

PAMPER YOURSELF
every Wednesday
and treat yourself to a
FREE Manicure!



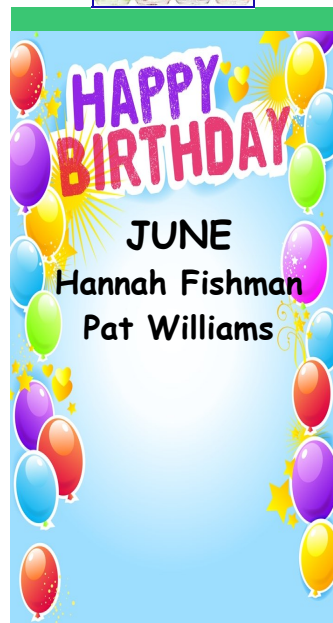
JUNE



KAPLEN JCC on the Palisades

Senior Activity Center 2018


Bergen County Kosher Nutrition Site



Have any questions?

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 9 Breakfast & chat 10:15 Balance & Agility 11:15 Inter-generational Shabbat & Rabbi Z 12:15 Lunch 1:00 Music with Roby
4 9-10 Breakfast & Chat 10:00 Sit & Be Fit 10:45 Current Events 11:15 Swinging as Sinatra sponsored by Harmony Village 12:15 Lunch- 1:00 Trivia	5 9-10:30 Breakfast & Bingo 10:30 Qi Gong 11:15 Musical Memories with Mark 12:15 Lunch 1:00 Yoga Tai Chi Dance Combo w/ David	6 9-10 Breakfast & Chat 10:00 Fit for Life 10:45 D'Var Torah 11:15 Ray Turkin Photography presents Enchanted New Mexico 12:15 Lunch 1 Boxing for Seniors	7 9-10 Breakfast & Chat 10:15 Exercise w/ Bruce 11:15 Van Martin sings the songs of the Rat Pack 12:15 Lunch- 1 Current Events 1 Cardio Dance Party	8 9 Breakfast & chat 10:15 Balance & Agility 11:15 Inter-generational Shabbat & Rabbi Z 12:15 Lunch 1:00 Music with Roby



MON	TUE	WED	THU	FRI
11 9-10 Breakfast & Chat 10:00 Sit & Be Fit 10:45 Current Events 11:15 Broadway tunes w/ Peter Greco 12:15 Lunch- 1:00 Fun with MaryAnn of County Manor	12 9-10:30 Breakfast & Bingo 10:30 Qi Gong 11:15 The Joe Keys Duo 12:15 Lunch 1:00 Yoga Tai Chi Dance Combo	13 9-10 Breakfast & Chat 10:00 Fit for Life 10:45 D'Var Torah 11:15 James Michael Broadway Miracles 12:15 Lunch 1:00 Boxing for Seniors	14 9-10 Breakfast & Chat 10:15 Exercise w/ Bruce 11:15 Panama Canal: Yesterday and Today 12:15 Lunch- 1:00 Current Events 1:00 Cardio Dance Party	15 9 Breakfast & chat 10:15 Balance & Agility 11:15 Inter-generational Shabbat & Rabbi Z 12:15 Lunch 1:00 Music with Roby
18 9-10 Breakfast & Chat 10:00 Sit & Be Fit 10:45 Current Events 11:15 The life and times of Shimon Perez 12:15 Lunch- 1:00 Games	19 9-10:30 Breakfast & Bingo 10:30 Qi Gong 11:15 Swing that Music with Danny Bacher 12:15 Lunch 1:00 Yoga Tai Chi Dance Combo	20 9-10 Breakfast & Chat 10:00 Fit for Life 10:45 D'Var Torah 11:15 Estere Diva performs 12:15 Lunch 1:00 Trivia w/ Jenny of Caring People 1:00 Boxing for Seniors	21 9-10 Breakfast & Chat 10:15 Exercise w/ Bruce 11:15 Dance a long w/ Frank P 12:15 Lunch- 1:00 Current Events 1:00 Cardio Dance Party	22 9 Breakfast & chat 10:15 Balance & Agility 11:15 Inter-generational Shabbat & Rabbi Z 12:15 Lunch 1:00 Music with Roby
25 9-10 Breakfast & Chat 10:00 Sit & Be Fit 10:45 Current Events 11:15 Sax in the Morning 12:15 Lunch- 1:00 Fun of Care One Teaneck	26 9-10:30 Breakfast & Bingo 10:30 Qi Gong 11:15 Sentimental Journey Music Performance 12:15 Lunch 1:00 Yoga Tai Chi Dance Combo	27 9-10 Breakfast & Chat 10:00 Fit for Life 10:45 Party w/ Aaron Miller 12:15 Lunch 1:00 Boxing for Seniors	28 9-10 Breakfast & Chat 10:15 Exercise w/ Bruce 11:15 Buster Keaton 12:15 Lunch 1:00 Current Events 1:00 Cardio Dance Party	29 9 Breakfast & chat 10:15 Balance & Agility 11:15 Inter-generational Shabbat & Rabbi Z 12:15 Lunch 1:00 Music with Roby

