THANK YOU TO OUR SPONSORS!









Eastbridge



Tuesday

2025 Senior Activity Center

Bergen County Kosher Nutrition Site

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





Friday

Have any questions?

Helene Schwartz

201.408.1451

Lisa Robins

201.408.1455

Natalie Almagor

201.408.1503

Marlene S Ceragno

201.569.7900 ext 439

TRANSPORTATION

Zandra Brown

201.569.7900 ext 628



HOLIDAYS

Kol Nidre

A special evening prayer service that begins Yom Kippur

Monday

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

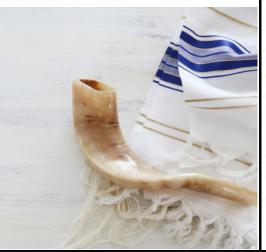
A day of prayer for rain and blessing at the end of Sukkot.

Simchat Torah

A lively holiday celebrating the completion and restarting of the yearly Torah reading

NO PROGRAM Kol Nidre

Wednesday



CLOSED Yom Kippur

Thursday



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



10

10:00 Breakfast & chat

10:30 Full body workout

with Debbie

11:15 Bingo

12:15 Lunch

1:00 Cecilia performs



10:00 Breakfast & chat 10:30 Qigong and Tai C

10:30 Qigong and Tai Chi with Natalie 11:15 Evan Weiner Presents: The Early Days of Radio

12:15 Lunch

1:00 Trivia

10:00 Breakfast & chat

10:30 Balance & Agility with Tamar

11:15 Celebrate Shabbat

12:15 Lunch

1:00 Fun with Care One



	Monday	Tuesday		Wedneso	lay		Thursday	Friday
	13		CLOSED OC	OCT 14 & 15			16	17
10:00	Breakfast & chat		11			10:00	Breakfast & chat	10:00 Breakfast & chat
10:30	Full body workout	Simchat		2		10:30	Qigong and Tai Chi	10:30 Balance & Agility
	with Debbie		. 2			4	with Natalie	with Tamar
11:15	Bingo	Torah		1 2		11:15	Rick Feingold presents:	11:15 Celebrating an
12:15	Lunch	rorace					The Harvey Girls -	intergenerational Shabbat
1:00	David Scance performs	Day					Civilizers of the Wild West	12:15 Lunch Shabbat
	A STATE OF THE STA					12:15	Lunch	1:00 Sing-Along Shalon
	BINGO					1:00	D'var Torah with Joy	with Hal
	20		21		22		23	24
10:00	Breakfast & chat	10:00 Breakfast & chat	10:	:00 Breakfast & c	hat	10:00	Breakfast & chat	10:00 Breakfast & chat
10:30	Full body workout	10:00 Blood Pressure S	creening 10	:30 FUNctional m	ovement	10:30	Qigong and Tai Chi	10:30 Balance & Agility
	with Debbie	10:30 Movin' and Groov	in'	with Debbie			with Natalie	with Tamar
11:15	Bingo	with Tamar	11:	15 Moshe Katzb	urg performs	11:15	Mike Czuchnicki presents:	11:15 Celebrate Shabbat
12:15	Lunch	11:15 Bill Walton prese	nts 12:	:15 Lunch			Forgotten American Heroes	12:15 Lunch
1:00	Peter Lieberman performs	Opera	1:0	00 Word in a Wo	rd	12:15	Lunch	1:00 Comedy Central
		12:15 Lunch				1:00	D'var Torah with Joy	
		1:00 Neil Dankman pe	forms					
	27		28		29		30	31
10:00	Breakfast & chat	10:00 Breakfast & chat	10:	:00 Breakfast & o	hat	10:00	Breakfast & chat	10:00 Breakfast & chat
10:30	Full body workout	10:30 Movin' and Groov	in' 10:	:30 FUNctional m	ovement	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 Irene Curran pres	ents 11:	15 Reggie perfo	rms!	11:15	Clint Edwards presents:	11:15 Celebrate Shabbat
12:15	Lunch	Robert Frost	12:	:15 Lunch			Masters of Song:	12:15 Lunch
1:00	Efrate performs	12:15 Lunch	1:0	00	_ \Lambda		Lena Horne	1:00 Comedy Central
1.00	- A	1:00 John LePre performs	rms	RIMA		12:15	Lunch	
	and the second			99 8		1:00	D'var Torah with Joy	
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