

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



KAPLEN JCC on the Palisades

JULY 2017

Senior Activity Center * Bergen County Kosher Nutrition Site

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



HAPPY BIRTHDAY

JULY

Howard Fishman
Rita Krell
Doris Izower
Joe P
Delores Schecter

Have any questions?

Judi Nahary
201.408.1450
Helene Schwartz
201.408.1451
Marlene Ceragno
201.569.7900
ext.#439
Roni Tadmor
201.821.8503

3

9-10 Breakfast & Chat
10:00 Current Events
10:30 Sit & Be Fit
11:15 July 4th Party with
Don Anthony
12:15 **Lunch—
Sloppy Joes**
1:00 Trivia

4

CLOSED



5

9-10 Breakfast & chat
10:00 Fit for Life
10:45 D'Var Torah
11:15 Tosca with
Bill Walton
12:15 **Lunch—
Pepper Steak**
1:00 Word Games

6

9-10 Breakfast & chat
10:15 Exercise with
Bruce
11:15 6 Reasons why I
love Judaism
12:15 **Lunch—
Baked sole**
1:00 Current Events
with Freida

7

10:15 Balance &
Agility
11:15 Inter-
generational Shabbat
11:30 Shabbat
program w/ Rabbi Z
12:15 **Lunch—
Roasted Chicken**
1:00 Music with Roby



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10 9-10 Breakfast & Chat 10:00 Current Events 10:30 Sit & Be Fit 11:15 Bob Coleman's oldies 12:15 Lunch— Breaded southern steak 1:00 Trivia	11 9-11:30 Bingo 11:00 Save Abused & Frail Elderly 11:30 QiGong~Norman 12:30 Lunch— BBQ Chicken 1:00 Piano with Roby	12 9-10 Breakfast & chat 10:00 Fit for Life 10:45 D'Var Torah 11:15 World mosaic of music & story telling 12:15 Lunch—Beef moussaka 1:00 Tai Chi	13 9-10 Breakfast & chat 10:15 Exercise w/Bruce 11:15 Eternal Spring Armchair Tour 12:15 Lunch— Salmon Cakes 1:00 Current Events	14 10:15 Balance&Agility 11:15 Inter-generational Shabbat 11:30 Shabbat w/Rabbi Z 12:15 Lunch— Roasted chicken 1:00 Music with Roby
17 9-10 Breakfast & Chat 10:00 Current Events 10:30 Sit & Be Fit 11:15 Neil Dankman presents Neil Diamond 12:15 Lunch— Hamburger & knish 1:00 Word games	18 9-11:30 Bingo 11:00 'Together' A Journey for Survival 11:30 Qi Gong with Norman 12:30 Lunch—Shake & Bake chicken 1:00 Piano with Roby	19 9-10 Breakfast & chat 10:00 Fit for Life 10:45 D'Var Torah 11:15 MGM's dancers 12:15 Lunch— Salisbury steak 1:00 Trivia with Jenny from Caring People	20 9-10 Breakfast & chat 10:15 Exercise w/Bruce 11:15 Swinging as Sinatra Sponsored by Ask-Carroll! 12:15 Lunch— Tilapia Francaise 1:00 Current Events	21 10:15 Balance&Agility 11:15 Inter-generational Shabbat 11:30 Rabbi Z 12:15 Lunch— Roasted Chicken 1:00 Music with Roby
24 9-10 Breakfast & Chat 10:00 Current Events 10:30 Sit & Be Fit 11:15 Singing w/ DJ Nick 12:15 Lunch-Turkey chili 1:00 Trivia	25 9-11:30 Bingo 11-John D. Rockefeller The Richest Man Who Ever Lived 11:30 QiGong ~Norman 12:30 Deli turkey 1:00 Piano w/Roby	26 9-10 Breakfast & chat 10:00 Fit for Life 10:45 D'var Torah 11:15 Easy listening w/ Carlos 12:15 Lunch- Chicken 1:00— Games	27 9-10 Breakfast & chat 10:15 Exercise w/Bruce 11:15 Brooklyn Born and Raised 12:15 Lunch— Gefilte fish 1:00 Current Events	28 10:15 Balance&Agility 11:15 Inter-generational Shabbat 11:30 Shabbat w/Rabbi Z 12:15 Lunch— Baked chicken 1:00 Music w/ Roby
31 9-10 <u>Breakfast</u> & Chat 10:00 Current Events 10:30 Sit & Be Fit 11:15 Rat Pack Favorites	12:15 Lunch— Spaghetti & meatballs 1:00 Fun w/ Risa of Care One Teaneck			