

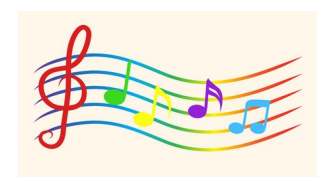


SEPTEMBER

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
HAVE A QUESTION? Emma Barclay 201.408.1503 William Roberts 201.408.1414 Lisa Robins 201.408.1455 Marlene S Ceragno 201.569.7900 ext 439 Helene Schwartz 201.408.1451	<i>May the year ahead be filled with good health, happiness, love, and countless blessings. May you be inscribed and sealed in the Book of Life for a sweet, joyful, and peaceful New Year.</i> <i>Shanah Tovah U'Metukah!</i> <i>Helene, Lisa, Emma, Debbie, Frieda, Iris & Will</i> ❤️	1 10:00 Breakfast & chat 10:30 Movin' and Groovin' with Tamar 11:15 Paul White presents: Garden State Landmarks and "Cool Places" 12:15 Lunch Baked Salmon 1:00 John Lepre performs	2 10:00 Breakfast & chat 10:30 FUNctional movement with Debbie 11:15 Ilya performs 12:15 Lunch Sweet & Sour Chicken 1:00 This or That 	3 10:00 Breakfast & chat 10:30 Qigong and Tai Chi with Natalie 11:15 Mike Czuchnicki presents: Riddles to Rouse 12:15 Lunch Baked Ziti 1:00 D'var Torah with Joy	4 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 Jay Daniels performs
TRANSPORTATION Zandra Brown 201.569.7900 ext 628 201.408.1503 MONTHLY WELLNESS SCREENING September 10 	7 NO PROGRAM 	8 10:00 Breakfast & chat 10:30 Movin' and Groovin' with Tamar 11:15 Clint Edwards presents Mel Torme 12:15 Lunch Pizza 1:00 Tom Spinella performs	9 10:00 Breakfast & chat 10:30 FUNctional movement with Debbie 11:15 Ian Drake presents: The Upcoming 2026 Supreme Court Term 12:15 Lunch - Pot Roast 1:00 Fun with Care One 	10 10:00 Breakfast & chat 10:00 Wellness Screening 10:30 Qigong and Tai Chi with Natalie 11:15 Lounna Brance presents: 10 Things You Can Do To Avoid Fraud 12:15 Lunch Fish Francese 1:00 D'var Torah with Joy	11 10:00 Breakfast & chat 10:30 Balance & Agility with Tamar 11:15 Celebrate Shabbat 12:15 Lunch- BBQ Chicken 1:00 Early Dismissal EREV ROSH HASHANAH 

Monday	Tuesday	Wednesday	Thursday	Friday
14 10:00 Breakfast & chat 10:30 Full body workout with Debbie 11:15 Bingo with Applause 12:15 Lunch Italian Meatballs 1:00 Efrath performs 	15 10:00 Breakfast & chat 10:30 Movin' and Groovin' with Tamar 11:15 Marla Klein, RN presents; Fall Healthy Eating & Bone Health 12:15 Lunch - Blintzes 1:00 Peter Lieberman performs	16 10:00 Breakfast & chat 10:30 FUNctional movement with Debbie 11:15 Reggie! 12:15 Lunch - Shepards Pie 1:00 Fun with LifeWorx 	17 10:00 Breakfast & chat 10:30 Qigong and Tai Chi with Natalie 11:15 Mario Medici presents: Highlights of the NYC High Line 12:15 Lunch Breaded Fish 1:00 D'var Torah with Joy	18 10:00 Breakfast & chat 10:30 Balance & Agility with Tamar 11:15 JCC Shofar Extravaganza Intergenerational Shabbat 12:15 Lunch Honey Mustard Chicken 1:00 Janice performs 
21 NO PROGRAM 	22 10:00 Bagel Table by Lynn Z. 10:30 Movin' and Groovin' with Tamar 11:15 Bingo 12:15 Lunch Salmon Salad 1:00 Aaron performs 	23 10:00 Breakfast & chat 10:30 FUNctional movement with Debbie 11:15 Cecilia performs 12:15 Lunch Beef Burger 1:00 Good Time with Lisa & Emma 	24 10:00 Breakfast & chat 10:30 Qigong and Tai Chi with Natalie 11:15 Michael Gaskin presents: Irving Berlin (part 2) 12:15 Lunch Vegetable Eggplant Parm. 1:00 D'var Torah with Joy	25 10:00 Breakfast & chat 10:30 Balance & Agility with Tamar 11:15 Celebrate Shabbat 11:30 Johnny M. performs 12:15 Lunch Hawaiian Chicken 1:00 Sing-Along with Stuart
28 10:00 Breakfast & chat 10:30 Full body workout with Debbie 11:15 Bingo 12:15 Lunch Swedish Meatballs 1:00 David Scance performs	29 10:00 Breakfast & chat 10:30 Movin' and Groovin' with Tamar 11:15 Rick Feingold presents: Miles Davis 12:15 Lunch Terriyaki Fish 1:00 Neil Dankman performs	30 10:00 Breakfast & chat 10:30 FUNctional movement with Debbie 11:15 Music with Moshe 12:15 Lunch Pepper Steak 1:00 Word in a Word	 September 11 Rosh Hashanah begins at sundown September 12 & 13 Rosh Hashanah September 20 Kol Nidre September 21 Yom Kippur September 26 & 27 Sukkot	KAPLEN JCC on the Palisades THANK YOU CORPORATE SPONSORS  Please note that all program topics, speakers, and entertainers are subject to change without notice.