

iPAD LENDING LIBRARY

Seniors, stay connected!

Sign up for a free pre-loaded iPad with software and tech support. You will be able to join us from the comfort of your home for our virtual exercise with Maurice class at 10:30. No registration is required.

For information please contact Jerico at jrilla@jccotp.org or 201.569.7900 ext 404.

For calendars or more information contact

Marlene S Ceragno at **201.569.7900** ext **439**
mceragno@jccotp.org

Senior Activity Center
Helene Schwartz at **201.408.1452**
hschwartz@jccotp.org

Social Adult Day Program
Will Roberts at **201.569.7900** ext **123**
wroberts@jccotp.org

Support Groups
Marlene Ceragno at **201.569.7900** ext **439**
mceragno@jccotp.org



KAPLEN JCC on the Palisades

TAUB CAMPUS
411 E CLINTON AVE
TENAFLY, NJ 07670
201.569.7900 | jccotp.org

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SENIOR SERVICES

JCC on the Palisades Kaplen

Making aging
in place
possible
with daily
socialization,
transportation,
nutrition,
exercise &
entertainment



CHECK US OUT ON
jccotp.org/seniors

Contact Marlene Ceragno at mceragno@jccotp.org or
201.569.7900 ext.439

Free Senior Exercise

Exercise is an important part of healthy living for everyone. Get a great cardio workout, increase your strength and flexibility in person or online. Appropriate for all levels and no registration required.

Join us in person or virtually.

Monday-Friday at 10:30 am

Contact Marlene Ceragno at mceragno@jccotp.org
or 201.569.7900, ext. 439.

Senior Activity Center*

SOCIAL GROUP FOR OLDER ADULTS

A daily senior center providing light breakfast, lunch, exercise, entertainment, lectures and more. Door-to-door transportation available in many areas.

Monday-Friday

Contact Helene Schwartz at hschwartz@jccotp.org
or 201.408.1451

Social Adult Day Care*

FOR PEOPLE LIVING WITH ALZHEIMER'S AND DEMENTIA

The Kaplen Adult Reach Center's Montessori-style social day care program provides socialization and engagement for those living with dementia as well as much needed respite for their care partners.

Activities include exercise, live music, brain games, lunch and much more.

Aides are welcome.

Monday-Friday

Contact Marlene Ceragno at mceragno@jccotp.org
or 201.569.7900, ext. 439.

**intake interview is required*



Free Caregiver Support Groups

Support groups provide an opportunity for care-partners, families and friends to learn about dementias like Alzheimer's disease, share their feelings, support each other and learn about local resources.

**In-person 4th Tuesday & 2nd Thursday of the month
at 10:30 a.m.** Registration Required.

Weekly Virtual Caregiver Support Group **Thursday at 1pm**

Memory Café for those living with younger-onset memory loss and their caregivers. Registration is required.

3rd Wednesday of the month at 11:30 am

NEW Adult Child caregiver support group for those taking care of a parent with cognitive decline. Register for link.

2nd Wednesday & 4th Thursday at 6pm

For more info please contact Marlene Ceragno at mceragno@jccotp.org or 201.569.7900, ext. 439.

Sponsored by The Bristol Assisted Living.

Support Group for Widows and Widowers

WITH JUDY BRAUNER, LCSW THERAPIST

For those recently widowed. Call Esther at 201.408.1456
for more information and to register.