

2025 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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For all
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issues
please contact
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	Monday		Tuesday		Wednesday		Thursday		Friday		
	3		4		5		6			7	
10:00	Breakfast & chat	10:00	Bagelicious	10:00	Breakfast & chat	10:00	Breakfast & chat	10:00	Breakfast & chat		
10:30	Full body workout with		Breakfast	10:30	Functional movement	10:30	Qigong and Tai Chi	10:30	Balance & Agility		
	Debbie	10:30	Moving and Grooving		with Debbie		with Natalie		with Tamara		
11:15	Bingo with Prizes		with Tamar	11:15	Andy Hladek performs	11:15	Evan Weiner	11:15	Celebrating an		
12:15	Lunch		Paul White presents	12:15	Lunch		presents	interg	enerational Shabba	t	
1:00	Paul Simeone performs		All Things Irish	1:00	Word in a Word	Trai	ilblazers for Voting &	12:15	Lunch		
			Lunch			E	ducational Rights	1:00	Jay Daniels perforn	ns	
BING	BINGO	1:00	John LePre performs			12:15	Lunch	My Heart	t Wants to Sing: The Songs of	:	
						1:00	D'var Torah with Joy	Rodgers	& Hammerstein		
	6 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0							Daylight S	Savings begins	>	
/					W W			_	Warch 9, at 2:00am.		
<u> </u>	10		11		12		13		ill Spring forward by one hour.	14	
10:00		10:00	Breakfast & chat		Breakfast & chat	10:00	Breakfast & chat		Breakfast & chat		
10:30	Full body workout with	10:30	Moving and Grooving	10:30	Functional movement	10:30	Qigong and Tai Chi	10:30	Balance & Agility		
	Debbie		with Tamar		with Debbie		with Natalie		with Tamara		
11:15	Bingo	11:15	Clint Edwards	11:15	David Scance	11:15	Fun with Brightview	11:15	Celebrate Shabbat		
12:15	Lunch		presents Rogers &		performs	12:15	Lunch	12:15	Lunch		
1:00	Trivia with Helene		Hammerstein	12:15	Lunch	1:00	D'var Torah with Joy	1:00	Fun with Care One		
		12:15	Lunch	1:00	Sing-along with Stuart						
		1:00	Peter Lieberman								
			performs	erforms P			Happy	y Purim (
		ı	!	1		i				,	
			Lunch Peter Lieberman	1:00	Sing-along with Stuart		Happy	Pur	im		

	Monday	Tuesday	Wednesday	Thursday	Friday		
	17	18	19	First Day of Spring 20	21		
10:00	Breakfast & chat	10:00 Breakfast & chat	10:00 Breakfast & chat	10:00 Hot Cocoa &	10:00 Breakfast & chat		
10:30	Full body workout with	10:00 Blood Pressure Monitoring	10:30 Functional movement	Warm Wishes	10:30 Balance & Agility		
	Debbie	10:30 Moving and Grooving	with Debbie	10:30 Qigong and Tai Chi	with Tamar		
11:15	Bingo	with Tamar	11:15 Rockin' with Reggie	with Natalie	11:15 Celebrate an		
12:15	Lunch	11:15 Mario Medici presents	12:15 Lunch	11:15 Joe Lennox presents	intergenerational Shabbat		
1:00	Jay Daniels	Boston: The Freedom Trail	1:00 Tales with	Neil Armstrong	12:15 Lunch		
	performs	12:15 Lunch	Natalie	12:15 Lunch	1:00 Sing-along with Hal		
		1:00 Cecilia 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 Moving and Grooving	10:30 Functional movement	10:30 Qigong and Tai Chi	10:30 Balance & Agility		
	Debbie	with Tamar	with Debbie	with Natalie	with Tamar		
11:15	Bingo	11:15 Ian Drake presents	11:15 Richard Stillman performs	11:15 Carol Levin Simon	11:15 Celebrate Shabbat		
12:15	Lunch	The History of the Women's	12:15 Lunch	presents	12:15 Lunch		
1:00	Neil Dankman performs	Rights Movement in the U.S.	1:00 Trivia	Our Rights Too!	1:00 Sing-along with Stuart		
		12:15 Lavish Lunch		12:15 Lunch	Shallhat		
	8-2-12-27			1:00 D'var Torah with Joy	Shalom		
	31		Please note that all p	rograms are subject to change without notice	Thank you to our sponsors!		
10:00	Breakfast & chat		files.		ACHIEVE O		
10:30	Full body workout with	dista	MA III	And don	APPLAUSE ACHIEVE O AchieveHomeCare AGENCY AchieveHomeCareNJ.com		
	Debbie	AND AND A MARKET AND ASSESSMENT OF THE PARTY			Helping Others Help Themselves		
11:15	Bingo	W W.		A 4	BRIGHTVIEW		
12:15	Lunch				Senior Living Tenafly		
1:00	Flip Peters performs		A LANGE TO SERVICE AND A SERVI		NJELDER LAW GOLDBERG LAW GROUP		
					CAREONE At Cresskill VILLAGE at CareOne Paramus at CareOne Valley		