

## 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?

**Helene Schwartz** 201.408.1451

Lisa Robins

201.408.1455

Marlene S Ceragno

201.569.7900 ext 439

**Natalie Almagor** 

201.408.1503

1	Monday	
	2	
	10:00 Breakfast & chat	10:00 B
	10:30 Full body workout with	10:30 N
	Debbie	w
	11:15 Bingo with Applause	11:15 P
	12:15 Lunch	Н
	1:00 Trivia	12:15 L

Monday

Breakfast & chat Moving and Grooving vith Tamar Paul White presents Holidays in NYC unch 1:00 Andy Hladek performs

**Tuesday** 

10:00 Breakfast & chat 10:30 Functional movement with Debbie 11:15 Peter Lieberman performs 12:15 Lunch 1:00 Tales with Natalie

10:00 Breakfast & chat

10:30 Functional movement

Wednesday

10:00 Breakfast & chat 10:30 Qigong with Natalie 11:15 Michael Gaskin presents Ol' Blue Eyes is Back 12:15 Lunch 1:00 D'var Torah with Joy

Thursday

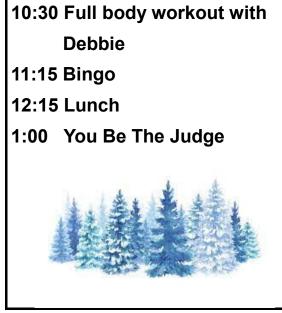
10:00 Breakfast & chat 10:30 Balance & Agility with **Tamar** 11:15 Celebrate Shabbat 12:15 Lunch 1:00 Sing-along with **Jay Daniels** 

Friday



## For all **Transportation** questions and issues please contact Zandra Brown, **Transportation** Supervisor

201.569.7900 ext 628



**Blood pressure** 

10:00 Breakfast & chat

Screening

10:00

10:00 Breakfast & chat 10:30 Moving and Grooving with Tamar 11:15 Clint Edwards presents Cole Porter 12:15 Lunch 1:00 Cecilia performs

with Debbie 11:15 Reggie performs 12:15 Lunch 1:00 Test Your Yiddish

10

10:00 Breakfast & chat 10:30 Qigong with Natalie 11:15 Joe Lennox presents **Apollo 17: The Final Moon Landing** 12:15 Lunch

11

D'var Torah with Joy

10:00 Breakfast & chat 10:30 Balance & Agility with **Tamar** 11:15 Celebrate Shabbat 12:15 Lunch 1:00 Fun with Care One



Monday	Tuesday	Wednesday	Thursday	Friday
16	17	18	19	20
10:00 Breakfast & chat	10:00 Breakfast & chat	10:00 Breakfast & chat	10:00 Breakfast & chat	10:00 Breakfast & chat
10:30 Full body workout with	10:30 Moving and Grooving	10:30 Functional movement	10:30 Qigong with Natalie	10:30 Balance & Agility with
Debbie	with Tamar	with Debbie	11:15 Fun with the	Tamar
11:15 Bingo	11:15 Rick Feingold presents	11:15 David Scance performs	Israeli Center	11:15 Celebrating an
12:15 Lunch	John Jacob Astor	12:15 Lunch	12:15 Lunch	intergenerational Shabbat
1:00 Word in a Word	12:15 Lunch	1:00 Fun with Arden Court	1:00 D'var Torah with Joy	12:15 Lunch
EINGOS	1:00 John LePre performs			1:00 Sing-along with Hal
23	24	Closed 25	26	27
10:00 Breakfast & chat	10:00 Breakfast & chat		10:00 Breakfast & chat	10:00 Breakfast & chat
10:30 Full body workout with	10:30 Moving and Grooving		10:30 Qigong with Natalie	10:30 Balance & Agility with
Debbie	with Tamar	Happy Holidays	11:15 TBD	Tamar
11:15 Mario Medici presents	11:15 Bingo	Holladys	12:15 Lunch	11:15 Celebrate Shabbat
Holiday Lights of NYC	12:15 Lunch	Weiliii 1	1:00 D'var Torah with Joy	12:15 Lunch
12:15 Lunch	1:00 Michael Andrew performs		<b>*</b> * * .	1:00 Chanukah
1:00 Fun with Achieve			***************************************	
30	31			Thank you to our sponsors!
10:00 Breakfast & chat	10:00 Breakfast & chat	0 00 00	+ + 2 + 2 =	D
10:30 Full body workout with	10:30 Moving and Grooving	+ * # * +		BRIGHT VIEW SENIOR LIVING
Debbie	with Tamar		+ +	APPLAUSE  HOME CARE Helping Others Help Themselves TENAFLY
11:15 Bingo	11:15 Cecilia on the Sax	*		
12:15 Lunch	12:15 Lunch	+ +		NI ELDER LAW
1:00 New Year's Resolutions	1:00 HAPPY NEW YEAR!	80//20		GOLDBERG LAW GROUP
			+ +	CAREONE VILLAGE VILLAGE at Careone Paramus
	* * * *	HAPPY N	EW YEAR	At Cresskill at CareOne Paramus at CareOne Valley
		+ +0 +00+ +	+ + +0	<b>ARDEN</b> COURTS

PROMEDICA MEMORY CARE