

# SEPTEMBER 2022



Jewish Community Center  
of Northern New Jersey  
**ACTIVE SENIORS**

**TUESDAY**

**THURSDAY**

**TUESDAY**

**THURSDAY**

6

8

13

15

**TRIVIA TIME**  
\*JCC Staff Edition!

And

**FALL 2022  
PROGRAM PREVIEW**

**STOP AT THE  
RED APPLE**

Author, **Elaine Freed Lindenblatt**,  
of the legendary *Red Apple Rest*  
shares stories from her book

**\*SWINGIN' THROUGH THE YEAR**  
First Rehearsal – All Welcome!  
12:45 - 2:15 PM

**HEALTHY  
COOKING DEMO**

**Dawn Fraser**  
Community FoodBank of NJ  
“NORTHWEST APPLE SALAD”

**STORIES OF OUR LIVES**  
Memoir Writing Workshop

**KOSHERSOUL**  
Live Virtual  
Book Event 12:30 PM

**\*SWINGIN' THROUGH THE YEAR**  
Rehearsal — 12:45 - 2:15 PM

20

22

27

29

**HEAR BETTER  
LIVE BETTER**

The Importance of  
Hearing Health

**Jodi Rokuson, Au.D.**

**SING-A-LONG  
WITH HAL**

High Holiday Edition!

**\*SWINGIN' THROUGH THE YEAR**  
Rehearsal — 12:45 - 2:15 PM

**CLOSED FOR  
ROSH HASHANAH**

L'Shana Tova Tikatevu!

**KAHOOT!**

Interactive Trivia

**RITE AID FLU CLINIC**

\*Pre-registration and proof of  
insurance required

**\*SWINGIN' THROUGH THE YEAR**  
Rehearsal — 12:45 - 2:15 PM

10 AM TUESDAYS – Chair Yoga

10 AM THURSDAYS – Dance & Fitness

11 AM EVERYDAY – Program or Activity

12 PM EVERYDAY – Hot Kosher Lunch

Temple Avodat Shalom

385 Howland Ave. River Edge

info@jccnnj.org

(201) 666-6610 x 2

**Suggested donation:**  
**\$5 pp/day includes**  
**Kosher lunch**