

### Have Questions?

Contact the Programming Staff:

Sarah: [sfeinmark@jccotp.org](mailto:sfeinmark@jccotp.org)

### Please Note:

All Programs are subject to change at the discretion of the staff, and new programs may be added as we continue to adapt to the needs of our participants during this time.



**SENIOR  
SERVICES**  
KAPLEN JCC on the Palisades

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> <b>10:00 Moving with Maurice</b> Full Body Exercise (please bring two “weights” and a towel)  <b>11:00 History Club</b> Join us as we share our memories and re-reflect on memorable historic events, mysteries, and more!  <b>2:00 Virtual Concert with Aaron Miller</b> Sing and Dance at home while we listen to a live concert performed just for us!	<b>3</b> <b>10:00 Moving with Maurice</b> Functional Movement (please bring two “weights” and a towel)  <b>***NOTE EARLIER CONCERT TIME***</b> <b>12:50 Virtual Concert with Hal</b> Sing and Dance at home while we listen to a live concert performed just for us!	<b>4</b> <b>10:00 Moving with Maurice</b> Boxing     <b>2:00 Virtual Concert with Carlos</b> Sing and Dance at home while we listen to a live concert performed just for us!	<b>5</b> <b>10:00 Moving with Maurice</b> Yoga and Stretching  <b>11:00 Virtual Bingo</b> Will you be this week’s big winner? Join us for virtual Bingo and find out!  <b>***NOTE EARLIER TIME***</b> <b>1:00 Virtual Name that Tune</b> Log on to enjoy a round of name that tune, sponsored by The Bristol.	<b>6</b> <b>10:00 Moving with Maurice</b> Balance and Agility (please bring two “weights” and a towel)  <b>11:00 Sing-A-Long</b> Join us as we follow the lyrics on screen and sing along to our favorite songs.  <b>2:00 Travel Club</b> “Come fly with me, let’s fly, let’s fly away!” Join us as we visit a new location each week.
<b>9</b> <b>10:00 Moving with Maurice</b> Full Body Exercise (please bring two “weights” and a towel)  <b>11:00 History Club</b> Join us as we share our memories and re-reflect on memorable historic events, mysteries, and more!  <b>2:00 Virtual Concert with Janice</b> Sing and Dance at home while we listen to a live concert performed just for us!	<b>10</b> <b>10:00 Moving with Maurice</b> Functional Movement (please bring two “weights” and a towel)     <b>2:00 Virtual Concert with Rhonda</b> Sing and Dance at home while we listen to a live concert performed just for us!	<b>11</b> <b>10:00 Moving with Maurice</b> Boxing     <b>***NOTE EARLIER CONCERT TIME***</b>  <b>11:00 Virtual Concert with John M</b> Sing and Dance at home while we listen to a live concert performed just for us!	<b>12</b> <b>10:00 Moving with Maurice</b> Yoga and Stretching  <b>11:00 Virtual Bingo</b> Will you be this week’s big winner? Join us for virtual Bingo and find out!  <b>2:00 Virtual Concert with Van Martin</b> Sing and Dance at home while we listen to a live concert performed just for us!	<b>13</b> <b>10:00 Moving with Maurice</b> Balance and Agility (please bring two “weights” and a towel)  <b>11:00 Sing-A-Long</b> Join us as we follow the lyrics on screen and sing along to our favorite songs.  <b>2:00 Travel Club</b> “Come fly with me, let’s fly, let’s fly away!” Join us as we visit a new location each week.

Monday	Tuesday	Wednesday	Thursday	Friday
<div>16</div> <div> <b>10:00 Moving with Maurice</b>  Full Body Exercise (please bring two “weights” and a towel) </div> <div> <b>11:00 History Club</b>  Join us as we share our memories and reflect on memorable historic events, mysteries, and more! </div> <div> <b>2:00 Art Academy</b>  <b>Create and learn alongside a curator and artist from the MET.</b> </div>	<div>17</div> <div> <b>10:00 Moving with Maurice</b>  Functional Movement (please bring two “weights” and a towel) </div> <div> <b>2:00 Virtual Concert with</b>  Sing and Dance at home while we listen to a live concert performed just for us! </div>	<div>18</div> <div> <b>10:00 Moving with Maurice</b>  Boxing </div> <div> <b>11:00 Word Games with Helene</b>  Work your brain as Helene leads us in some excellent word games </div> <div> <b>2:00 Virtual Concert with Aaron Miller</b>  Sing and Dance at home while we listen to a live concert performed just for us! </div>	<div>19</div> <div> <b>10:00 Moving with Maurice</b>  Yoga and Stretching </div> <div> <b>11:00 Virtual Bingo</b>  Will you be this week’s big winner? Join us for virtual Bingo and find out! </div> <div> <b>2:00 Virtual Concert with Hal</b>  Sing and Dance at home while we listen to a live concert performed just for us! </div>	<div>20</div> <div> <b>10:00 Moving with Maurice</b>  Balance and Agility (please bring two “weights” and a towel) </div> <div> <b>11:00 Sing-A-Long</b>  Join us as we follow the lyrics on screen and sing along to our favorite songs. </div> <div> <b>2:00 Travel Club</b>  “Come fly with me, let’s fly, let’s fly away!”  Join us as we visit a new location each week. </div>
<div>23</div> <div> <b>10:00 Moving with Maurice</b>  Full Body Exercise (please bring two “weights” and a towel) </div> <div> <b>11:00 History Club</b>  Join us as we share our memories and reflect on memorable historic events, mysteries, and more! </div> <div> <b>2:00 Virtual Concert with Janice</b>  Sing and Dance at home while we listen to a live concert performed just for us! </div>	<div>24</div> <div> <b>10:00 Moving with Maurice</b>  Functional Movement (please bring two “weights” and a towel) </div> <div> <b>2:00 Virtual Concert with Rhonda</b>  Sing and Dance at home while we listen to a live concert performed just for us! </div>	<div>25</div> <div> <b>10:00 Moving with Maurice</b>  Boxing </div> <div> <b>2:00 Virtual Concert with Judah</b>  Sing and Dance at home while we listen to a live concert performed just for us! </div>	<div>26</div> <div> <b>10:00 Moving with Maurice</b>  Yoga and Stretching </div> <div> <b>11:00 Virtual Bingo</b>  Will you be this week’s big winner? Join us for virtual Bingo and find out! </div> <div> <b>2:00 Virtual Concert with Carlos</b>  Sing and Dance at home while we listen to a live concert performed just for us! </div>	<div>27</div> <div> <b>10:00 Moving with Maurice</b>  Balance and Agility (please bring two “weights” and a towel) </div> <div> <b>11:00 Sing-A-Long</b>  Join us as we follow the lyrics on screen and sing along to our favorite songs. </div> <div> <b>2:00 Travel Club</b>  “Come fly with me, let’s fly, let’s fly away!”  Join us as we visit a new location each week. </div>
<div>30</div> <div> <b>10:00 Moving with Maurice</b>  Full Body Exercise (please bring two “weights” and a towel) </div> <div> <b>1:00 History Club</b>  Join us as we share our memories and reflect on memorable historic events, mysteries, and more! </div> <div> <b>1:00 Virtual Concert with Aaron Miller</b>  Sing and Dance at home while we listen to a live concert performed just for us! </div>	<div>31</div> <div> <b>10:00 Moving with Maurice</b>  Functional Movement (please bring two “weights” and a towel) </div> <div> <b>1:00 Virtual Concert with Selah</b>  Sing and Dance at home while we listen to a live concert performed just for us! </div>	<div> <b>PLEASE NOTE TIME CHANGE</b> </div> <div> <b>IN PREPARATION FOR THE MONTH OF SEPTEMBER, THERE WILL BE INTERMITTENT VIRTUAL PROGRAMMING.</b> </div> <div> <b>PLEASE REFER TO THE CALENDAR TO MAKE SURE YOU DON’T MISS A THING!</b> </div>	<div> <b>To Join a Zoom Meeting:</b> </div> <div> <ul style="list-style-type: none"> <li>If you receive weekly e-mails, enter the program by clicking the link in the e-mail.</li> <li>In the Zoom App, click Join Meeting, enter the Meeting ID Number, and passcode <b>JCC</b>: <ul style="list-style-type: none"> <li><b>10AM Meeting ID: 976 6789 9602</b></li> <li><b>11AM Meeting ID: 959 9012 1723</b></li> <li><b>2PM Meeting ID: 924 9013 5478</b></li> </ul> </li> </ul> </div>	