

## 2025



## Senior Activity Center

Wednesday

**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

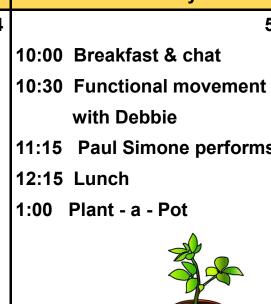
**Lisa Robins** 201.408.1455

**Natalie Almagor** 201.408.1503

Marlene S Ceragno 201.569.7900 ext 439

Monday
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10:00 Breakfast & chat
10:30 Full body workout with
Debbie
11:15 Bingo with Prizes
12:15 Lunch
1:00 Paint - a - Pot
10:00—11:00 Blood Pressure

## 10:00 Bagel-icious Breakfast 10:30 Moving and Grooving with Tamar 11:15 Paul White presents **Presidents & First Ladies** 12:15 Lunch 1:00 John LePre performs



10:00 Breakfast & chat

with Debbie

11:15 Janice performs

1:00 Marla Klein, R.D.

12:15 Lunch

10:30 Functional movement

10:00 Breakfast & chat 10:30 Qigong and Tai Chi with Natalie 11:15 Paul Simone performs 11:15 Joe Lennox presents Apollo 17 12:15 Lunch 1:00 D'var Torah with Joy

**Thursday** 

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

**Friday** 





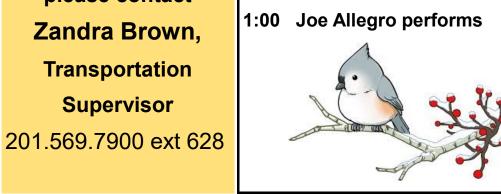


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10:00	Breakfast & chat	10:00 Breakfas
10:30	Qigong and Tai Chi	10:30 Balance 8
	with Natalie	with Tam
11:15	Fun with Brightview	11:15 Celebratir
12:15	Lunch	intergeneration

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











	Monday		Tuesday		Wednesday		Thursday		Friday	
	17		18		19		20			21
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	<b>Moving and Grooving with</b>	10:30	Functional movement with	10:30	Qigong and Tai Chi with	10:30	Balance & Agility	
	Debbie		Tamar		Debbie		Natalie		with Tamar	
11:15	Bingo	11:15	Bill Walton presents	11:15	Reggie performs	11:15	Rick Feingold presents	11:15	Celebrate an	
12:15	Lunch		Madame Butterfly	12:15	Lunch		The Inventor of the	ir	ntergenerational Shabba	ıt
1:00	Trivia with Helene		by Puccini	1:00	Tales with Natalie		World's Most Famous Doll	12:15	Lunch	
		12:15	Lunch		J. Sx	12:15	Lunch	1:00	Sing-along with Stuart	
	PRESIDENT'S: DAY	1:00	David Scance performs			1:00	D'var Torah with Joy	,		
	24		25		26		27			28
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	<b>Moving and Grooving with</b>	10:30	Functional movement with	10:30	Qigong and Tai Chi with	10:30	Balance & Agility	
	Debbie		Tamar		Debbie		Natalie		with Tamar	
11:15	Bingo	11:15	Mike Czuchniki presents	11:15	Richard Stillman performs	11:15	Joel Farkas presents	11:15	Celebrate Shabbat	
12:15	Lunch	7	The Grand Central Terminal	12:15	Lunch		George Washington, NJ,	12:15	Lunch	
1:00	Trivia with Helene	12:15	Lunch	1:00	Word in a Word		& the Revolutionary War	1:00	Sing - along with Hal	
		1:00	Michael Andrews		0000	12:15	Lunch		32	
	BINGO		perform			1:00	D'var Torah with Joy			
								Tha	ank you to our sponsors	<u>.</u> !
		VV	¥			VV	V		→ Bright√i	EZV













