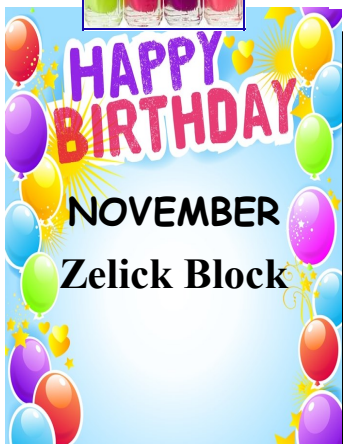


BE PAMPERED
every Wednesday &
treat yourself to a
FREE MANI-



Have any questions?

Judi Nahary
201.408.1450
Helene Schwartz
201.408.1451
Marlene Ceragno
201.569.7900 ext. # 439
Lisa Robins
201.408.1455


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



2018

Senior Activity Center Bergen County
Kosher Nutrition Site

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<p>1 9-Breakfast & chat 10:15 Exercise with Bruce 11:15 Jewish NY w/ Marty Schneit 12:15 Lunch- 1:00 Current Events with Freida</p>	<p>2 9 Breakfast & chat 10:00 Balance & Agility w/cardio boost 11:15 Intergenerational Shabbat & Rabbi Z 11:30 Piano tunes w/ Peter Grecco 12:15 Lunch 1:00 Music with Roby</p>
<p>5 CLOSED</p>	<p>6 9-10:30 Breakfast & Bristol Bingo w/prizes! 10:30 Qi Gong 11:15 Sing a long with Hal Keshner 12:30 Lunch 1:00 Yoga Tai Chi Dance Combo</p>	<p>7 9-Breakfast & chat 10:00 Fit for life 10:45 D'var Torah 11:15 Toasting the Town with Johnny M 12:15 Lunch 1:00 Helathy Eating at the Holidays 1:00 Boxing for Seniors</p>	<p>8 9-Breakfast & chat 10:15 Easy Exercise With Bruce 11:15 Estere Diva sings for us 12:15 Lunch- 1:00 Current Events</p>	<p>9 9 Breakfast & chat 10:00 Balance & Agility w/cardio boost 11:15 Intergenerational Shabbat & Rabbi Z 11:30 Jazz to Soul with Rhonda 12:15 Lunch 1:00 Music with Roby</p>

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>12 9 Breakfast & chat 10:00 Sit & Be Fit 10:45 Current Events 11:45 Sinatra Duets w/ Mike Sobel 12:15 Lunch 1:00 - Veteran's Day Trivia w/ Mary Ann of County Manor *Mitzvah Day* Snack packing!</p>	<p>13 9-10:30 Breakfast &Bingo 10:30 Qi Gong 11:15 Enjoying piano tunes w/ Robert 12:30 Lunch 1:00 Yoga Tai Chi Dance Combo</p>	<p>14 9-Breakfast & chat 10:00 Fit for Life 10:45 D'Var Torah 11:15 Getting Jazzy with Danny Bacher 12:15 Lunch 1:00 Boxing for Seniors</p>	<p>15 9-Breakfast & chat 10:15 Exercise with Bruce 11:15 Dance party with Aaron Miller 12:15 Lunch 1:00 Current Events</p>	<p>16 9 Breakfast & chat 10:00 Balance & Agility w/cardio boost 11:15 Intergenerational Shabbat & Rabbi Z 11:30 Tom Catucci performs 12:15 Lunch 1:00 Music with Roby</p>
<p>19 9-Breakfast & chat 10:00 Sit & be Fit 10:45 Current Events 11:15 Ilya in Concert 12:15 Lunch 1:00 'Around the County' Bergen County Clerk John Hogan distributes Senior and Veteran Discount Cards</p>	<p>20 9-10:30 Breakfast &Bingo 10:30 Qi Gong 11:15 It's always a party with Don Anthony 12:30 Lunch 1:00 Yoga Tai Chi Dance Combo</p>	<p>21 9-11:00 Bingo 10:00 Fit for Life 10:45 D'Var Torah 11:15 Thanks for the music w/ DJ Nick 12:15 Lunch- 1:00 Boxing for Seniors</p>	<p>22</p>  <p>23</p>	
<p>26 9-11 Breakfast & chat 10:00 Sit & be Fit 10:45 Current Events 11:15 Sing and dance George D 12:15 Lunch- 1:00 Fun with Care One Teaneck</p>	<p>27 9-10:30 Breakfast &Bingo 10:30 Qi Gong 11:15 Peter plays piano favorites 12:30 Lunch 1:00 Yoga Tai Chi</p>	<p>28 9-Breakfast & chat 10:00 Fit for Life 10:45 D'Var Torah 11:15 The FSN Farm Security Administration 12:15 Lunch 1:00 Boxing for Seniors</p>	<p>29 9-Breakfast & chat 10:15 Exercise w/ Bruce 11:15 Shlomo Haviv sponsored by FoxTrail Memory Care Living 12:15 Lunch 1:00 Current Events</p>	<p>30 9 Breakfast & chat 10:00 Balance & Agility w/cardio boost 11:15 Intergenerational Shabbat & Rabbi Z 11:30 Dancing w/ Johnny 12:15 Lunch 1:00 Music with Roby</p>