



2026



Adult Activity Center

Bergen County Kosher Nutrition Site

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



HAVE A QUESTION?

William Roberts

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Emma Barclay

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TRANSPORTATION

Zandra Brown

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Monthly Blood
Pressure Screening



Monday	Tuesday	Wednesday	Thursday	Friday
Thank you to our sponsors at    Please note that all program topics, speakers, and time of day are subject to change without notice		1 10:00 Breakfast & chat 10:30 FUNctional movement with Debbie 11:15 Ilya Gruzdev performs 12:15 Lunch Swedish Meatballs 1:00 Stars, Stripes & Scrambles 	2 10:00 Breakfast & chat 10:30 Qigong and Tai Chi with Natalie 11:15 Mike Czuchnicki presents: WW1—History, Stupidity, Technology and Horror 12:15 Lunch Baked Breaded Fish 1:00 D'var Torah with Joy	3  WE WILL BE CLOSED TO CELEBRATE 4TH OF JULY INDEPENDENCE DAY
6 10:00 Breakfast & chat 10:30 Full body workout with Debbie 11:15 Bingo with Applause 12:15 Lunch Chinese Style Pepper Steak 1:00 Tom Spinella performs 	7 10:00 Breakfast & chat 10:30 Movin' and Groovin' with Tamar 11:15 Paul White presents 250 Years! 12:15 Lunch Terriyaki Fish 1:00 John Lepre performs	8 10:00 Breakfast & chat 10:30 FUNctional movement with Debbie 11:15 Rhonda performs 12:15 Lunch Pot Roast 1:00 Celebrity Who Am I?	9 10:00 Breakfast & chat 10:30 Qigong and Tai Chi with Natalie 11:15 Joel Farkas presents The Declaration of Independence 12:15 Lunch Baked Ziti 1:00 D'var Torah with Joy	10 10:00 Breakfast & chat 10:30 Balance & Agility with Tamar 11:15 Celebrate Shabbat 12:15 Lunch Chicken with Mushrooms 1:00 Fun with Care One 

Monday	Tuesday	Wednesday	Thursday	Friday
13 10:00 Breakfast & chat 10:30 Full body workout with Debbie 11:15 Bingo 12:15 Lunch Chicken Cacciatore 1:00 Frankie M. performs	14 10:00 Breakfast & chat 10:30 Movin' and Groovin' with Tamar 11:15 Clint Edwards presents: Summertime Classics 12:15 Lunch Poached Salmon 1:00 Reggie!	15 10:00 Breakfast & chat 10:30 FUNctional movement with Debbie 11:15 George Tuzzio performs 12:15 Lunch Sloppy Joes 1:00 Fun with LifeWorx 	16 10:00 Breakfast & chat 10:30 Qigong and Tai Chi with Natalie 11:15 Joe Lennox presents: Apollo 11 12:15 Lunch Fish Francese 1:00 D'var Torah with Joy	17 10:00 Breakfast & chat 10:30 Balance & Agility with Tamar 11:15 Celebrate Shabbat 12:15 Lunch BBQ Chicken 1:00 Aaron performs
20 10:00 Breakfast & chat 10:30 Movin' and Groovin' with Tamar 11:15 Bingo 12:15 Lunch Shepards Pie with Turkey 1:00 Cecilia performs	21 10:00 Breakfast & chat 10:30 Movin' and Groovin' with Tamar 11:15 Peter Lieberman performs 12:15 Lunch Blintzes 1:00 Tales with Helene	22 10:00 Breakfast & chat 10:30 FUNctional movement with Debbie 11:15 Sing-Along with Jay Daniels 12:15 Lunch Italian Meatballs 1:00 Bingo 	23 10:00 Bagel Table by Lynn 10:30 Qigong and Tai Chi with Natalie 11:15 Michael Gaskin presents: The Life and Career of Irving Berlin 12:15 Lunch Breaded Fish 1:00 D'var Torah with Joy	24 10:00 Breakfast & chat 10:30 Balance & Agility with Tamar 11:15 Celebrate Shabbat 12:15 Lunch Honey Mustard Chicken 1:00 Word in a Word 
27 10:00 Breakfast & chat 10:30 Movin' and Groovin' with Tamar 11:15 Bingo 12:15 Lunch Chicken Marsala 1:00 Cecilia performs	28 10:00 Breakfast & chat 10:30 Movin' and Groovin' with Tamar 11:15 Rick Feingold presents: The Glenn Miller Band 12:15 Lunch Salmon Salad 1:00 Neil Dankman performs	29 10:00 Breakfast & chat 10:30 FUNctional movement with Debbie 11:15 David Scance performs 12:15 Lunch Turkey Burger 1:00 Who Said It?	30 10:00 Breakfast & chat 10:30 Qigong and Tai Chi with Natalie 11:15 Johnny M. performs 12:15 Lunch Vegetable Eggplant Parm. 1:00 D'var Torah with Joy 	31 10:00 Breakfast & chat 10:30 Balance & Agility with Tamar 11:15 Celebrate Shabbat Music with Moshe 12:15 Lunch Hawaiian Chicken 1:00 Trivia with Helene