

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



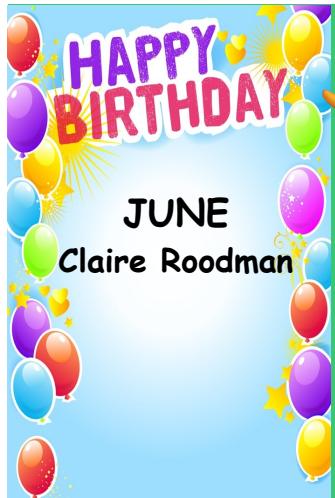
June



KAPLEN JCC on the Palisades

Senior Activity Center 2019

Bergen County Kosher Nutrition Site



JUNE
Claire Roodman

Have any questions?

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 9-10 Breakfast & Chat 10:00 Sit & Be Fit 10:45 Current Events 11:15 Vocals and Sax with Ilya 12:15 Lunch- 1:00 Trivia w/ County Manor	4 9-10:30 Breakfast & Bristal Bingo w/prizes 10:30 Qi Gong 11:15 Jazz greats w/ Janice 12:15 Lunch 1:00 Yoga Tai Chi Combo w/ David	5 9-10 Breakfast & Chat 10:00 Fit for Life 10:45 D'Var Torah 11:15 Tuvia: the One Man Band 12:15 Lunch 1 Boxing for Seniors	6 9-10 Breakfast & Chat 10:15 Healthy Moves 11:15 Grand Canyon armchair tour 12:15 Lunch- 1 Current Events	7 9 Breakfast & chat 10:15 Balance & Agility w/cardio boost 11:15 Inter-generational Shabbat 11:30 12:15 Lunch 1:00 Games

MON	TUE	WED	THU	FRI
10 CLOSED 	11 9-10:30 Breakfast & Bingo 10:30 Qi Gong 11:15 Piano tunes w/ Peter Greco 12:15 Lunch 1:00 Yoga Tai Chi Combo	12 9-10 Breakfast & Chat 10:00 Fit for Life 10:45 D'Var Torah 11:15 Swinging as Sinatra sponsored by Harmony Village 12:15 Lunch 1:00 Boxing for Seniors	13 9-10 Breakfast & Chat 10:15 Healthy Moves 11:15 Sock Hop w/Richard 12:15 Lunch- 1:00 Current Events	14 9 Breakfast & chat 10:15 Balance & Agility w/cardio boost 11:15 Inter-generational Shabbat 11:30 Rat Pack Favorites w/ Van 12:15 Lunch 1:00 Music with Roby
17 9-10 Breakfast & Chat 10:00 Sit & Be Fit 10:45 Current Events 11:15 Life and Times of Judy Garland 12:15 Lunch- 1:00 Games	18 9-10:30 Breakfast & Bingo 10:30 Qi Gong 11:15 Hal entertains 12:15 Lunch 1:00 Yoga Tai Chi Combo	19 9-10 Breakfast & Chat 10:00 Fit for Life 10:45 D'Var Torah 11:15 Opera appreciation 12:15 Lunch 1:00 Boxing for Seniors	20 9-10 Breakfast & Chat 10:15 Healthy Moves 11:15 Dancing to the oldies w/ Neil 12:15 Lunch- 1:00 Current Events	21 9 Breakfast & chat 10:15 Balance & Agility w/ cardio boost 11:15 Inter-generational Shabbat 11:30 Singing the oldies with George Tuzzo 12:15 Lunch 1:00 Games
24 9-10 Breakfast & Chat 10:00 Sit & Be Fit 10:45 Current Events 11:15 Tour of NYC from up-town to downtown 12:15 Lunch- 1:00 Trivia	25 9-10:30 Breakfast & Bingo 10:30 Qi Gong 11:15 Englewood Health presents... 12:15 Lunch 1:00 Yoga Tai Chi Combo	26 9-10 Breakfast & Chat 10:00 Fit for Life 10:45 D'Var Torah 11:15 Mark tickles the ivories 12:15 Lunch 1:00 Boxing for Seniors	27 9-10 Breakfast & Chat 10:15 Healthy Moves 11:15 Come tot the Cabaret w/ Randy 12:15 Lunch 1:00 Current Events	28 9 Breakfast & chat 10:15 Balance & Agility w/cardio boost 11:15 Inter-generational Shabbat 11:30 Oldies with Ruth 12:15 Lunch 1:00 Music with Roby

