



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?

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Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</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 Trivia</p> <p>Blood pressure Screening </p> <p>10:00</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 Holidays in NYC</p> <p>12:15 Lunch</p> <p>1:00 Andy Hladek performs</p>	<p>4</p> <p>10:00 Breakfast & chat</p> <p>10:30 Functional movement with Debbie</p> <p>11:15 Peter Lieberman performs</p> <p>12:15 Lunch</p> <p>1:00 Tales with Natalie</p> 	<p>5</p> <p>10:00 Breakfast & chat</p> <p>10:30 Qigong with Natalie</p> <p>11:15 Michael Gaskin presents Ol' Blue Eyes is Back</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 Jay Daniels</p> 
<p>9</p> <p>10:00 Breakfast & chat</p> <p>10:30 Full body workout with Debbie</p> <p>11:15 Bingo</p> <p>12:15 Lunch</p> <p>1:00 You Be The Judge</p> 	<p>10</p> <p>10:00 Breakfast & chat</p> <p>10:30 Moving and Grooving with Tamar</p> <p>11:15 Clint Edwards presents Cole Porter</p> <p>12:15 Lunch</p> <p>1:00 Cecilia performs</p>  <p>HOLIDAY SALE</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 Test Your Yiddish</p>	<p>12</p> <p>10:00 Breakfast & chat</p> <p>10:30 Qigong with Natalie</p> <p>11:15 Joe Lennox presents Apollo 17: The Final Moon Landing</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 Fun 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 Word in a Word</p> 	<p style="text-align: right;">17</p> <p>10:00 Breakfast & chat 10:30 Moving and Grooving with Tamar 11:15 Rick Feingold presents John Jacob Astor 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 Fun with the Israeli Center 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 Celebrating an intergenerational Shabbat 12:15 Lunch 1:00 Sing-along with Hal</p>
<p style="text-align: right;">23</p> <p>10:00 Breakfast & chat 10:30 Full body workout with Debbie 11:15 Mario Medici presents Holiday Lights of NYC 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 Bingo 12:15 Lunch 1:00 Michael Andrew performs</p>	<p style="text-align: center;">Closed</p> <p style="text-align: right;">25</p> 	<p style="text-align: right;">26</p> <p>10:00 Breakfast & chat 10:30 Qigong with Natalie 11:15 TBD 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 Chanukah</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 New Year's Resolutions</p> 	<p style="text-align: right;">31</p> <p>10:00 Breakfast & chat 10:30 Moving and Grooving with Tamar 11:15 Cecilia on the Sax 12:15 Lunch 1:00 HAPPY NEW YEAR!</p> 			<p>Thank you to our sponsors!</p> 