



Parkinson's Exercise Program

For just \$40 a Month

- Enjoy unlimited access to our PD exercise classes
- Free in-person support groups
- Monthly meet & greets with light refreshments
- PD educational series and more!

Classes Include:

- Power Through PD with Frank Carabellese, Monday at 11 AM
- Dance Through PD with Jamie Desser, Tuesday at 1 PM & Wednesday at 10:30 AM
- Balance & Agility for Life with PD with Tiffany Diamond, Thursday at 11 AM

Thank You Corporate Sponsors!



THE KAPLEN FOUNDATION

ELAINE LAIKIN

HENRY & MARILYN TAUB FOUNDATION



KAPLEN JCC on the Palisades TAUB CAMPUS | 411 E CLINTON AVE, TENAFLY, NJ 07670 | 201.569.7900 | jccotp.org



SENIOR SERVICES

KAPLEN JCC on the Palisades



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. Appropriate for all levels and no registration required. Join us in the Taub Auditorium.

Monday-Friday at 10:30 AM

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 is available in many areas.

Monday-Friday

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

**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.

Weekly Virtual Dementia Caregiver Support Group

Thursday at 1 PM

No Registration Required. Email for link.

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

3rd Wednesday of the month at 11:30 AM

Adult Child Virtual Caregiver support group for those caring for a parent with cognitive decline.

Register for link.

2nd Wednesday of the month at 6 PM

Parkinson's In-Person Caregiver Support Group

for those caring for a loved one living with Parkinson's Disease. Registration required.

Last Wednesday of the month at 10:30 AM In-Person.

Program is available at no cost to Bergen County residents aged 60 and over through funding from the Bergen County Division of Senior Services.

**For more information on any of our programs
or to schedule a tour, please contact**

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