

Women's History Month

March

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

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
<p>10:00 Breakfast & 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 Paul Simeone performs</p> 	<p>10:00 Bagelicious Breakfast</p> <p>10:30 Moving and Grooving with Tamar</p> <p>11:15 Paul White presents All Things Irish</p> <p>12:15 Lunch</p> <p>1:00 John LePre performs</p> 	<p>10:00 Breakfast & chat</p> <p>10:30 Functional movement with Debbie</p> <p>11:15 Andy Hladek performs</p> <p>12:15 Lunch</p> <p>1:00 Word in a Word</p> 	<p>10:00 Breakfast & chat</p> <p>10:30 Qigong and Tai Chi with Natalie</p> <p>11:15 Evan Weiner presents Trailblazers for Voting & Educational Rights</p> <p>12:15 Lunch</p> <p>1:00 D'var Torah with Joy</p>	<p>10:00 Breakfast & chat</p> <p>10:30 Balance & Agility with Tamara</p> <p>11:15 Celebrating an intergenerational Shabbat</p> <p>12:15 Lunch</p> <p>1:00 Jay Daniels performs</p> <p>My Heart Wants to Sing: The Songs of Rodgers & Hammerstein</p>  <p>Daylight Savings begins Sunday, March 9, at 2:00am. Clocks will Spring forward by one hour.</p>
10	11	12	13	14
<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 Trivia with Helene</p> 	<p>10:00 Breakfast & chat</p> <p>10:30 Moving and Grooving with Tamar</p> <p>11:15 Clint Edwards presents Rogers & Hammerstein</p> <p>12:15 Lunch</p> <p>1:00 Peter Lieberman performs</p>	<p>10:00 Breakfast & chat</p> <p>10:30 Functional movement with Debbie</p> <p>11:15 David Scance performs</p> <p>12:15 Lunch</p> <p>1:00 Sing-along with Stuart</p>	<p>10:00 Breakfast & 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>10:00 Breakfast & chat</p> <p>10:30 Balance & Agility with Tamara</p> <p>11:15 Celebrate Shabbat</p> <p>12:15 Lunch</p> <p>1:00 Fun with Care One</p> 

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;">17</p> <p>10:00 Breakfast & chat 10:30 Full body workout with Debbie 11:15 Bingo 12:15 Lunch 1:00 Jay Daniels performs</p> 	<p style="text-align: right;">18</p> <p>10:00 Breakfast & chat 10:00 Blood Pressure Monitoring 10:30 Moving and Grooving with Tamar 11:15 Mario Medici presents Boston: The Freedom Trail 12:15 Lunch 1:00 Cecilia performs</p> 	<p style="text-align: right;">19</p> <p>10:00 Breakfast & chat 10:30 Functional movement with Debbie 11:15 Rockin' with Reggie 12:15 Lunch 1:00 Tales with Natalie</p> 	<p style="text-align: right;">20</p> <p>First Day of Spring 10:00 Hot Cocoa & Warm Wishes 10:30 Qigong and Tai Chi with Natalie 11:15 Joe Lennox presents Neil Armstrong 12:15 Lunch 1:00 D'var Torah with Joy</p> 	<p style="text-align: right;">21</p> <p>10:00 Breakfast & chat 10:30 Balance & Agility with Tamar 11:15 Celebrate an intergenerational Shabbat 12:15 Lunch 1:00 Sing-along with Hal</p>
<p style="text-align: right;">24</p> <p>10:00 Breakfast & chat 10:30 Full body workout with Debbie 11:15 Bingo 12:15 Lunch 1:00 Neil Dankman performs</p> 	<p style="text-align: right;">25</p> <p>10:00 Breakfast & chat 10:30 Moving and Grooving with Tamar 11:15 Ian Drake presents The History of the Women's Rights Movement in the U.S. 12:15 Lavish Lunch</p> 	<p style="text-align: right;">26</p> <p>10:00 Breakfast & chat 10:30 Functional movement with Debbie 11:15 Richard Stillman performs 12:15 Lunch 1:00 Trivia</p>	<p style="text-align: right;">27</p> <p>10:00 Breakfast & chat 10:30 Qigong and Tai Chi with Natalie 11:15 Carol Levin Simon presents Our Rights Too! 12:15 Lunch 1:00 D'var Torah with Joy</p>	<p style="text-align: right;">28</p> <p>10:00 Breakfast & chat 10:30 Balance & Agility with Tamar 11:15 Celebrate Shabbat 12:15 Lunch 1:00 Sing-along with Stuart</p> 
<p style="text-align: right;">31</p> <p>10:00 Breakfast & chat 10:30 Full body workout with Debbie 11:15 Bingo 12:15 Lunch 1:00 Flip Peters performs</p>	<p style="text-align: center;"><i>Please note that all programs are subject to change without notice</i></p> 			<p style="text-align: center;">Thank you to our sponsors!</p> 