

February

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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Monday February 2



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p style="text-align: right;">2</p> <p>10:00 Breakfast & chat</p> <p>10:30 Tu"Beshevat with the Early Childhood Center</p> <p>11:15 Bingo</p> <p>12:15 Lunch</p> <p>1:00 Paul Simeone performs</p> 	<p style="text-align: right;">3</p> <p>10:00 Breakfast & chat</p> <p>10:30 Movin' and Groovin' with Tamar</p> <p>11:15 Paul White presents: Presidents and First Ladies</p> <p>12:15 Lunch</p> <p>1:00 John Lepre performs</p> 	<p style="text-align: right;">4</p> <p>10:00 Breakfast & chat</p> <p>10:30 FUNctional movement with Debbie</p> <p>11:15 Dance party with Aaron</p> <p>12:15 Lunch</p> <p>1:00 Bingo with Synergy</p>  	<p style="text-align: right;">5</p> <p>10:00 Breakfast & chat</p> <p>10:30 Qigong and Tai Chi with Natalie</p> <p>11:15 Joe Lennox presents: The Space Shuttle</p> <p>12:15 Lunch</p> <p>1:00 D'var Torah with Joy</p> 	<p style="text-align: right;">6</p> <p>10:00 Breakfast & chat</p> <p>10:30 Balance & Agility with Tamar</p> <p>11:15 Celebrate Shabbat</p> <p>12:15 Lunch</p> <p>1:00 Jay Daniels prents:  A Time For Love</p> <p><i>Superbowl Sunday</i>  Sunday, February 8</p>
<p style="text-align: right;">9</p> <p>10:00 Breakfast & chat</p> <p>10:30 Full body workout with Debbie</p> <p>11:15 Bingo with Applause</p> <p>12:15 Lunch</p> <p>1:00 Andy Hladek performs</p> 	<p style="text-align: right;">10</p> <p>10:00 Breakfast & chat</p> <p>10:30 Movin' and Groovin' with Tamar</p> <p>11:15 Clint Edwards presents Johnny Mercer</p> <p>12:15 Lunch</p> <p>1:00 Peter Lieberman performs</p> 	<p style="text-align: right;">11</p> <p>10:00 Breakfast & chat</p> <p>10:30 FUNctional movement with Debbie</p> <p>11:15 Robbie Amodeo Presents: Soda Fountains, Candy, & Valentines Traditions</p> <p>12:15 Lunch</p> <p>1:00 Fun with ComeForCare</p> 	<p style="text-align: right;">12</p> <p>10:00 Breakfast & chat</p> <p>10:30 Qigong and Tai Chi with Natalie</p> <p>11:15 Lou Sabini performs</p> <p>12:15 Lunch</p> <p>1:00 D'var Torah with Joy</p> 	<p style="text-align: right;">13</p> <p>10:00 Breakfast & chat</p> <p>10:30 Balance & Agility with Tamar</p> <p>11:15 Celebrate Shabbat</p> <p>12:15 Lunch</p> <p>1:00 Fun with Care One</p> 

Monday	Tuesday	Wednesday	Thursday	Friday
<p>16</p> <p>10:00 Breakfast & chat</p> <p>10:30 Full body workout with Debbie</p> <p>11:15 Bingo</p> <p>12:15 Lunch</p> <p>1:00 Efrat performs</p> 	<p>17</p> <p>10:00 Breakfast & chat</p> <p>10:00 Blood Pressure Screening</p> <p>10:30 Movin' and Groovin' with Tamar</p> <p>11:15 Rick Feingold presents: Quiz Show Scandals</p> <p>12:15 Lunch</p> <p>1:00 Frankie M. performs</p>	<p>18</p> <p>10:00 Breakfast & chat</p> <p>10:30 FUNctional movement with Debbie</p> <p>11:15 Reggie!</p> <p>12:15 Lunch</p> <p>1:00 Word In A Word</p> 	<p>19</p> <p>10:00 Breakfast & chat</p> <p>10:30 Qigong and Tai Chi with Natalie</p> <p>11:15 Mario Medici presents: American Folk Art</p> <p>12:15 Lunch</p> <p>1:00 D'var Torah with Joy</p>	<p>20</p> <p>10:00 Breakfast & chat</p> <p>10:30 Balance & Agility with Tamar</p> <p>11:15 Intergenerational Shabbat</p> <p>12:15 Lunch</p> <p>1:00 Sing-Along with Hal</p> 
<p>23</p> <p>10:00 Breakfast & chat</p> <p>10:30 Full body workout with Debbie</p> <p>11:15 Bingo</p> <p>12:15 Lunch</p> <p>1:00 Neil Dankman performs</p> 	<p>24</p> <p>10:00 Breakfast & chat</p> <p>10:30 Movin' and Groovin' with Tamar</p> <p>11:15 Bill Walton presents: Aida</p> <p>12:15 Lunch</p> <p>1:00 Michael Andrews performs</p>	<p>25</p> <p>10:00 Breakfast & chat</p> <p>10:30 FUNctional movement with Debbie</p> <p>11:15 Joe Conti performs</p> <p>12:15 Lunch</p> <p>1:00 Fun with Eastbridge</p> 	<p>26</p> <p>10:00 Breakfast & chat</p> <p>10:30 Qigong and Tai Chi with Natalie</p> <p>11:15 Ian Drake presents: Our National Government: Working as Intended?</p> <p>12:15 Lunch</p> <p>1:00 D'var Torah with Joy</p>	<p>27</p> <p>10:00 Breakfast & chat</p> <p>10:30 Balance & Agility with Tamar</p> <p>11:15 Celebrate Shabbat</p> <p>12:15 Lunch</p> <p>1:00 Sing-Along with Stuart</p> 



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All programs are subject to change