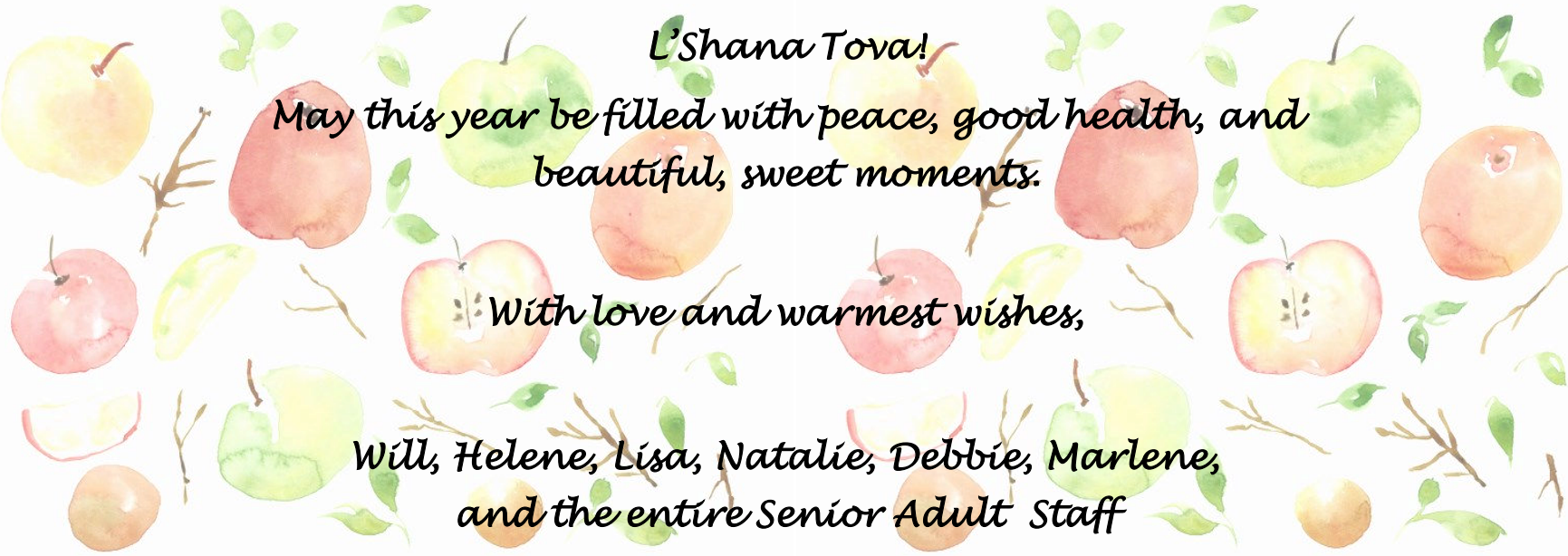
TRANSPORTATION

Zandra Brown

201.569.7900 ext 628

LIVE,
LAUGH
LEARN

together with your
friends in SAC

Monday	Tuesday	Wednesday	Thursday	Friday
15 10:00 Breakfast & chat 10:30 Full body workout with Debbie 11:15 Bingo 12:15 Lunch 1:00 Peter Lieberman performs 	16 10:00 Breakfast & chat 10:00 Blood Pressure Screening 10:30 Movin' and Groovin' with Tamar 11:15 Mario Medici presents: Great American Artists 12:15 Lunch 1:00 Reggie! 	17 10:00 Breakfast & chat 10:30 FUNctional movement with Debbie 11:15 Moishe Katzburg performs 12:15 Lunch 1:00 Marla Klein presents Harvesting Health: The Power of Apples 	18 10:00 Breakfast & chat 10:30 Qigong and Tai Chi with Natalie 11:15 Joe Lennox presents: How Space Research Improves our Health 12:15 Lunch 1:00 D'var Torah with Joy	19 10:00 Breakfast & chat 10:30 Balance & Agility with Tamar 11:15 Intergenerational Shabbat 12:15 Lunch 1:00 Sing-along with Hal 
22 10:00 Breakfast & chat Full body workout with Debbie 11:15 Bingo 12:15 Lunch 1:00 EARLY DISMISSAL for Rosh Hashanah	CLOSED SEPTEMBER 23 & 24 		25 10:00 Breakfast & chat 10:30 Qigong and Tai Chi with Natalie 11:15 Carol Simon-Levin presents: Catharine "Caty" Greene 12:15 Lunch 1:00 D'var Torah with Joy	26 10:00 Breakfast & chat 10:30 Balance & Agility with Tamar 11:15 Celebrate Shabbat 12:15 Lunch 1:00 Sing-along with Hal
29 10:00 Breakfast & chat 10:30 Full body workout with Debbie 11:15 Bingo 12:15 Lunch 1:00 Michael Andrews performs 	30 10:00 Breakfast & chat 10:30 Movin' and Groovin' with Tamar 11:15 Melisa Damcevska presents Brain Games: Keeping Your Mind Sharp 12:15 Lunch 1:00 David Scance performs	 <p><i>L'Shana Tova!</i> <i>May this year be filled with peace, good health, and beautiful, sweet moments.</i> <i>With love and warmest wishes,</i> <i>Will, Helene, Lisa, Natalie, Debbie, Marlene,</i> <i>and the entire Senior Adult Staff</i></p>		