

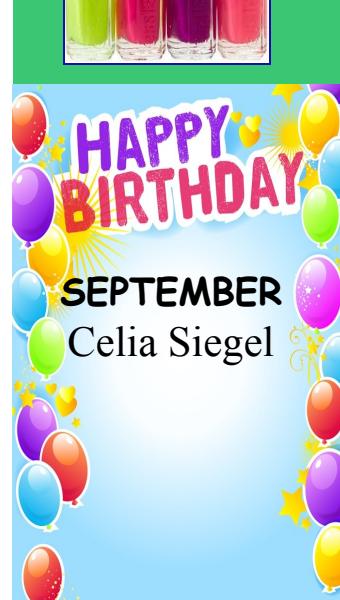
BE PAMPERED
every Wednesday
and treat yourself
to a
FREE MANICURE!



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
3 CLOSED 	4 9-10:30 Breakfast & Bingo 10:30 Qi Gong 11:15 Apples & Honey 12:30 Lunch 1:00 Yoga Tai Chi Dance Combo	5 9 Breakfast & chat 10:00 Fit for Life 10:45 D'Var Torah 11:15 Easy listening w/ George Tuzzeo 12:15 Lunch 1:00 Boxing for Seniors	6 9 Breakfast & chat 10:15 Exercise with Bruce 11:15 Moshe Katzburg sponsored by Care One Cresskill	7 9 Breakfast & chat 10:00 Balance & Agility w/ cardio boost 11:00 Intergenerational Shabbat & program w/ Rabbi Z 11:30 Concert by Janice 12:15 Lunch 1:00 Music with Roby
10 CLOSED 	11	12 9 Breakfast & chat 10:00 Fit for life 10:45 D'var Torah 11:15 Come to the Cabaret w/ Randy 12:15 Lunch 1:00 Boxing for seniors	13 9 Breakfast & chat 10:15 Exercise with Bruce 11:15 Mike Sobel presents Toys of the Past	14 9 Breakfast & chat 10:00 Balance & Agility w/ cardio boost 11:00 Intergenerational Shabbat & program w/ Rabbi Z 11:30 Piano tunes with Peter 12:15 Lunch 1:00 Music with Roby

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
17 9 Breakfast & chat 10:00 Sit & Be Fit 10:45 Current Events 11:45 Toasting the Town w/ Johnny M 12:15 Lunch 1:00 - Games	18 CLO SED	19 	20 9 Breakfast & chat 10:15 Exercise with Bruce 11:15 Getting Jazzy w/ Danny Bacher 12:15 Lunch 1:00 Current Events with Freida	21 9 Breakfast & chat 10:00 Balance & Agility w/ cardio boost 11:00 Intergenerational Shabbat & program w/ Rabbi Z 11:30 Robbie sing a long 12:15 Lunch 1:00 Music with Roby
24 CLO SED	25 	26 9 Breakfast & chat 10:00 Fit for life 10:45 D'var Toarh 11:15 Familiar Songs/ unfamiliar stories w/ Sandy Shulman 12:15 Lunch 1:00 Boxing for seniors	27 9 Breakfast & chat 10:15 Exercise with Bruce 11:15 Sax in the Morning with Cecilia 12:15 Lunch 1:00 Current Events with Freida	28 9 Breakfast & chat 10:00 Balance & Agility w/ cardio boost 11:00 Intergenerational Shabbat & program w/ Rabbi Z 11:30 Live music with Johnny 12:15 Lunch 1:00 Music with Roby

