



# 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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**\* MAY 5 \***



Monday	Tuesday	Wednesday	Thursday	Friday
<p>Thank you to our sponsors at</p> <p>Happy Birthday Helene May 11</p>			<p>SHABBAT</p>	<p>1</p> <p>10:00 Breakfast &amp; chat</p> <p>10:30 Balance &amp; Agility with Tamar</p> <p>11:15 Celebrate Shabbat</p> <p>12:15 Lunch</p> <p>1:00 Rhonda performs</p>
<p>4</p> <p>10:00 Breakfast &amp; 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 Cecilia performs</p>	<p>5</p> <p>10:00 Breakfast &amp; chat</p> <p>10:30 Movin' and Groovin' with Tamar</p> <p>11:15 Paul White presents: *Bonjour... Impressionists Renoir, Monet, Manet &amp; More</p> <p>12:15 Lunch</p> <p>1:00 John Lepre performs</p>	<p>6</p> <p>10:00 Breakfast &amp; chat</p> <p>10:30 FUNctional movement with Debbie</p> <p>11:15 Richard Stillman performs</p> <p>12:15 Lunch</p> <p>1:00 Bingo with Synergy</p>	<p>7</p> <p>10:00 Breakfast &amp; chat</p> <p>10:30 Qigong and Tai Chi with Natalie</p> <p>11:15 Robbie Amodeo presents: The MET Gala ~</p> <p>The Engine Behind the Curtain</p> <p>12:15 Lunch</p> <p>1:00 D'var Torah with Joy</p>	<p>8</p> <p>10:00 Breakfast &amp; chat</p> <p>10:30 Balance &amp; 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>11</p> <p>10:00 Breakfast &amp; chat</p> <p>10:30 Full body workout with Debbie</p> <p>11:15 Bingo</p> <p>12:15 Lunch</p> <p>1:00 David Scance performs</p> 	<p>12</p> <p>10:00 Breakfast &amp; chat</p> <p>10:30 Movin' and Groovin' with Tamar</p> <p>11:15 Evan Weiner presents: A Presidential Race That Should Have Been a Movie</p> <p>12:15 Lunch</p> <p>1:00 Frankie M. performs</p>	<p>13</p> <p>10:00 Breakfast &amp; chat</p> <p>10:30 FUNctional movement with Debbie</p> <p><i>The Esther &amp; Julius Adler Semi-Annual YIDDISH CONCERT &amp; LUNCH</i></p>	<p>14</p> <p>10:00 Breakfast &amp; chat</p> <p>10:30 Qigong and Tai Chi with Natalie</p> <p>11:15 Clint Edwards presents: Johnny Cash</p> <p>12:15 Lunch</p> <p>1:00 D'var Torah with Joy</p>	<p>15</p> <p><b>Jerusalem Day</b></p> <p>10:00 Breakfast &amp; chat</p> <p>10:30 Balance &amp; Agility with Tamar</p> <p>11:15 Celebrate Shabbat</p> <p>12:15 Lunch</p> <p>1:00 Johnny M. performs</p> 
<p>18</p> <p>10:00 Breakfast &amp; 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>19</p> <p>10:00 Breakfast &amp; chat</p> <p>10:30 Movin' and Groovin' with Tamar</p> <p>11:15 Harpist Or Vatarescu</p> <p>12:15 Lunch</p> <p>1:00 Peter Lieberman performs</p> 	<p>20</p> <p>10:00 Breakfast &amp; chat</p> <p>10:30 FUNctional movement with Debbie</p> <p>11:15 Michael Andrews performs</p> <p>12:15 Lunch</p> <p>1:00 Fun with LifeWorx</p> 	<p>21</p> <p>10:00 Breakfast &amp; chat</p> <p>10:30 Qigong and Tai Chi with Natalie</p> <p>11:15 Joe Lennox presents: Apollo 15</p> <p>12:15 Lunch</p> <p>1:00 D'var Torah with Joy</p>	<p>22</p> <p><b>JCC CLOSED NO PROGRAM</b></p> 
<p>25</p> <p><b>NO PROGRAM MEMORIAL DAY</b></p> 	<p>26</p> <p>10:00 Breakfast &amp; chat</p> <p>10:30 Movin' and Groovin' with Tamar</p> <p>11:15 Rick Feingold presents: Hollywood &amp; the Airforce in WWII</p> <p>12:15 Lunch</p> <p>1:00 Neil Dankman performs</p> 	<p>27</p> <p>10:00 Breakfast &amp; chat</p> <p>10:30 FUNctional movement with Debbie</p> <p>11:15 Reggie!</p> <p>12:15 Lunch</p> <p>1:00 Fun with Eastbridge</p> 	<p>28</p> <p>10:00 Breakfast &amp; chat</p> <p>10:30 Qigong and Tai Chi with Natalie</p> <p>11:15 Michael Gaskin presents: Kirk &amp; Michael Douglas (part 2)</p> <p>12:15 Lunch</p> <p>1:00 D'var Torah with Joy</p>	<p>29</p> <p>10:00 Breakfast &amp; chat</p> <p>10:30 Balance &amp; Agility with Tamar</p> <p>11:15 Celebrate Shabbat</p> <p>12:15 Lunch</p> <p>1:00 Janice performs</p> 