



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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TRANSPORTATION

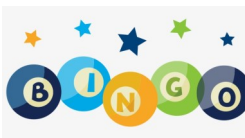
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MONTHLY WELLNESS SCREENING



Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
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 	10:00 Breakfast sponsored by Kevin & Arlene Hagopian  10:30 Movin' and Groovin' with Tamar 11:15 Paul White presents: Brooklynites 12:15 Lunch Terriyaki Fish 1:00 John Lepre performs	10:00 Breakfast & chat 10:30 FUNctional movement with Debbie 11:15 Richard Stillman performs 12:15 Lunch Pot Roast 1:00 Bingo 	10:00 Breakfast & chat 10:30 Qigong and Tai Chi with Natalie 11:15 Carol Simon Levin presents: Mother of Invention 12:15 Lunch Baked Ziti 1:00 D'var Torah with Joy	10:00 Breakfast & chat 10:30 Balance & Agility with Tamar 11:15 Celebrate Shabbat 11:30 Rhonda performs 12:15 Lunch Chicken w Mushroom 1:00 Trivia 
10	11	12	13	14
10:00 Breakfast & chat 10:30 Full body workout with Debbie 11:15 Bingo 12:15 Lunch Chicken Cacciatore 1:00 George Tuzzio performs 	10:00 Breakfast & chat 10:30 Movin' and Groovin' with Tamar 11:15 Clint Edwards presents Neil Diamond  12:15 Lunch Pizza 1:00 Frankie M. performs	10:00 Breakfast & chat 10:30 FUNctional movement with Debbie 11:15 Michael Andrew performs 12:15 Lunch Sloppy Joes 1:00 Sam Davidovitch presents: What is AI, Really?	10:00 Breakfast & chat 10:30 Qigong and Tai Chi with Natalie  11:15 Robbie Amodeo presents:  <i>Princess Diana</i> 12:15 Lunch Fish Francese 1:00 D'var Torah with Joy	10:00 Breakfast & chat 10:00 Wellness Screening 10:30 Balance & Agility with Tamar 11:15 Celebrate Shabbat 12:15 Lunch BBQ Chicken 1:00 Fun with Care One  

Monday	Tuesday	Wednesday	Thursday	Friday
17 10:00 Breakfast & chat 10:30 Full body workout with Debbie 11:15 Bingo 12:15 Lunch Shepards Pie 1:00 Efrath performs 	18 10:00 Breakfast & chat 10:30 Movin' and Groovin' with Tamar 11:15 Ian Drake presents: American Education: Yesterday, Today & Tomorrow 12:15 Lunch—Blintzes 1:00 Sam D. presents How Can AI Help Me? 	19 10:00 Breakfast & chat 10:30 FUNctional movement with Debbie 11:15 Reggie! 12:15 Lunch Italian Meatballs 1:00 Fun with LifeWorx 	20 10:00 Breakfast & chat 10:30 Qigong and Tai Chi with Natalie 11:15 Paula Muller introduces CareLink 360 12:15 Lunch Breaded Fish 1:00 D'var Torah with Joy	21 10:00 Breakfast & chat 10:30 Balance & Agility with Tamar 11:15 Celebrate Shabbat 11:30 Janice performs 12:15 Lunch Honey Mustard Chicken 1:00 Trivia 
24 10:00 Breakfast & chat 10:30 Movin' and Groovin' with Tamar 11:15 Bingo 12:15 Lunch—Chicken Marsala 1:00 Paul Simeone performs 	25 10:00 Bagel Table by Lynn 10:30 Movin' and Groovin' with Tamar 11:15 Sam D. presents: A.I.: Be Careful! 12:15 Lunch Salmon Salad 1:00 Neil Dankman performs 	26 10:00 Breakfast & chat 10:30 FUNctional movement with Debbie 11:00 Antique Car Show 11:15 Music with Moshe 12:15 Lunch Beef Burger 1:00 Fact or Fiction 	HAT DAY! 27 10:00 Breakfast & chat 10:30 Qigong and Tai Chi with Natalie 11:15 Evan Weiner presents: The Assassination of James Garfield 12:15 Lunch—Eggplant Parm. 1:00 D'var Torah with Joy 	28 10:00 Breakfast & chat 10:30 Balance & Agility with Tamar 11:15 Celebrate Shabbat 11:30 Lou Sabini performs 12:15 Lunch Hawaiian Chicken 1:00 Sing-along with Stuart
31 10:00 Breakfast & chat 10:30 Movin' and Groovin' with Tamar 11:15 Bingo 12:15 Lunch Swedish Meatballs 1:00 David Scance performs				KAPLEN JCC on the Palisades THANK YOU CORPORATE SPONSORS         Please note that all program topics, speakers, and entertainers are subject to change without notice.