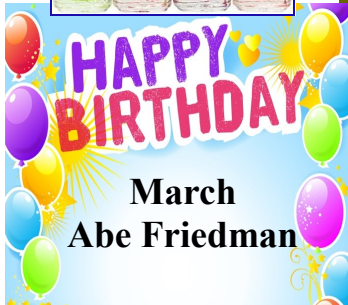


BE PAMPERED
every Wednesday,
treat yourself to a
FREE MANICURE!



March
Abe Friedman

Have any
questions?
Judi Nahary
201.408.1450
Helene Schwartz
201.408.1451
Marlene Ceragno
201.569.7900 ext.
439

Natalie Almagor
201.408.1503

If you are not a SAC
member, PLEASE
call ahead to confirm
all programs

201.408.1451

MARCH

KAPLEN JCC on the Palisades

2019

Senior Activity Center
Bergen County Kosher Nutrition Site

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>spring <i>forward</i> SUNDAY, MARCH 10</p>				<p>1</p> <p>10:00 Balance & Agility w/cardio boost 11:15 Inter-generational Shabbat 11:30 Toasting the Town with Johnny 12:15 Lunch 1:00 Music with Roby</p>
<p>4</p> <p>9-10 Breakfast & Chat 10:00 Sit & be Fit 10:45 Current Events 11:15 Bring back those feel good musical moments w/ Reggie 12:15 Lunch 1:00 Trivia w/ County Manor</p>	<p>5</p> <p>9-10:30 Breakfast & Bristol Bingo w/prizes 10:30 Qi Gong 11:15 Hadar's sing and dance a long 12:15 Lunch 1:00 Yoga Tai Chi Dance Combo</p>	<p>6</p> <p>9-10 Breakfast & Chat 10:00 Fit for Life 10:45 D'Var Torah w/Joy 11:15 Getting Jazzy w/ Danny B 12:15 Lunch 1:00 Boxing for Seniors</p>	<p>7</p> <p>9-10 Breakfast & Chat 10:15 Exercise with Bruce 11:15 Bryn Terfel – Opera Appreciation w/ Bill Walton 12:15 Lunch 1:00 Current Events</p>	<p>8</p> <p>9-10 Breakfast & Chat 10:00 Balance & Agility 11:15 Inter-generational Shabbat 11:30 Peter Grecco has us dancing 12:15 Lunch 1:00 Music with Roby</p>

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>11 9-10 Breakfast & Chat 10:00 Sit & be Fit 10:45 Current Events 11:15 Easy listening with Ruth K 12:15 Lunch 1:00 Ryde4Life Program presentation</p>	<p>12 9-10:30 Breakfast & Bingo 10:30 Qi Gong 11:15 Piano tunes w/ Peter 12:30 Lunch 1:00 Yoga Tai Chi Dance Combo</p>	<p>13 9-10 Breakfast & Chat 10:00 Fit for Life 10:45 D'Var Torah 11:15 Remembering the oldies with Rob 12:15 Lunch 1:00 Tai Chi 1:00 Boxing for Seniors</p>	<p>14 9-10 Breakfast & Chat 10:15 Exercise with Bruce 11:15 Sophisticated Standards w/ Mike Trombetta 12:15 Lunch 1:00 Current Events with Freida</p>	<p>15 9-10 Breakfast & Chat 10:00 Balance & Agility w/ cardio boost 11:15 Inter-generational Shabbat 11:30 Oldies but goodies with Carlos 12:15 Lunch— 1:00 Music with Roby</p>
<p>18 9-10 Breakfast & Chat 10:00 Sit & be Fit 10:45 Current Events 11:15 Dick Burnon presents Joan Rivers 12:15 Lunch 1:00 Trivia</p>	<p>19 9-10:30 Breakfast & Bingo 10:30 Qi Gong 11:15 Enjoying the oldies with Mark Richards 12:15 Lunch 1:00 Yoga Tai Chi Dance Combo</p>	<p>20 9-10 Breakfast & Chat 10:00 Fit for Life 10:45 D'Var Torah 11:15 Tuvia: the One Man Band sponsored by Aveanna Healthcare Concierge Services 12:15 Lunch 1:00 Boxing for Seniors</p>	<p>21 9-10 Breakfast & Chat 10:15 Exercise with Bruce 11:15 Mardi Gras show w/Richard 12:15 Lunch 1:00 Current Events</p>	<p>22 Breakfast & Chat 10:00 Balance & Agility w/ cardio boost 11:15 Inter-generational Shabbat 11:30 Celebrating the greats w/ Janice 12:15 Lunch 1:00 Music with Roby</p>
<p>25 9-10 Breakfast & Chat 10:00 Sit & be Fit 10:45 Current Events 11:15 Entertaining the troops w/ Michael Gaskin 12:15 Lunch 1:00 Games</p>	<p>26 9-10:30 Breakfast & Bingo 10:30 Qi Gong 11:15 EHMC presents Home Safety for Seniors 12:15 Lunch 1:00 Yoga Tai Chi Dance Combo</p>	<p>27 9-10 Breakfast & Chat 10:00 Fit for Life 10:45 D'Var Torah 11:30 Toasting the Town w/ Johnny M 12:15 Lunch 1:00 Boxing for Seniors</p>	<p>28 9-10 Breakfast & Chat 10:15 Exercise with Bruce 11:15 Cherished Musical Memories w/ Flip Peters 12:15 Lunch 1:00 Current Events</p>	<p>29 Breakfast & Chat 10:00 Balance & Agility w/ cardio boost 11:15 Inter-generational Shabbat 11:30 Jazz to Soul w/ Rhonda 12:15 Lunch 1:00 Music with Roby</p>