



2021



KAPLEN JCC on the Palisades

Senior Activity Center

Bergen County Kosher Nutrition Site

Have any questions?

Helene Schwartz

201.408.1451

Marlene S Ceragno

201.569.7900 ext 439

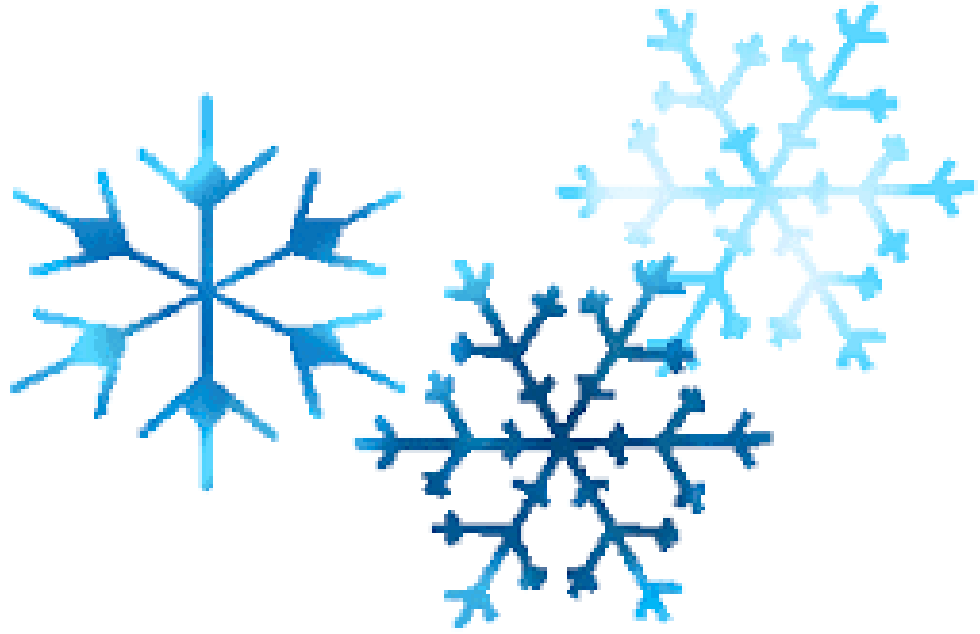

Lisa Robins


201.408.1455

Judi Nahary

201.408.1450

To catch the reader's attention, place an interesting sentence or quote from the story here.

Monday	Tuesday	Wednesday	Thursday	Friday
		1 10:00 Breakfast & chat 10:30 Boxing with Maurice 11:15 Current events 12:00 Lunch 1:00 Name That Tunes with the Bristal and Friends 2:00 Game hour	2 10:00 Breakfast & chat 10:30 Yoga with Maurice 11:15 Michael Gaskin presents Gene Kelly 12:00 Lunch 1:00 Live Concert w/ Cecilia 2:00 Game hour	3 10:00 Breakfast & chat 10:30 Balance & Agility 11:15 Celebrating Shabbat w3ith our friends from the IDEA School 12:00 Lunch 1:00 Sing along with Giselle 2:00 Game hour
6 10:00 Breakfast & chat 10:30 Full body workout with Maurice 11:15 BINGO 12:00 Lunch 1:00 Dance party with Aaron 2:00 Game hour	7 10:00 Breakfast & chat 10:30 Functional movement 11:15 Dick Burnon presents Pearl Harbor Remembrance Day 12:00 Lunch 1:00 Sing along with Hal 2:00 Game hour	8 10:00 Breakfast & chat 10:30 Boxing with Maurice 11:15 Current events 12:00 Lunch 1:00 Swinging with Selah 2:00 Game hour	9 10:00 Breakfast & chat 10:30 Yoga with Maurice 11:15 Sip and paint with Care One at Valley 12:00 Lunch 1:00 Music with Maurice 2:00 Game hour Pulmonary monitoring 10-12 	10 10:00 Breakfast & chat 10:30 Balance & Agility 11:15 Celebrating Shabbat with our friends from the IDEA School 12:00 Lunch 1:00 Jazz greats w/ Janice 2:00 Game hour

Monday	Tuesday	Wednesday	Thursday	Friday
<p>13</p> <p>10:00 Breakfast & chat</p> <p>10:30 Full body workout with Maurice</p> <p>11:15 Bristal Bingo w/ prizes</p> <p>12:00 Lunch</p> <p>1:00 Jivin with Judah</p> <p>2:00 Game hour</p>	<p>14</p> <p>10:00 Breakfast & chat</p> <p>10:30 Functional movement</p> <p>11:15 Eric Nelson from Palisades Interstate Parkway presents</p> <p>12:00 Lunch</p> <p>1:00 From Jazz to Soul with Rhonda</p> <p>2:00 Game hour</p>	<p>15</p> <p>10:00 Breakfast & chat</p> <p>10:30 Boxing with Maurice</p> <p>11:15 Current events</p> <p>12:00 Lunch</p> <p>1:00 Celebrating our favorites with Johnny M</p> <p>2:00 Game hour</p> <p>Blood pressure screening 10-12</p> 	<p>16</p> <p>10:00 Breakfast & chat</p> <p>10:30 Yoga with Maurice</p> <p>11:15 Trivia with Helene</p> <p>12:00 Lunch</p> <p>1:00 Joe Keys tickles the Ivories</p> <p>2:00 Game hour</p>	<p>17</p> <p>10:00 Breakfast & chat</p> <p>10:30 Balance & Agility</p> <p>11:15 Celebrating Shabbat w3ith our friends from the IDEA School</p> <p>12:00 Lunch</p> <p>1:00 Live concert with Grant Swift</p> <p>2:00 Game hour</p>
<p>20</p> <p>10:00 Breakfast & chat</p> <p>10:30 Full body workout with Maurice</p> <p>11:15 BINGO</p> <p>12:00 Lunch</p> <p>1:00 Frankie M in concert</p> <p>2:00 Game hour</p>	<p>21</p> <p>10:00 Breakfast & chat</p> <p>10:30 Functional movement</p> <p>11:15 Mario Medici presents 'Holiday Lights of NYC'</p> <p>12:00 Lunch</p> <p>1:00 Dancing to the Oldies with George T</p> <p>2:00 Game hour</p>	<p>22</p> <p>10:00 Breakfast & chat</p> <p>10:30 Boxing with Maurice</p> <p>11:15 Current events</p> <p>12:00 Lunch</p> <p>1:00 Peter Lieberman dance party</p> <p>2:00 Game hour</p>	<p>23</p> <p>10:00 Breakfast & chat</p> <p>10:30Yoga with Maurice</p> <p>11:15 Trivia with Helene</p> <p>12:00 Lunch</p> <p>1:00 Neil Dankman sings all the great songs we love</p> <p>2:00 Game hour</p>	<p>24</p> <p>10:00 Breakfast & chat</p> <p>10:30 Balance & Agility</p> <p>11:15 Celebrating Shabbat w3ith our friends from the IDEA School</p> <p>12:00 Lunch</p> <p>1:00 Jazz to Soul w/ Rhonda</p> <p>2:00 Game hour</p>
<p>27</p> <p>10:00 Breakfast & chat</p> <p>10:30 Full body workout with Maurice</p> <p>11:15 BINGO</p> <p>12:00 Lunch</p> <p>1:00 Singalong with Hal</p> <p>2:00 Game hour</p>	<p>28</p> <p>10:00 Breakfast & chat</p> <p>10:30 Functional movement</p> <p>11:15 Myanmar/ Burma presentation by Judy Manton</p> <p>12:00 Lunch</p> <p>1:00 Jazz greats with Janice</p> <p>2:00 Game hour</p>	<p>29</p> <p>10:00 Breakfast & chat</p> <p>10:30 Boxing with Maurice</p> <p>11:15 Current events</p> <p>12:00 Lunch</p> <p>1:00 Loving the oldies with Lou</p> <p>2:00 Game hour</p>	<p>30</p> <p>10:00 Breakfast & chat</p> <p>10:30 Yoga with Maurice</p> <p>11:15 Presentation about 'Moving forward in 2022'</p> <p>12:00 Lunch</p> <p>1:00 Dance party with Aaron</p> <p>2:00 Game hour</p>	<p>31</p> <p>CLOSED</p> 