

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



Have any questions?

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TRANSPORTATION

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Monday	Tuesday	Wednesday	Thursday	Friday
HOLIDAYS Kol Nidre A special evening prayer service that begins Yom Kippur Yom Kippur The holiest day of the Jewish year, devoted to fasting, prayer, and reflection Sukkot A joyful harvest holiday celebrated by eating in outdoor huts called sukkahs Shemini Atzeret A day of prayer for rain and blessing at the end of Sukkot. Simchat Torah A lively holiday celebrating the completion and restarting of the yearly Torah reading		1 NO PROGRAM Kol Nidre 	2 CLOSED Yom Kippur 	3 10:00 Breakfast & chat 10:30 Balance & Agility with Tamar 11:15 Celebrate Shabbat 12:15 Lunch 1:00 Jay Daniels presents Colors of the Wind 
6 10:00 Breakfast & chat 10:30 Full body workout with Debbie  11:15 Bingo 12:15 Lunch 1:00 Cecilia performs 	CLOSED OCT 7 & 8 		9 10:00 Breakfast & chat 10:30 Qigong and Tai Chi with Natalie 11:15 Evan Weiner Presents: The Early Days of Radio 12:15 Lunch 1:00 Trivia	10 10:00 Breakfast & chat 10:30 Balance & Agility with Tamar 11:15 Celebrate Shabbat 12:15 Lunch 1:00 Fun with Care One  

Monday	Tuesday	Wednesday	Thursday	Friday
<div>13</div> <p>10:00 Breakfast & chat 10:30 Full body workout with Debbie 11:15 Bingo 12:15 Lunch 1:00 David Scance performs</p> 	<div>CLOSED OCT 14 & 15</div> 		<div>16</div> <p>10:00 Breakfast & chat 10:30 Qigong and Tai Chi with Natalie 11:15 Rick Feingold presents: The Harvey Girls - Civilizers of the Wild West 12:15 Lunch 1:00 D'var Torah with Joy</p>	<div>17</div> <p>10:00 Breakfast & chat 10:30 Balance & Agility with Tamar 11:15 Celebrating an intergenerational Shabbat 12:15 Lunch 1:00 Sing-Along with Hal</p> 
<div>20</div> <p>10:00 Breakfast & chat 10:30 Full body workout with Debbie 11:15 Bingo 12:15 Lunch 1:00 Peter Lieberman performs</p> 	<div>21</div> <p>10:00 Breakfast & chat 10:00 Blood Pressure Screening 10:30 Movin' and Groovin' with Tamar 11:15 Bill Walton presents Opera 12:15 Lunch 1:00 Neil Dankman performs</p> 	<div>22</div> <p>10:00 Breakfast & chat 10:30 FUNctional movement with Debbie 11:15 Moshe Katzburg performs 12:15 Lunch 1:00 Word in a Word</p> 	<div>23</div> <p>10:00 Breakfast & chat 10:30 Qigong and Tai Chi with Natalie 11:15 Mike Czuchnicki presents: Forgotten American Heroes 12:15 Lunch 1:00 D'var Torah with Joy</p>	<div>24</div> <p>10:00 Breakfast & chat 10:30 Balance & Agility with Tamar 11:15 Celebrate Shabbat 12:15 Lunch 1:00 Comedy Central</p>
<div>27</div> <p>10:00 Breakfast & chat 10:30 Full body workout with Debbie 11:15 Bingo 12:15 Lunch 1:00 Efrate performs</p> 	<div>28</div> <p>10:00 Breakfast & chat 10:30 Movin' and Groovin' with Tamar 11:15 Irene Curran presents Robert Frost 12:15 Lunch 1:00 John LePre performs</p> 	<div>29</div> <p>10:00 Breakfast & chat 10:30 FUNctional movement with Debbie 11:15 Reggie performs! 12:15 Lunch 1:00</p> 	<div>30</div> <p>10:00 Breakfast & chat 10:30 Qigong and Tai Chi with Natalie 11:15 Clint Edwards presents: Masters of Song: Lena Horne 12:15 Lunch 1:00 D'var Torah with Joy</p>	<div>31</div> <p>10:00 Breakfast & chat 10:30 Balance & Agility with Tamar 11:15 Celebrate Shabbat 12:15 Lunch 1:00 Comedy Central</p> 