



Senior Activity Center

Bergen County Kosher Nutrition Site

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

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

TRANSPORTATION

Zandra Brown

201.569.7900 ext 628

201.408.1503

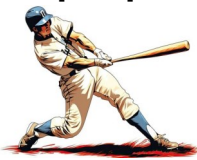
MONTHLY

WELLNESS

SCREENING

October 15



Monday	Tuesday	Wednesday	Thursday	Friday
Please note that all program topics, speakers, and entertainers are subject to change without notice. Thank you to our sponsors at 	Shemini Atzeret and Simchat Torah  October 3rd & 4th		1 10:00 Breakfast & chat 10:30 Qigong and Tai Chi with Natalie 11:15 Ilya performs 12:15 Lunch Baked Ziti 1:00 D'var Torah with Joy 	2 10:00 Breakfast & chat 10:30 Balance & Agility with Tamar 11:15 Celebrate Shabbat with an ECC Class 12:15 Lunch Chicken with Mushrooms 1:00 Jay Daniels performs Here, There & Everywhere
5 10:00 Breakfast & chat 10:30 Full body workout with Debbie 11:15 Bingo with Applause 12:15 Lunch Chicken Cacciatore 1:00 Tom Spinella performs 	6 10:00 Breakfast & chat 10:30 Movin' and Groovin' with Tamar 11:15 Paul White presents: Play Ball! 12:15 Lunch Poached Salmon 1:00 John Lepre performs 	7 10:00 Breakfast & chat 10:30 FUNctional movement with Debbie 11:15 Selah performs 12:15 Lunch Pot Roast 1:00 Bingo 	8 10:00 Breakfast & chat 10:30 Qigong and Tai Chi with Natalie 11:15 Chris McCormack presents: Exploring Our US National Parks 12:15 Lunch Fish Francese 1:00 D'var Torah with Joy	9 10:00 Breakfast & chat 10:30 Balance & Agility with Tamar 11:15 Celebrate Shabbat with an ECC Class 11:40 Lou Sabini performs 12:15 Lunch BBQ Chicken 1:00 Cornhole

Monday	Tuesday	Wednesday	Thursday	Friday
12 10:00 Breakfast & chat 10:30 Full body workout with Debbie 11:15 Bingo 12:15 Lunch Italian Meatballs 1:00 Joe Conti performs 	13 10:00 Breakfast & chat 10:30 Movin' and Groovin' with Tamar 11:15 Clint Edwards presents: Gershwin and the Rhapsody in Blue 12:15 Lunch Breaded Fish 1:00 Peter Lieberman performs	14 NO PROGRAM	15 10:00 Breakfast & chat 10:30 Qigong and Tai Chi with Natalie 11:15 Robbie Amodeo presents: The History of Broadway Costumes 12:15 Lunch Blintzes 1:00 D'var Torah with Joy 	16 10:00 Breakfast & chat 10:30 Balance & Agility with Tamar 11:15 Celebrate Shabbat with an ECC Class 11:40 David Scance performs 12:15 Lunch Honey Mustard Chicken 1:00 Baking with Angel
19 10:00 Breakfast & chat 10:30 Full body workout with Debbie 11:15 Bingo 12:15 Lunch Chicken Marsala 1:00 Efrath performs 	20 10:00 Breakfast & chat 10:30 Movin' and Groovin' with Tamar 11:15 Carol Simon Levin presents: The Anonymous Was A Woman (part 2) 12:15 Lunch— Salmon Salad 1:00 Frankie M. performs	21 10:00 Breakfast & chat 10:30 FUNctional movement with Debbie 11:15 Paul Simeone performs 12:15 Lunch—Beef Burger 1:00 Musical Memories with The Bristal 	22 10:00 Bagel Table by Lynn 10:30 Qigong and Tai Chi with Natalie 11:15 Joe Lennox presents: Walking in Space 12:15 Lunch Eggplant Parmigiana 1:00 D'var Torah with Joy 	23 10:00 Breakfast & chat 10:30 Balance & Agility with Tamar 11:15 Intergenerational Shabbat 11:40 Janice performs 12:15 Lunch Hawaiian Chicken 1:00 Sensory & Sip 
26 10:00 Breakfast & chat 10:30 Full body workout with Debbie 11:15 Bingo 12:15 Lunch Pepper Steak 1:00 Reggie!	27 10:00 Breakfast & chat 10:30 Movin' and Groovin' with Tamar 11:15 Let's Talk Turkey & Fruit with Marla Klein 12:15 Lunch— Teriyaki Fish 1:00 Neil Dankman performs 	28 10:00 Breakfast & chat 10:30 FUNctional movement with Debbie 11:15 Michael Andrews performs 12:15 Lunch Swedish Meatballs 1:00 Fun with Lynn & Lisa 	29 10:00 Breakfast & chat 10:30 Qigong and Tai Chi with Natalie 11:15 Louanna Branca presents Aging in Place 12:15 Lunch Breaded Fish 1:00 D'var Torah with Joy 	30 10:00 Breakfast & chat 10:30 Balance & Agility with Tamar 11:15 Celebrate Shabbat with an ECC Class 11:40 Rhonda performs 12:15 Lunch Sweet & Sour Chicken