

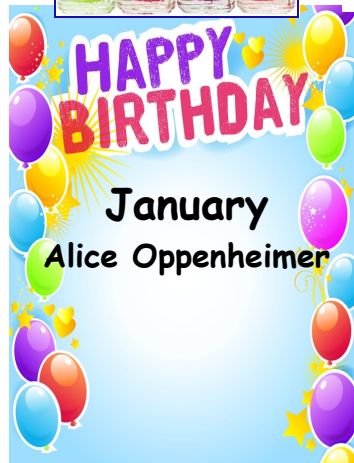
BE PAMPERED
every Wednesday,
treat yourself to a
FREE MANICURE!



2019

Senior Activity Center

Bergen County Kosher Nutrition Site



Have any questions?

Judi Nahary
201.408.1450
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439
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201.408.1503

If you are not a SAC
member, PLEASE
call ahead to confirm
all pro-grams



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Closed 	2 9-10 Breakfast & Chat 10:00 Fit for Life 10:45 D'var Torah 11:15 Welcome 2019 party with Aaron 12:15 Lunch 1:00 Boxing for Seniors	3 9-10 Breakfast & Chat 10:15 Exercise w/Bruce 11:15 180 Orthodox Synagogues in NYC book presentation 12:15 Lunch 1:00 Current Events with Freida	4 9 Breakfast and Chat 10:15 Balance & Agility w/Cardio Boost 11:15 Intergenera- tional Shabbat 11:30 Live music w/ Johnny 12:15 Lunch 1:00 Music with Roby
7 9-10 Breakfast & Chat 10 Sit & be Fit 10:45 Current Events 11:15 Gleeful Wellness Dance Party 12:15 Lunch 1:00 Nutrition Program Veggication	8 9-10:30 Breakfast &Bingo 10:30 Qi Gong 11 :15 Peter on Piano 12:15 Lunch 1:00 Yoga Tai Chi Dance Combo	9 9-10 Breakfast & Chat 10:00 Fit for Life 10:45 D'Var Torah w/Joy 11:15 A visit to Maine Video lecture 12:15 Lunch 1:00 Boxing for Seniors	10 9-10 Breakfast & Chat 10:15 Exercise w/Bruce 11:15 Musical Memories with Dean 12:15 Lunch 1:00 Current Events	11 9 Breakfast and Chat 10:15 Balance & Agility w/ Cardio Boost 11:15 Inter- generational Shabbat 11:30 Jazz greats with Janice 12:15 Lunch 1:00 Music with Roby

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
14 9-10 Breakfast & Chat 10:00 Sit & be Fit 10:45 Current Events 11:15 Hollywood, Crazy for Dance 12:15 Lunch 1:00 Trivia with County Manor 	15 9-11:00 Breakfast & Bingo 10:30 Qi Gong 11:15 Boris entertains 12:30 Lunch 1:00 Yoga Tai Chi Dance Combo	16 9-10 Breakfast & Chat 10:00 Fit for Life 10:45 D'Var Torah 11:15 Let's Dance with Frank 12:15 Lunch 1:00 Boxing for Seniors	17 9-10 Breakfast & Chat 10:15 Exercise with Bruce 11:15 Neil Dankin sings the oldies 12:15 Lunch 1:00 Current Events with Freida	18 9 Breakfast 10:15 Balance & Agility w/ Cardio Boost 11:15 Inter-generational Shabbat 11:30 Remembering Motown with Rhonda 12:15 Lunch 1:00 Music with Roby
21 9-10 Breakfast & Chat 10:00 Sit & be Fit 10:45 Current Events 11:15 Jazz to Soul for Rhonda 12:15 Lunch 1:00 Games 28 9-10 Breakfast & Chat 10:00 Sit & be Fit 10:45 Current Events 11:15 Nostalgia Alley ~ Steve Allen 12:15 Lunch 1:00 Trivia	22 9-11:00 Breakfast & Bingo 10:30 Qi Gong 11:15 Piano oldies w/ Hal 2:30 Lunch 1:00 Yoga Tai Chi Dance Combo 29 9-11:00 Breakfast & Bingo 10:30 Qi Gong 11:15 EHMC presents Guide to Winter Skincare 12:30 Lunch 1:00 Yoga Tai Chi Dance Combo	23 9-10 Breakfast & Chat 10:00 Fit for Life 10:45 D'Var Torah 11:15 Libby on Sax 12:15 Lunch 1:00 Boxing for Seniors 30 9-10 Breakfast & Chat 10:00 Fit for Life 10:45 D'Var Torah 11:15 Jewish Vaudeville w/ Richard 12:15 Lunch 1:00 Boxing for Seniors	24 9-10 Breakfast & Chat 10:15 Exercise with Bruce 11:15 Toast of the Town w/ Johnny M 12:15 Lunch 1:00 Current Events 31 9-10 Breakfast & Chat 10:15 Exercise with Bruce 11:15 Memories and Miracles James Michael sponsored by Samaritan Services Inc. of Tenafly 12:15 Lunch 1:00 Current Events with Freida	25 9 Breakfast 10:15 Balance & Agility w/ Cardio Boost 11:15 Inter-generational Shabbat 11:30 Karaoke w/ Byron 12:15 Lunch 1:00 Music with Roby 