

JANUARY

2026 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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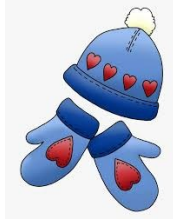
201.408.1503

Thank you to our
sponsors at



* Please note * All programs are
subject to change without notice.

Monday	Tuesday	Wednesday	Thursday	Friday
 <i>hot chocolate</i> - SEASON -			NEW YEARS DAY NO PROGRAM	10:00 Breakfast & chat 10:30 Balance & Agility with Tamar 11:15 Celebrate Shabbat 12:15 Lunch 1:00 Sing-along with Jay: A Tribute to Billy Joel and Elton John 
5 10:00 Breakfast & chat 10:30 Full body workout with Debbie 11:15 Bingo with Applause 12:15 Lunch 1:00 Tom Spinella performs 	6 10:00 Breakfast & chat 10:30 Movin' and Groovin' with Tamar 11:15 Paul White presents: Remembering Reverend Martin Luther King, Jr. 12:15 Lunch 1:00 Frankie M. performs	7 10:00 Breakfast & chat 10:30 FUNctional movement with Debbie 11:15 Dance party with Aaron 12:15 Lunch 1:00 Fun with Synergy 	8 10:00 Breakfast & chat 10:30 Qigong and Tai Chi with Natalie 11:15 Robbie Amodeo presents: Audrey Hepburn 12:15 Lunch 1:00 D'var Torah with Joy	9 10:00 Breakfast & chat 10:30 Balance & Agility with Tamar 11:15 Celebrate Shabbat 12:15 Lunch 1:00 Fun with CareOne  

Monday	Tuesday	Wednesday	Thursday	Friday
12 10:00 Breakfast & chat 10:30 Full body workout with Debbie 11:15 Bingo 12:15 Lunch 1:00 Cecilia performs 	13 10:00 Breakfast & chat 10:00 Blood Pressure Screening 10:30 Movin' and Groovin' with Tamar 11:15 Joel Farkas presents: George Washington, New Jersey And the Revolutionary War 12:15 Lunch 1:00 George Tuzzeo performs	14 10:00 Breakfast & chat 10:30 FUNctional movement with Debbie 11:15 Flip Peters performs 12:15 Lunch 1:00 Travel with ComeForCare 	15 10:00 Breakfast & chat 10:30 Qigong and Tai Chi with Natalie 11:15 Melisa Damcevska presents: Fall Prevention 12:15 Lunch 1:00 D'var Torah with Joy	16 10:00 Breakfast & chat 10:30 Balance & Agility with Tamar 11:15 Intergenerational Shabbat 12:15 Lunch 1:00 Trivia with Helene 
19 10:00 Breakfast & chat 10:30 Movin' and Groovin' with Tamar 11:15 Bingo 12:15 Lunch 1:00 Efrat performs 	20 10:00 Breakfast & chat 10:30 Movin' and Groovin' with Tamar 11:15 Evan Weiner presents: 1968 12:15 Lunch 1:00 Michael Andrew performs	21 10:00 Breakfast & chat 10:30 FUNctional movement with Debbie 11:15 Reggie! 12:15 Lunch 1:00 Tales with Natalie 	22 10:00 Breakfast & chat 10:30 Qigong and Tai Chi with Natalie 11:15 Michael Gaskin presents: The Lives of Kirk and Michael Douglas 12:15 Lunch 1:00 D'var Torah with Joy	23 10:00 Breakfast & chat 10:30 Balance & Agility with Tamar 11:15 Celebrate Shabbat 12:15 Lunch 1:00 Sing-along with Stuart 
26 10:00 Breakfast & chat 10:30 Movin' and Groovin' with Tamar 11:15 Bingo 12:15 Lunch 1:00 Joe Conti performs 	27 10:00 Breakfast & chat 10:30 Movin' and Groovin' with Tamar 11:15 Donna Atkins presents: Relatively Speaking 12:15 Lunch 1:00 Neil Dankman performs	28 10:00 Breakfast & chat 10:30 FUNctional movement with Debbie 11:15 Paul Simeone performs 12:15 Lunch 1:00 Fun with Eastbridge 	29 10:00 Breakfast & chat 10:30 Qigong and Tai Chi with Natalie 11:15 Clint Edward presents: Johann Strauss Jr. and the History of the Viennese Waltz 12:15 Lunch 1:00 D'var Torah with Joy	30 10:00 Breakfast & chat 10:30 Balance & Agility with Tamar 11:15 Celebrate Shabbat 12:15 Lunch 1:00 You Be The Judge 