

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



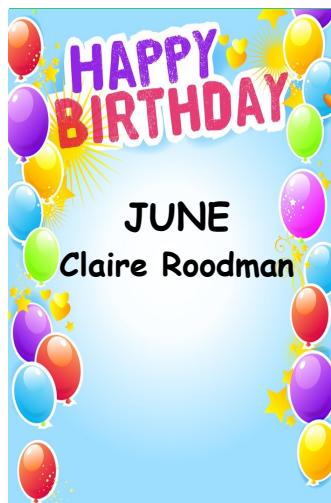
JUNE



KAPLEN JCC on the Palisades

Senior Activity Center 2019


Bergen County Kosher Nutrition Site



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

