

Dear Members and Friends,

Spring has finally arrived with warmer weather and longer days, and summer is less than a month away. Kip Center has slowly reopened, beginning with our Grab and Go Nutritional Breakfast Bags, which have been a staple for almost a year. The lending library and computer lab opened by appointment last fall and the knitters and Mahjong groups have been coming in once a week since February. Zoom and in-person iPad and smart phone classes were added in March and were an instant hit.

We recently held complimentary Fall and Balance, Body Strengthening and Belly Dancing classes, partially funded through a Bergen County Grant. Everyone loved getting back in shape. We also hosted our first trip to Wind Creek Casino and had a turnout of 40 fun loving people who safely enjoyed a day out with their friends.

We are excited to announce our next step as we prepare for a full opening in September. Our favorite fitness instructors are back!!! Join Melissa Brown, Dina Ford, Stephan Koblick, Janette Large and Kathie Rizzo for our **11-week Summer Session, June 8th- August 20th**. There are fabulous classes to choose from including, aerobics, chair aerobics, body strengthening, belly dancercise, dancercise and t'ai chi chih. Sign up today, this will be offered first come, first served and class sizes will be limited. **(More info on the enclosed class flyer)**

We will be back in September with our hot lunch program, a large variety of class offerings, groups and informational seminars, bingo, entertainment and more! We cannot wait to see you at Kip!

Warmest Regards,

Cathy Baviello
Cathy Baviello
Executive Director



Grab and Go Healthy Breakfast Bags quickly became the highlight of everyone's week. On delivery and pick-up days, it was a chance to connect with friends and Kip staff.



Fall Prevention and Balance Classes led by Chris Ford, PT, helped our members get back shape and continue to lead independent lives.

Deepest Sympathy to the families of: Mary Grehan, Costa Mehos, Margaret Merli, Ruth Simpson, Dorothy Hansen, Josephine & Harold Wermel, Ada Subota, Don Falken, Norma Siscoe, Ellie Butler, Marilyn DeFino and Lily Fulton.

Get Well Wishes
Tom Hansen



55 Kip Center

55 Kip Avenue • Rutherford, NJ 07070 • 201-460-1600 • www.55kipcenter.org

55 KIP HAPPENINGS



SPRING/SUMMER EDITION

"KEEPING SENIORS AGELESS"

2021



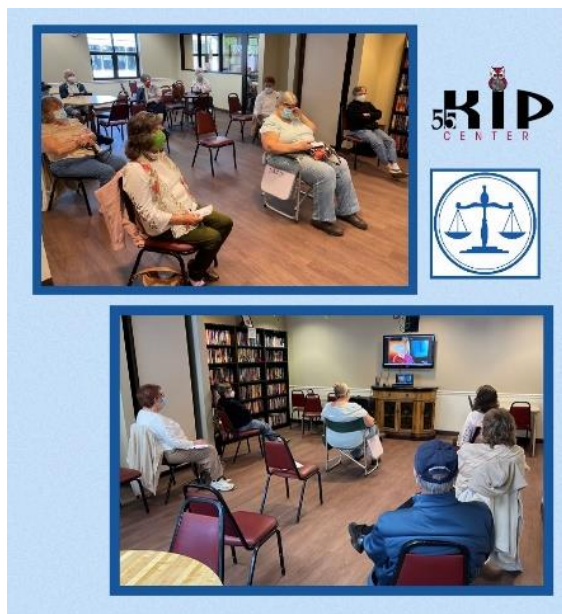
Bingo is well attended on Mondays from 12:30-2pm



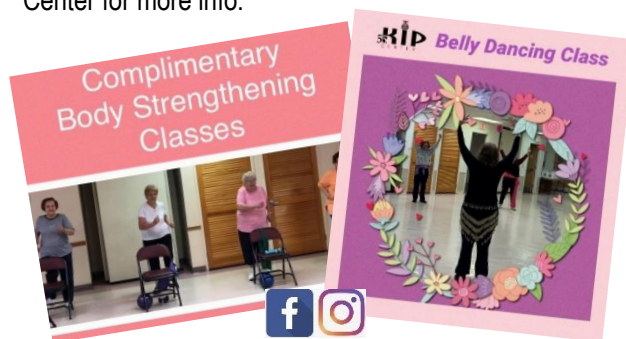
iPad and Smartphone Tech Classes with Ross, taught members how to use their devices and stay connected with friends and family. They also were able to use the Center's iPad lending library.



Blood Pressure Check with Katherine McAuliffe, RN. on Wednesdays.



The Bergen County Surrogate, Michael R. Dressler, discussed the importance of wills, probate procedures, administration of estate and much more at a recent Zoom seminar at Kip Center.



Please check our **Facebook and Instagram** pages often. We share videos, pictures, and resources daily.

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