



KAPLEN JCC on the Palisades

2025



Jewish Federation
of Northern New Jersey

Senior Activity Center

Bergen County Kosher Nutrition Site

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

HAVE A QUESTION?

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Monday	Tuesday	Wednesday	Thursday	Friday
3 10:00 Breakfast & chat 10:30 Full body workout with Debbie 11:15 Bingo with Applause 12:15 Lunch 1:00 Cecilia performs 	4 10:00 Breakfast & chat 10:30 Movin' and Groovin' with Tamar 11:15 Paul White presents: Freedom Is Not Free 12:15 Lunch 1:00 Janice performs 	5 The Esther & Julius Adler Semi-Annual YIDDISH CONCERT 	6 10:00 Breakfast & chat 10:30 Qigong and Tai Chi with Natalie 11:15 Michael Gaskin Presents: George Burns: 80 yrs in Show Business 12:15 Lunch 1:00 D'var Torah with Joy	7 NO PROGRAM PROFESSIONAL DEVELOPMENT DAY FOR STAFF 
10 10:00 Breakfast & chat 10:30 Full body workout with Debbie 11:15 Bingo 12:15 Lunch 1:00 Peter Lieberman performs 	11 10:00 Breakfast & chat 10:30 Movin' and Groovin' with Tamar 11:15 Clint Edwards Presents: Dick Clark & American Bandstand 12:15 Lunch 1:00 David Scance performs 	12 10:00 Breakfast & chat 10:30 FUNctional movement with Debbie 11:15 Michael Andrews performs 12:15 Lunch 1:00 Travel to Italy with ComForCare 	13 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 	14 10:00 Breakfast & chat 10:30 Balance & Agility with Tamar 11:15 Intergenerational Shabbat 12:15 Lunch 1:00 Fun with Care One 

Monday	Tuesday	Wednesday	Thursday	Friday
17 10:00 Breakfast & chat 10:30 Full body workout with Debbie 11:15 Bingo 12:15 Lunch 1:00 Efrat performs 	18 10:00 Breakfast & chat 10:00 Blood Pressure Screening 10:30 Movin' and Groovin' with Tamar 11:15 Ian Drake presents; The Supreme Court 12:15 Lunch 1:00 Reggie performs!	19 10:00 Breakfast & chat 10:30 FUNctional movement with Debbie 11:15 Dance party with Aaron 12:15 Lunch 1:00 Thanksgiving Trivia 	20 10:00 Breakfast & chat 10:30 Qigong and Tai Chi with Natalie 11:15 Evan Weiner presents: 1963: JFK Assassination 12:15 Lunch 1:00 D'var Torah with Joy	21 10:00 Breakfast & chat 10:30 Balance & Agility with Tamar 11:15 Celebrate Shabbat 12:15 Lunch 1:00 Sing-along with Hal 
24 10:00 Breakfast & chat 10:30 Full body workout with Debbie 11:15 Bingo 12:15 Lunch 1:00 Neil Dankman performs 	25 10:00 Breakfast & chat 10:30 Movin' and Groovin' with Tamar 11:15 James Michael performs 12:15 Thanksgiving Feast 1:00 Word in a Word (Thanksgiving style!)	26 10:00 Breakfast & chat 10:30 FUNctional movement with Debbie 11:15 Peter Scance performs 12:15 Lunch 1:00 Fun with Eastbridge 	CLOSED 	CLOSED 
  Celebrate the season of gratitude with laughter, love, and memories to cherish. HAPPY THANKSGIVING! Sincerely, Senior Adult Staff				Thank you to our sponsors at  