



# FEBRUARY

# 2025

# Senior Activity Center

## Bergen County Kosher Nutrition Site



KAPLEN JCC on the Palisades

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

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: right;">3</p> <p>10:00 Breakfast &amp; chat</p> <p>10:30 Full body workout with Debbie</p> <p>11:15 Bingo with Prizes</p> <p>12:15 Lunch</p> <p>1:00 Paint - a - Pot</p> <p>10:00—11:00 Blood Pressure</p> 	<p style="text-align: right;">4</p> <p>10:00 <b>Bagel-icious Breakfast</b></p> <p>10:30 Moving and Grooving with Tamar</p> <p>11:15 Paul White presents Presidents &amp; First Ladies</p> <p>12:15 Lunch</p> <p>1:00 John LePre performs</p> 	<p style="text-align: right;">5</p> <p>10:00 Breakfast &amp; chat</p> <p>10:30 Functional movement with Debbie</p> <p>11:15 Paul Simone performs</p> <p>12:15 Lunch</p> <p>1:00 Plant - a - Pot</p> 	<p style="text-align: right;">6</p> <p>10:00 Breakfast &amp; chat</p> <p>10:30 Qigong and Tai Chi with Natalie</p> <p>11:15 Joe Lennox presents Apollo 17</p> <p>12:15 Lunch</p> <p>1:00 D'var Torah with Joy</p>	<p style="text-align: right;">7</p> <p>10:00 Breakfast &amp; chat</p> <p>10:30 Balance &amp; Agility with Tamara</p> <p>11:15 Celebrate Shabbat</p> <p>12:15 Lunch</p> <p>1:00 Sing - along with Jay Daniels</p>
<p style="text-align: right;">10</p> <p>10:00 Breakfast &amp; chat</p> <p>10:30 Full body workout with Debbie</p> <p>11:15 Bingo</p> <p>12:15 Lunch</p> <p>1:00 Joe Allegro performs</p> 	<p style="text-align: right;">11</p> <p>10:00 Breakfast &amp; chat</p> <p>10:30 Moving and Grooving with Tamar</p> <p>11:15 Clint Edwards presents Oscar Hammerstein</p> <p>12:15 Lunch</p> <p>1:00 Peter Lieberman performs</p>	<p style="text-align: right;">12</p> <p>10:00 Breakfast &amp; chat</p> <p>10:30 Functional movement with Debbie</p> <p>11:15 Janice performs</p> <p>12:15 Lunch</p> <p>1:00 Marla Klein, R.D. presents Heart Health</p> 	<p style="text-align: right;">13</p> <p>10:00 Breakfast &amp; chat</p> <p>10:30 Qigong and Tai Chi 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 style="text-align: right;">14</p> <p>10:00 Breakfast &amp; chat</p> <p>10:30 Balance &amp; Agility with Tamara</p> <p>11:15 Celebrating an intergenerational Shabbat and Tu B'shevat</p> <p>12:15 Lunch</p> <p>1:00 Fun with Care One</p> 

Monday	Tuesday	Wednesday	Thursday	Friday
<p>17</p> <p>10:00 Breakfast &amp; chat</p> <p>10:30 Full body workout with Debbie</p> <p>11:15 Bingo</p> <p>12:15 Lunch</p> <p>1:00 Trivia with Helene</p> 	<p>18</p> <p>10:00 Breakfast &amp; chat</p> <p>10:30 Moving and Grooving with Tamar</p> <p>11:15 Bill Walton presents Madame Butterfly by Puccini</p> <p>12:15 Lunch</p> <p>1:00 David Scance performs</p>	<p>19</p> <p>10:00 Breakfast &amp; chat</p> <p>10:30 Functional movement with Debbie</p> <p>11:15 Reggie performs</p> <p>12:15 Lunch</p> <p>1:00 Tales with Natalie</p> 	<p>20</p> <p>10:00 Breakfast &amp; chat</p> <p>10:30 Qigong and Tai Chi with Natalie</p> <p>11:15 Rick Feingold presents The Inventor of the World's Most Famous Doll</p> <p>12:15 Lunch</p> <p>1:00 D'var Torah with Joy</p>	<p>21</p> <p>10:00 Breakfast &amp; chat</p> <p>10:30 Balance &amp; Agility with Tamar</p> <p>11:15 Celebrate an intergenerational Shabbat</p> <p>12:15 Lunch</p> <p>1:00 Sing-along with Stuart</p> 
<p>24</p> <p>10:00 Breakfast &amp; chat</p> <p>10:30 Full body workout with Debbie</p> <p>11:15 Bingo</p> <p>12:15 Lunch</p> <p>1:00 Trivia with Helene</p> 	<p>25</p> <p>10:00 Breakfast &amp; chat</p> <p>10:30 Moving and Grooving with Tamar</p> <p>11:15 Mike Czuchniki presents The Grand Central Terminal</p> <p>12:15 Lunch</p> <p>1:00 Michael Andrews perform</p>	<p>26</p> <p>10:00 Breakfast &amp; chat</p> <p>10:30 Functional movement with Debbie</p> <p>11:15 Richard Stillman performs</p> <p>12:15 Lunch</p> <p>1:00 Word in a Word</p> 	<p>27</p> <p>10:00 Breakfast &amp; chat</p> <p>10:30 Qigong and Tai Chi with Natalie</p> <p>11:15 Joel Farkas presents George Washington, NJ, &amp; the Revolutionary War</p> <p>12:15 Lunch</p> <p>1:00 D'var Torah with Joy</p>	<p>28</p> <p>10:00 Breakfast &amp; chat</p> <p>10:30 Balance &amp; Agility with Tamar</p> <p>11:15 Celebrate Shabbat</p> <p>12:15 Lunch</p> <p>1:00 Sing - along with Hal</p> 



Please note that all programs are subject to change without notice

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