

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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Purim

Tuesday, March 3

First Day of Spring

Friday, March 20

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|--|
| <p>2</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 Tom Spinella performs</p>  | <p>3</p> <p>10:00 Breakfast & chat</p> <p>10:30 Movin' and Groovin' with Tamar</p> <p>11:15 Paul White presents: Tour of Ireland</p> <p>12:15 Lunch</p> <p>1:00 John Lepre performs</p>  | <p>4</p> <p>10:00 Breakfast & chat</p> <p>10:30 FUNctional movement with Debbie</p> <p>11:15 Lou Sabini performs</p> <p>12:15 Lunch</p> <p>1:00 Bingo with Synergy</p>  | <p>5</p> <p>10:00 Breakfast & chat</p> <p>10:30 Qigong and Tai Chi with Natalie</p> <p>11:15 Joe Lennox presents: Gemini 7/6</p> <p>12:15 Lunch</p> <p>1:00 D'var Torah with Joy</p>  | <p>6</p> <p>10:00 Breakfast & chat</p> <p>10:30 Balance & Agility with Tamar</p> <p>11:15 All JCC Shabbat</p> <p>12:15 Lunch</p> <p>1:00 Jay Daniels performs A Place For Us: The Music of Stephen Sondheim</p>  |
| <p>9</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 Sing-along with Hal</p>  | <p>10</p> <p>10:00 Breakfast & chat</p> <p>10:30 Movin' and Groovin' with Tamar</p> <p>11:15 Clint Edwards presents Sammy Davis Jr.</p> <p>12:15 Lunch</p> <p>1:00 Cecilia performs</p>  | <p>11</p> <p>10:00 Breakfast & chat</p> <p>10:30 FUNctional movement with Debbie</p> <p>11:15 Dance party w Aaron</p> <p>12:15 Lunch</p> <p>1:00 Fun with ComeForCare</p>  | <p>12</p> <p>10:00 Breakfast & chat</p> <p>10:30 Qigong and Tai Chi with Natalie</p> <p>11:15 Evan Weiner presents: The Women Pioneers of American TV</p> <p>12:15 Lunch</p> <p>1:00 D'var Torah with Joy</p>  | <p>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 style="text-align: right;">16</p> <p>10:00 Breakfast & chat 10:30 Full body workout with Debbie 11:15 Bingo 12:15 Lunch 1:00 Efrath performs</p>  | <p style="text-align: right;">17</p> <p>10:00 Breakfast & chat 10:00 Blood Pressure Screening 10:30 Movin' and Groovin' with Tamar 11:15 Robbie Amodeo presents Oscars Red Carpet 12:15 Lunch 1:00 Frankie M. performs</p>  | <p style="text-align: right;">18</p> <p>10:00 Breakfast & chat 10:30 FUNctional movement with Debbie 11:15 Paul Simeone performs 12:15 Lunch 1:00 Word in a Word</p>  | <p style="text-align: right;">19</p> <p>10:00 Breakfast & chat 10:30 Qigong and Tai Chi with Natalie 11:15 Carol Simon Levin presents: Frances Perkins 12:15 Lunch 1:00 D'var Torah with Joy</p>  | <p style="text-align: right;">20</p> <p>10:00 Breakfast & chat 10:30 Balance & Agility with Tamar 11:15 Intergenerational Shabbat 12:15 Lunch 1:00 Sing-along with Hal</p>  |
| <p style="text-align: right;">23</p> <p>10:00 Breakfast & chat 10:30 Movin' and Groovin' with Tamar 11:15 Bingo 12:15 Lunch 1:00 Marla Klein presents: Dietary Guidelines</p>  | <p style="text-align: right;">24</p> <p>10:00 Breakfast & chat 10:30 Movin' and Groovin' with Tamar 11:15 Mario Medici presents: Highlights of the Jersey Shore 12:15 Lunch 1:00 Reggie!</p>  | <p style="text-align: right;">25</p> <p>10:00 Breakfast & chat 10:30 FUNctional movement with Debbie 11:15 Passover Seder with Rabbi Gabe Cohen 12:15 Lunch 1:00 Fun with Eastbridge</p>   | <p style="text-align: right;">26</p> <p>10:00 Breakfast & chat 10:30 Qigong and Tai Chi with Natalie 11:15 Michael Gaskin presents: Kirk & Michael Douglas 12:15 Lunch 1:00 D'var Torah with Joy</p> | <p style="text-align: right;">27</p> <p>10:00 Breakfast & chat 10:30 Balance & Agility with Tamar 11:15 Celebrate Shabbat 12:15 Lunch 1:00 Sing-along with Stuart</p> |
| <p style="text-align: right;">30</p> <p>10:00 Breakfast & chat 10:30 Movin' and Groovin' with Tamar 11:15 Bingo 12:15 Lunch 1:00 Michael Andrews performs</p>  | <p style="text-align: right;">31</p> <p>10:00 Breakfast & chat 10:30 Movin' and Groovin' with Tamar 11:15 Joel Farkas presents: Remember the Ladies 12:15 Lunch 1:00 David Scance performs</p> | <p style="text-align: center;">MARCH 20TH IS THE FIRST DAY OF SPRING</p>  |  <p style="text-align: center;"><i>All programs are subject to change without notice</i></p> | <p style="text-align: center;">Thank you to our sponsors at</p>    |