

VIRTUAL PROGRAMMING

No one should feel lonely or isolated.

Join us from the comfort of your home at 10:30 and 1:00 for virtual exercise and virtual concerts from your computer or iPad. No registration is required.

Virtual calendar available at **jccotp.org/seniors**

For information please contact Jerico at **jrilla@jccotp.org** or 201.569.7900 ext 404.

For calendars or more information contact

Judi Nahary at **201.408.1450** | **jnahary@jccotp.org**

Senior Activity Center

Helene Schwartz **201.408.1452** | **hschwartz@jccotp.org**

Social Adult Day Program

Virtual Programming & iPad Lending Library

Jerico Rilla **201.569.7900** ext **404** | **jrilla@jccotp.org**

Support Groups

Marlene S Ceragno **201.569.7900** ext **439**
mceragno@jccotp.org



KAPLEN JCC on the Palisades

TAUB CAMPUS

411 E CLINTON AVE

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201.569.7900 | **jccotp.org**

f /kaplenjccotp | **@** /kaplenjcc

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SENIOR SERVICES

KAPLEN JCC on the Palisades

*Making aging
in place possible
with daily
socialization,
transportation,
nutrition,
exercise &
entertainment*



CHECK US OUT ON
jccotp.org/seniors

or contact Judi Nahary at **jnahary@jccotp.org** or 201.408.1450

Free Senior Exercise

Exercise is an important part of healthy living for everyone. Get a great cardio workout, increase your strength and flexibility in person or online.

Appropriate for all levels and no registration required.

Join us in person Monday-Friday at 10:30 am

Contact Marlene Ceragno at mceragno@jccotp.org or 201.569.7900, ext. 439.

Senior Activity Center*

SOCIAL GROUP FOR OLDER ADULTS

A daily senior center providing light breakfast, lunch, exercise, entertainment, lectures and more. Door-to-door transportation available in many areas.

Monday-Friday

Contact Helene Schwartz at hschwartz@jccotp.org or 201.408.1451.

Social Adult Day Care*

FOR PEOPLE LIVING WITH ALZHEIMER'S AND DEMENTIA

The Kaplen Adult Reach Center's Montessori-style social day care program provides socialization and engagement for those living with dementia as well as much needed respite for their care partners. Activities include exercise, live music, brain games, lunch and much more.

Aides are welcome.

Monday-Friday

Contact Judi Nahary at jnahary@jccotp.org or 201.408.1450.

**intake interview is required*



Free Caregiver Support Groups

Support groups provide an opportunity for care-partners, families and friends to learn about dementias like Alzheimer's disease, share their feelings, support each other and learn about local resources.

In-person 4th Tuesday & 2nd Thursday of the month at 10:30 a.m. Registration is required.

Weekly Virtual Caregiver Support Group **Thursday at 1 pm**

Memory Café for those living with younger-onset memory loss and their caregivers. Registration is required.

3rd Wednesday of the month at 11:30 am

For more info please contact Marlene Ceragno at mceragno@jccotp.org or 201.569.7900, ext. 439.

Sponsored by The Bristol Assisted Living.

Support Group for Widows and Widowers

WITH JUDY BRAUNER, LCSW THERAPIST

For those recently widowed. Call Esther at 201.408.1456 for more information and to register.