



2026















# Senior Activity Center

Bergen County Kosher Nutrition Site

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



Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</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 Marla Klein, RDN presents: Summertime Fruits &amp; Vegetables</p>  	<p>2</p> <p>10:00 Breakfast &amp; chat</p> <p>10:30 Movin' and Groovin' with Tamar</p> <p>11:15 Paul White presents: Armchair Tour of NYC "Uptown"</p> <p>12:15 Lunch</p> <p>1:00 John Lepre performs</p> 	<p>3</p> <p>10:00 Breakfast &amp; 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 Bingo with Synergy</p> 	<p>4</p> <p>10:00 Breakfast &amp; chat</p> <p>10:30 Qigong and Tai Chi with Natalie</p> <p>11:15 Melisa Damcevaska presents: Understanding Medications</p> <p>12:15 Lunch</p> <p>1:00 D'var Torah with Joy</p> 	<p>5</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 Jay Daniels presents</p> 
<p>8</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>9</p> <p>10:00 Breakfast &amp; chat</p> <p>10:30 Movin' and Groovin' with Tamar</p> <p>11:15 Clint Edwards presents: Connie Francis</p> <p>12:15 Lunch</p> <p>1:00 Peter Lieberman performs</p> 	<p>10</p> <p>10:00 Breakfast &amp; chat</p> <p>10:30 FUNctional movement with Debbie</p> <p>11:15 Aaron performs</p> <p>12:15 Lunch</p> <p>1:00 Fun with ComeForCare</p> 	<p>11</p> <p>10:00 Breakfast &amp; 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>12</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>  

## HAVE A QUESTION?

**Helene Schwartz**

201.408.1451

**Lisa Robins**

201.408.1455

**Emma Barclay**

201.408.1503

**Marlene S Ceragno**

201.569.7900 ext 439

## TRANSPORTATION

**Zandra Brown**

201.569.7900 ext 628

201.408.1503



**SUMMER BEGINS  
SUNDAY, JUNE 21**

Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: right;">15</p> <p>10:00 Breakfast &amp; chat  10:30 Full body workout with Debbie  11:15 Bingo  12:15 Lunch  1:00 Tom Spinella performs</p> 	<p style="text-align: right;">16</p> <p>10:00 Breakfast &amp; chat  10:30 Movin' and Groovin' with Tamar  11:15 Robbie Amodeo presents The MET Gala  The Engine Behind the Curtain  12:15 Lunch  1:00 Sing-Along with Hal</p>	<p style="text-align: right;">17</p> <p>10:00 Breakfast &amp; chat  10:30 FUNctional movement with Debbie  11:15 James Michael performs  12:15 Lunch  1:00 Cecilia performs</p> 	<p style="text-align: right;">18</p> <p>10:00 Bagel Table by Lynn  10:30 Qigong and Tai Chi with Natalie  11:15 Joe Lennox presents: John Glenn  12:15 Lunch  1:00 D'var Torah with Joy</p> 	<p style="text-align: right;">19</p> <p>10:00 Breakfast &amp; chat  10:30 Balance &amp; Agility with Tamar  11:15 Celebrate Shabbat  12:15 Lunch  1:00 Johnny M. performs</p> 
<p style="text-align: right;">22</p> <p>10:00 Breakfast &amp; chat  10:30 Full body workout with Debbie  11:15 Bingo  12:15 Lunch  1:00 David Scance performs</p> 	<p style="text-align: right;">23</p> <p>10:00 Breakfast &amp; chat  10:30 Movin' and Groovin' with Tamar  11:15 Mario Medici presents: The Story of America's Revolution  12:15 Lunch  1:00 Reggie performs</p> 	<p style="text-align: right;">24</p> <p>10:00 Breakfast &amp; chat  10:30 FUNctional movement with Debbie  11:15 Paul Simeone performs  12:15 Lunch  1:00 Fun with Eastbridge</p> 	<p style="text-align: right;">25</p> <p>10:00 Breakfast &amp; chat  10:30 Qigong and Tai Chi with Natalie  11:15 Music with Moshe!  12:15 Lunch  1:00 D'var Torah with Joy</p> 	<p style="text-align: right;">26</p> <p>10:00 Breakfast &amp; chat  10:30 Balance &amp; Agility with Tamar  11:15 Celebrate Shabbat  12:15 Lunch  1:00 Sing-Along with Stuart</p> 
<p style="text-align: right;">29</p> <p>10:00 Breakfast &amp; chat  10:30 Full body workout with Debbie  11:15 Bingo  12:15 Lunch  1:00 Neil Dankman performs</p> 	<p style="text-align: right;">30</p> <p>10:00 Breakfast &amp; chat  10:30 Movin' and Groovin' with Tamar  11:15 MAGIC with Keith Winick  12:15 Lunch  1:00 Frankie M. performs</p> 	 <p style="text-align: center;">ALL PROGRAMS ARE SUBJECT TO CHANGE WITHOUT NOTICE</p>		<p>Thank you to our sponsors at</p>   