

SEPTEMBER

2024

Senior Activity Center

Bergen County Kosher Nutrition Site



KAPLEN JCC on the Palisades

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

Have any questions?

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Please call ahead to register your days



Monday	Tuesday	Wednesday	Thursday	Friday
<p>JCC Closed</p> 	<p>3</p> <p>10:00 Breakfast & chat</p> <p>10:30 Moving and Grooving with Tamar</p> <p>11:15 Paul White presents Vancouver & Quebec</p> <p>12:15 Lunch</p> <p>ICE CREAM SOCIAL</p> 	<p>4</p> <p>10:00 Breakfast & chat</p> <p>10:30 Functional movement with Debbie</p> <p>11:15 Neil Dankman performs</p> <p>12:15 Lunch</p> <p>1:00 Trivia</p> 	<p>5</p> <p>10:00 Breakfast & chat</p> <p>10:30 Qigong with Natalie</p> <p>11:15 Mike Czuchniki presents Queen Victoria, Prince Albert and Josh Brown</p> <p>12:15 Lunch</p> <p>1:00 D'var Torah with Joy</p>	<p>6</p> <p>10:00 Breakfast & chat</p> <p>10:30 Balance & Agility with Tamar</p> <p>11:15 Celebrate Shabbat</p> <p>12:15 Lunch</p> <p>1:00 Sing-along with Hal</p>
<p>9</p> <p>10:00 Breakfast & chat</p> <p>10:30 Full body workout with Debbie</p> <p>11:15 Bingo with Applause</p> <p>12:15 Lunch</p> <p>1:00 Current events</p> 	<p>10</p> <p>10:00 Breakfast & chat</p> <p>10:30 Moving and Grooving with Tamar</p> <p>11:15 Rick Feingold Presents the Lowell Mill Girls</p> <p>12:15 Lunch</p> <p>1:00 Cecilia performs</p>	<p>11</p> <p>10:00 Breakfast & chat</p> <p>10:30 Functional movement with Debbie</p> <p>11:15 Reggie performs</p> <p>12:15 Lunch</p> <p>1:00 Word in a Word</p> 	<p>12</p> <p>10:00 Breakfast & chat</p> <p>10:30 Qigong with Natalie</p> <p>11:15 Michael Gaskin presents The History of Warner Brothers</p> <p>12:15 Lunch</p> <p>1:00 D'var Torah with Joy</p> 	<p>13</p> <p>10:00 Breakfast & chat</p> <p>10:30 Balance & Agility with Tamar</p> <p>11:15 Celebrate Shabbat</p> <p>12:15 Lunch</p> <p>1:00 Activity with Care One</p>

Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: right;">16</p> <p>10:00 Breakfast & chat 10:30 Full body workout with Debbie 11:15 Bingo 12:15 Lunch 1:00 Current events</p> 	<p style="text-align: right;">17</p> <p>10:00 Breakfast & chat 10:30 Moving and Grooving with Tamar 11:15 Opera with Bill Walton 12:15 Lunch 1:00 John LePre performs</p>	<p style="text-align: right;">18</p> <p>10:00 Breakfast & chat 10:30 Functional movement with Debbie 11:15 David Scance performs 12:15 Lunch 1:00 Fun with Arden Court</p> 	<p style="text-align: right;">19</p> <p>10:00 Breakfast & chat 10:30 Qigong with Natalie 11:15 Clint Edwards presents Carole King 12:15 Lunch 1:00 D'var Torah with Joy</p> 	<p style="text-align: right;">20</p> <p>10:00 Breakfast & chat 10:30 Balance & Agility with Tamar 11:15 Celebrate an intergenerational Shabbat 12:15 Lunch 1:00 Sing-along with Jay Daniels</p>
<p style="text-align: right;">23</p> <p>10:00 Breakfast & chat 10:30 Full body workout with Debbie 11:15 Bingo 12:15 Lunch 1:00 Fun with Achieve</p> 	<p style="text-align: right;">24</p> <p>10:00 Breakfast & chat 10:30 Moving and Grooving with Tamar 11:15 Joel Farkas presents Painting the American Revolution 12:15 Lunch 1:00 Peter Lieberman performs</p>	<p style="text-align: right;">25</p> <p>10:00 Breakfast & chat 10:30 Functional movement with Debbie 11:15 Richard Stillman performs 12:15 Lunch 1:00 Trivia</p>	<p style="text-align: right;">26</p> <p>10:00 Breakfast & chat 10:30 Qigong with Natalie 11:15 Evan Weiner presents The Modernization of America 12:15 Lunch 1:00 D'var Torah with Joy</p>	<p style="text-align: right;">27</p> <p>10:00 Breakfast & chat 10:30 Balance & Agility with Tamar 11:15 Celebrate Shabbat 12:15 Lunch 1:00 Sing-along with Hal</p>
<p style="text-align: right;">30</p> <p>10:00 Breakfast & chat 10:30 Full body workout with Debbie 11:15 Bingo 12:15 Lunch 1:00 Current events</p>				<p style="text-align: center;">Thank you to our sponsors!</p> <div style="display: flex; justify-content: space-around; align-items: center;"> <div style="text-align: center;">  <small>AchieveHomeCareNJ.com</small> </div> <div style="text-align: center;">  <small>Helping Others Help Themselves</small> </div> </div> <div style="text-align: center; margin-top: 10px;">  </div> <div style="text-align: center; margin-top: 10px;">   </div> <div style="text-align: center; margin-top: 10px;">  </div>