

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



September



Senior Activity Center 2018

* Bergen County Kosher Nutrition Site





Have any
questions?



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

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 CLO SED	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 CLO SED	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
