

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



2019

Senior Activity Center

Bergen County
Kosher Nutrition Site

HAPPY BIRTHDAY

OCTOBER
Sol Urbach
Hannelore Braun
Roslyn Hirsch

Have any questions?

Judi Nahary
201.408.1450
Helene Schwartz
201.408.1451
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If you are not a SAC
member, PLEASE call
ahead to confirm all
programs



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 CLO SED  Rosh Hashanah	2 9-10 Breakfast & chat 10:00 Fit for life 10:45 D'var Torah 11:15 Carlos in concert 12:15 Lunch 1:00 Boxing for Seniors	3 9 Breakfast & chat 10:00 Healthy Moves 10:45 Current events 11:15 Vocals & Sax 12:15 Lunch 1:00 Reminiscing w/ Helene	4 9 Breakfast & chat 10:00 Balance & Agility w/cardio boost 11:00 Intergenerational Shabbat 11:30 Dance party w/ Aaron 12:15 Lunch 1:00 Musical bingo
7 9-10 Breakfast & chat 10:00 Sit & Be Fit 10:45 Current Events 11:15 Rick P. Music takes us back 12:15 Lunch 1:00 Englewood Health presents a Nutrition program	8 9 CLO SED  Yom Kippur		10 9 Breakfast & chat 10:00 Healthy Moves 10:45 Current events 11:15 Frankie M's dance party 12:15 Lunch 1:00 Caecilia Lee award winning violinist in concert	11 9 Breakfast & chat 10:00 Balance & Agility w/cardio boost 11:00 Intergenerational 11:30 Peter G piano concert 12:15 Lunch 1:00 Music with Roby

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
14 CLOSED 	15 CLOSED	16 9-10 Breakfast & chat 10:00 Fit for Life 10:45 D'Var Torah 11:15 Shlomo Haviv~ International entertainer Sponsored by Wellcare Nurses 12:15 Lunch 1:00 Boxing for Seniors	17 9-10 Breakfast & chat 10:00 Healthy Moves 10:45 Current events 11:15 Rat Pack Favorites 12:15 Lunch 1 Musical reminiscing Elise of Interim Healthcare	18 9 Breakfast & chat 10:00 Balance & Agility w/cardio boost 11:00 Intergenerational Shabbat 11:30 Sax in the Morning 12:15 Lunch 1:00 Musical trivia
21 CLOSED 	22 CLOSED	23 9-10 Breakfast & chat 10:00 Fit for Life 10:45 D'Var Torah 11:15 Cherished musical memoires w/ Flip 12:15 Lunch 1:00 Boxing for Seniors	24 9-10 Breakfast & chat 10:00 Healthy Moves 10:45 Current events 11:15 George sharing the music 12:15 Lunch 1:00 Reminiscing w/Helene	25 9 Breakfast & chat 10:00 Balance & Agility w/cardio boost 11:00 Intergenerational Shabbat 11:30 Music w/ Johnny 12:15 Lunch 1:00 Music with Roby
28 9-10 Breakfast & chat 10:00 Sit & Be Fit 10:45 Current Events 11:15 Life and times of Gene Kelley 12:15 Lunch 1:00 Fun with Mary Ann of County Manor	29 9-10:30 Breakfast & Bristol Bingo w/ prizes 10:30 Qi Gong 11:15 Englewood Health presents 12:15 Lunch 1:00 Yoga Tai Chi Combo	30 Yiddish Concert & Luncheon 	31 9-10 Breakfast & chat 10:00 Healthy Moves 11:15 Celebrate Oktoberfest w/ Richard 12:15 Lunch 1:00 Reminiscing w/Helene	Pulmonary Monitoring and Blood Pressure Monitoring 10-12 