

KAPLEN JCC on the Palisades

Jewish Federation of Northern New Jersey

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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Veterans Day
November 11



Monday	Tuesday	Wednesday	Thursday	Friday
2 10:00 Breakfast & chat 10:30 Full body workout with Debbie 11:15 Bingo 12:15 Lunch Chicken with Mushroom 1:00 David Scance performs	3 10:00 Breakfast & chat 10:30 Movin' and Groovin' with Tamar 11:15 Paul White presents: The Voyage of the Mayflower 12:15 Lunch Baked Salmon 1:00 John Lepre performs	4 10:00 Breakfast & chat 10:30 FUNctional movement with Debbie 11:15 Ian Drake presents: How WW1 Led To WW2 12:15 Lunch ~ Shepards Pie 1:00 Musical Memories with The Bristal	5 10:00 Breakfast & chat 10:30 Qigong and Tai Chi with Natalie 11:15 Neil Dankman performs 12:15 Lunch Baked Ziti 1:00 D'var Torah with Joy	6 NO PROGRAM (Professional Development Day for Staff)
9 10:00 Breakfast & chat 10:30 Full body workout with Debbie 11:15 Bingo 12:15 Lunch Chicken Cacciatore 1:00 Cecilia performs	10 10:00 Breakfast & chat 10:30 Movin' and Groovin' with Tamar 11:15 Irene Curran presents: Emily Dickinson 12:15 Lunch Terriyaki Fish 1:00 Tom Spinella performs	11 10:00 Breakfast & chat 10:30 FUNctional movement with Debbie 11:15 Paul Simeone performs 12:15 Lunch ~ Pot Roast 1:00 Challah Making with Care One	12 10:00 Breakfast & chat 10:30 Qigong and Tai Chi with Natalie 11:15 Clint Edwards presents: Andrew Lloyd Webber 12:15 Lunch Fish Francese 1:00 D'var Torah with Joy	13 10:00 Breakfast & chat 10:30 Balance & Agility with Tamar 11:15 Celebrate Shabbat with an ECC Class 11:40 Janice performs 12:15 Lunch BBQ Chicken 1:00 Puzzles with Emma

Monday	Tuesday	Wednesday	Thursday	Friday
16 10:00 Breakfast & chat 10:30 Full body workout with Debbie 11:15 Bingo 12:15 Lunch Italian Meatballs 1:00 Efrat performs 	**17** 10:00 Breakfast & chat 10:30 Movin' and Groovin' with Tamar 11:15 Evan Weiner presents: 1926...100 Years Later 12:15 Lunch Breaded Fish 1:00 Reggie performs 	**18** 10:00 Breakfast & chat The 44th Esther & Julius Adler Semi-Annual **Yiddish Concert**  	**19** 10:00 Breakfast & chat 10:30 Qigong and Tai Chi with Natalie 11:15 Robbie Amodeo presents: The Wig Business ~ Broadway & Hollywood 12:15 Lunch Blintzes  1:00 D'var Torah with Joy	**20** 10:00 Breakfast & chat 10:30 Balance & Agility with Tamar 11:15 Intergenerational Shabbat 11:40 Johnny M performs 12:15 Lunch Honey Mustard Chicken 1:00 Karaoke 
23 10:00 Breakfast & chat 10:30 Full body workout with Debbie 11:15 Bingo 12:15 Lunch Pepper Steak 1:00 Peter Lieberman performs 	**24** 10:00 Breakfast & chat 10:30 Movin' and Groovin' with Tamar 11:15 Joe Ellis presents: The Gettysburg Address 12:15 Lunch Thanksgiving Feast 1:00 George Tuzzeo performs	**25** 10:00 Breakfast & chat 10:30 FUNctional movement with Debbie 11:15 Aaron performs 12:15 Lunch Beef Burger  1:00 Baking Mini Apple Pies		
30 10:00 Breakfast & chat 10:30 Full body workout with Debbie 11:15 Bingo 12:15 Lunch Chicken Marsala 1:00 Ilya performs 				Thank you to our sponsors at APPLAUSE HOME CARE Helping Others Help Themselves BRIGHTVIEW SENIOR LIVING TENAFLY LifeWorx The Finest Local Elder Care The Bristal ASSISTED LIVING FAMILY OF CARING TEANECK AND TENAFLY CAREONE TRUST IN OUR CARE Skilled Nursing | Assisted Living | Memory Care | LTACH