

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



HAPPY BIRTHDAY

NOVEMBER

Zelick Block
Sylvia Chiger
Lita Sipalay

Have any questions?


Judi Nahary
201.408.1450
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If you are not a SAC
member, PLEASE call
ahead to confirm all
programs



2017
Senior Activity Center Bergen County
Kosher Nutrition Site

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p>1 9-Breakfast & chat 10:00 Fit for life 10:45 D'var Torah 11:15 Melodies with Baritone James Michael 12:15 Lunch— 1:00 Trivia</p>	<p>2 9-Breakfast & chat 10:15 Exercise with Bruce 11:15 The Importance of Israel in the World 12:15 Lunch— 1:00 Current Events with Freida</p> <p>*Mitzvah Day* Snack packing!</p>	<p>3 10:15 Balance & Agility 11:15 Intergenera- tional Shabbat & Shabbat program w/ Rabbi Z 12:15 Lunch— 1:00 Music with Roby</p>
	<p>6 CLOSED</p>	<p>7 9-11:00 Bingo 11 Funny ladies of stage and screen 11:30 Qi Gong with Norman 12:15 Lunch— 1:00 Music with Roby</p>	<p>8 9-Breakfast & chat 10:00 Fit for life 10:45 D'var Torah 11:15 Broadway music & dance w/ Richard 12:15 Lunch— 1:00 Tai Chi</p>	<p>9 9-Breakfast & chat 10:15 Easy Exercise With Bruce 11:15 America enters the Great War & NJ enters the 20th century 12:15 Lunch— 1:00 Current Events</p>

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>13 9-Breakfast & chat 10:00 Current Events with Freida 10:30 Sit & be Fit 11:15 Easy listening w/ Carlos 12:15 Lunch— 1:00 County Manor presents World History Trivia</p>	<p>14 9- Breakfast & Bingo 11 New Innovators in Bergen County Library System 11:30 Qi Gong with Norman 12:15 Lunch— 1:00 Music with Roby</p>	<p>15 9-Breakfast & chat 10:00 Fit for Life 10:45 D'Var Torah 11:15 Enjoying the oldies w/George Tuzzeo 12:15 Lunch- 1:00 Fun with Jenny of Caring People</p>	<p>16 9-Breakfast & chat 10:15 Exercise with Bruce 11:15 Making a good impression armchair tour 12:15 Lunch— 1:00 Current Events</p>	<p>17 10:15Balance & Agility 11:15 Inter-generational Shabbat & Shabbat program w/ Rabbi Z 12:15 Lunch- 1:00 Music with Roby</p>
<p>20 9-Breakfast & chat 10:00 Current Events 10:30 Sit & be Fit 11:15 Funny Jewish Guys w/ Dick Burnon 12:15 Lunch- 1:00 'Out & About' w/ Ardelle Kasdan</p> <p>27</p>	<p>21 9-Breakfast & Bingo 11 George Washington's military campaign 11:30 Qi Gong with Norman 12:15 Lunch— 1:00 Music with Roby</p> <p>28</p>	<p>22 9-11:00 Bingo 10:00 Fit for Life 10:45 D'Var Torah 11:15 Thanks for the music w/ Kathy 12:15 Lunch- 1:00 Tai chi</p> <p>29</p>	<p>23</p> <p>24</p>  <p>Happy Thanksgiving</p>	
<p>9-11Breakfast & chat 10:00 Current events 10:30 Sit & be Fit 11:15 Sing and dance w/Johnny M 12:15 Lunch- 1:00 Fun with Risa of Care One Teaneck</p>	<p>9-Breakfast & Bingo 11 Senior Haven for Elder Abuse & Prevention 11:30 Qi Gong with Norman 12:15 Lunch- 1:00 Music with Roby</p>	<p>9-Breakfast & chat 10:00 Fit for Life 10:45 D'Var Torah 11:15 Prokofiev Opera w/ Bill Walton 12:15 Lunch- 1:00 Games</p>	<p>30 9-Breakfast & chat 10:15 Exercise w/ Bruce 11:15 Rat Pack Favorites Sponsored by Home Instead 12:15 Lunch- 1:00 Current Events</p>	