



2024



KAPLEN JCC on the Palisades

Senior Activity Center

Bergen County Kosher Nutrition Site

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

Have any questions?

Helene Schwartz

201.408.1451

Lisa Robins

201.408.1455

Marlene S Ceragno

201.569.7900 ext 439

Natalie Almagor

201.408.1503

For all Transportation questions and issues please contact Zandra Brown, Transportation Supervisor
201.569.7900 ext 628

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>1</p> <p>10:00 Breakfast & chat</p> <p>10:30 Movin and Groovin with Tamar</p> <p>11:15 Paul White presents NYC Downtown, Midtown, Armchair Tour</p> <p>12:15 Lunch</p> <p>1:00 Joe Conti performs</p>	<p>2</p> <p>10:00 Breakfast & chat</p> <p>10:30 Functional movement with Debbie</p> <p>11:15 Janice performs</p> <p>12:15 Lunch</p> <p>1:00 * <i>Early Dismissal</i> *</p>	<p>3</p> <p>CLOSED - NO PROGRAM</p> <p>ROSH HASHANAH</p> <p><i>Shana Tova</i></p> 	<p>4</p>
<p>7</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>8</p> <p>10:00 Breakfast & chat</p> <p>10:30 Movin and Groovin with Tamar</p> <p>11:15 Mike Sobel presents Abbott & Costello</p> <p>12:15 Lunch</p> <p>1:00 Peter Lieberman performs</p>	<p>9</p> <p>10:00 Breakfast & chat</p> <p>10:30 Functional movement with Debbie</p> <p>11:15 Andy Hladek performs</p> <p>12:15 Lunch</p> <p>1:00 Fun with Care One</p> 	<p>10</p> <p>10:00 Breakfast & chat</p> <p>10:30 Qigong with Natalie</p> <p>11:15 Fun with Brightview</p> <p>12:15 Lunch</p> <p>1:00 D'var Torah with Joy</p> 	<p>11</p> <p>CLOSED</p> <p>NO PROGRAM</p> 

Monday	Tuesday	Wednesday	Thursday	Friday
<p>14</p> <p>10:00 Breakfast & chat 10:30 Full body workout with Debbie 11:15 Alan DeValerio presents The White House 12:15 Lunch 1:00 Current events</p>  	<p>15</p> <p>10:00 Breakfast & chat 10:30 Movin and Groovin with Tamar 11:15 Mario Medici presents 1620: Plymouth, MA Where the Pilgrims Landed 12:15 Lunch 1:00 John LePre performs</p>	<p>16</p> <p>10:00 Breakfast & chat 10:30 Functional movement with Debbie 11:15 Rockin' with Reggie 12:15 Lunch 1:00 Fun with Arden Court</p> 	<p>17 18</p> <p>CLOSED - NO PROGRAM <i>Happy Sukkot!</i> חג סוכות שמח!</p>	
<p>21</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>22</p> <p>10:00 Breakfast & chat 10:30 Movin and Groovin with Tamar 11:15 Rick Feingold presents Jimmy Carter turns 100 12:15 Lunch 1:00 Cecilia performs</p>	<p>23</p> <p>10:00 Breakfast & chat 10:30 Functional movement with Debbie 11:15 Moshe Katzberg performs 12:15 Lunch 1:00 Trivia</p> 	<p>24 25</p> <p>Shemini Atzeret & Simchat Torah!</p> <p>CLOSED - NO PROGRAM</p>	
<p>28</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>29</p> <p>10:00 Breakfast & chat 10:30 Movin and Groovin with Tamar 11:15 Ian Drake presents Demographic Trends Election 2024 12:15 Lunch 1:00 Michael Andrews performs</p>	<p>30</p> <p>10:00 Breakfast & chat 10:30 Functional movement with Debbie 11:15 David Scance performs 12:15 Lunch 1:00 Word in a Word</p> 	<p>31</p> <p>10:00 Breakfast & chat 10:30 Qigong with Natalie 11:15 Joe Lennox presents Space Photography 12:15 Lunch 1:00 D'var Torah with Joy</p>	<p>Thank you to our other program sponsors!</p>  