

2024



Senior Activity Center

Bergen County Kosher Nutrition Site

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

Have any questions?

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For all
Transportation
questions and
issues
please contact
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Supervisor
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10:30 Full body workout with Debbie 11:15 Bingo with Applause 11:15 Lunch 1:00 Current events 10:30 Movin and Groovin with Tamar 10:30 Functional movement with Debbie 11:15 Fun with Brightview 11:15 Fun with Brightview 11:15 Lunch 12:15 Lunch 12:15 Lunch 11:00 Fun with Care One	Monday	Tuesday	Wednesday	Thursday	Friday
10:00 Breakfast & chat 10:30 Full body workout with Debbie 11:15 Bingo with Applause 12:15 Lunch 10:00 Breakfast & chat 10:30 Functional movement with Debbie 11:15 Fun with Brightview 11:15 Fun with Brightview 12:15 Lunch 12:15 Lunch 12:15 Lunch 13:00 Fun with Care One		10:30 Movin and Groovin with Tamar 11:15 Paul White presents NYC Downtown, Midtown, Armchair Tour 12:15 Lunch	10:30 Functional movement with Debbie 11:15 Janice performs 12:15 Lunch		
10:30 Full body workout with Debbie With Tamar 11:15 Bingo with Applause 12:15 Lunch Current events 10:30 Movin and Groovin with Tamar 11:15 Mike Sobel presents Abbott & Costello 12:15 Lunch 10:30 Functional movement with Debbie 11:15 Fun with Brightview 11:15 Fun with Brightview 12:15 Lunch 12:15 Lunch 12:15 Lunch 13:00 Fun with Care One		7	8 9		
Debbie With Tamar Mith Debbie 11:15 Bingo with Applause 11:15 Mike Sobel presents Abbott & Costello 12:15 Lunch 12:15 Lunch 13:15 Fun with Brightview 13:15 13	10:00 Breakfast & chat	10:00 Breakfast & chat	10:00 Breakfast & chat	10:00 Breakfast & chat	CLOSED
1:15 Bingo with Applause 2:15 Lunch 300 Current events 11:15 Mike Sobel presents 11:15 Andy Hladek performs 12:15 Lunch 12:15 Lunch 11:00 Fun with Care One	-				
2:15 Lunch Abbott & Costello 12:15 Lunch 1:00 D'var Torah with Joy 1:00 Fun with Care One					NO PROGRAM
200 Current events 12:15 Lunch 1:00 Fun with Care One		•			
Yom Kippur				1:00 D'var Torah with Joy	
11:00 Peter Lieberman	00 Current events		1:00 Fun with Care One		Yom Kippur
performs CAREONE Harmony		1:00 Peter Lieberman		4	

CAREONE

		Wednesday	Thursday	Friday
14	15	16		18
10:00 Breakfast & chat	10:00 Breakfast & chat	10:00 Breakfast & chat		
10:30 Full body workout with	10:30 Movin and Groovin	10:30 Functional movement		0000
Debbie	with Tamar	with Debbie	CLOSED - N	O PROGRAM
11:15 Alan DeValerio presents	11:15 Mario Medici presents	11:15 Rockin' with Reggie	Hanne	Support!
The White House	1620: Plymouth, MA	12:15 Lunch	Wppg	SURTICON.
12:15 Lunch	Where the Pilgrims	1:00 Fun with Arden Court	נ שמח!	חג סוכוח
1:00 Current events Columbus	Landed			A VI AV I
INDIGENOUS DAY	12:15 Lunch	ARDEN COURTS		SON PRINCE
DAY	1:00 John LePre performs	PROMEDICA MEMORY CARE		
21	22	23	24	25
10:00 Breakfast & chat	10:00 Breakfast & chat	10:00 Breakfast & chat	Olambia 3	LEVY SALES
10:30 Full body workout with	10:30 Movin and Groovin	10:30 Functional movement	Shemini	
Debbie	with Tamar	with Debbie	Atzeret &	
11:15 Bingo	11:15 Rick Feingold presents	11:15 Moshe Katzberg performs		
12:15 Lunch	Jimmy Carter turns 100	12:15 Lunch	Simchat	
1:00 Current events	12:15 Lunch	1:00 Trivia		
	1:00 Cecilia performs	A STATE OF THE STA	Torah!	T
				GLOSED - NO PROGRAM
28	29	30		
		10:00 Breakfast & chat	10:00 Breakfast & chat	Thank you to our other
,	10:30 Movin and Groovin	10:30 Functional movement	10:30 Qigong with Natalie	program sponsors!
Debbie	with Tamar	with Debbie	11:15 Joe Lennox presents	
_	-	11:15 David Scance performs	Space Photography	
12:15 Lunch	Demographic Trends	12:15 Lunch	12:15 Lunch	NJ ELDER LAW CENTER GOLDBERG LAW GROUP
1:00 Fun with Achieve	Election 2024	1:00 Word in a Word	1:00 D'var Torah with Joy	2.2.552 311001
ACHIEVE	12:15 Lunch			BRIGHTVIEW
ACHIEVE HOMECARE AGENCY AchieveHomeCareNJ.com	1:00 Michael Andrews performs			SENIOR LIVING
		***		Tenafly