

BERGEN NEW JERSEY County



James J. Tedesco III
Bergen County Executive

And The

BOARD OF CHOSEN FREEHOLDERS

Germaine M. Ortiz
Chairman

Mary J. Amoroso
Vice Chairwoman

Joan M. Voss
Chair Pro Tempore

David L. Ganz
Thomas J. Sullivan
Steven A. Tanelli
Tracy Silna Zur

DEPARTMENT OF HUMAN SERVICES

Melissa DeBartolo ESQ
Acting Department Director

Division Of Senior Services

Lorraine Joewono
Director



For Your Information...

KEY TELEPHONE NUMBERS

Division of Senior Services
Bergen ADRC (formerly NJ EASE)
201-336-7400
1-877-222-3737

Meals on Wheels
201-336-7420

Bergen County Housing Authority
201-336-7600

Community Transportation
201-368-5955

Division on Disability Services
201-336-6500

Bergen County
Board of Social Services
201-368-4200

BERGEN NEW JERSEY County

James J. Tedesco III, County Executive

PALISADES PARK SENIOR ACTIVITY CENTER

Bergen County Department of Human Services
Division of Senior Services/ADRC

Wishing All Of Our Participants and Their Families

HAPPY HOLIDAYS December 2019



December 2nd & 16th	Barbara & Mike Piano and Singing Performance	11:30AM
December 4th, 11th, 18th	Health Monitoring - Blood Pressure Check-Up	9:00AM
December 11th	Stroke Presentation - Bill Daily	11:15AM
December 12th	Senior Nutraceutical Information	11:30AM
December 20th	Senior Center Christmas Party	10:00AM
December 22nd	Hanukkah Begins at Sundown	
December 25th	Christmas Day - CENTER CLOSED	
December 25th	Christmas Day Dinner Garfield Center, 480 Midland Avenue, Reservation -973-478-0502	10:00AM -1:30 PM
December 26th	Kwanzaa Begins	

PALISADES PARK SENIOR ACTIVITY CENTER

300 Highland Avenue

Palisades Park, NJ 07650

Phone: (201) 944-5616 • Fax (201) 944-2685

Open: Monday - Friday, 8:00AM - 3:30PM

PalisadesParkCenter@co.bergen.nj.us

300 Highland Avenue • Palisades Park, NJ 07650

Phone: (201) 944-5616 • Fax (201) 944-2685

PalisadesParkCenter@co.bergen.nj.us

Chong "Paul" Kim, Center Director / Open Monday - Friday, 8:00AM - 3:30PM

Bergen County Division of Senior Services supports and promotes diverse and inclusive communities, and does not discriminate based on age, color, creed, gender identity, mental or physical disability, national origin, political affiliation, race, or sexual orientation in its provision of services or employment practices.

PALISADES PARK SENIOR ACTIVITY CENTER

Chong "Paul" Kim, Center Director

DECEMBER 2019

(201) 944-5616

Monday

Tuesday

Wednesday

Thursday

Friday

<p>300 Highland Avenue, Palisades Park, NJ 07650 Center Hours: 8:00 - 3:30</p>	<p>== EVERYDAY == 9:00-10:00AM : BREAKFAST (COFFEE, TEA, BREAD) 1:00 : BA-DUCK / JANG-GI GAME</p>	<p>Lunch Served: 11:45AM Suggested Lunch Donation: \$1.25 Menu subject to change without notice. Each meal is served w/skim milk & choice of coffee or hot tea.</p>	<p><i>Meals provide 1/3 recommended Dietary Reference Intakes (DRIs) for older adults. The weekly average nutrient amount of each meal is: 10% or less Saturated Fat (<8g), 50-55% Carbohydrate, 15%-20% Protein (>35g), 1000mg or less Sodium. Salt and Sugar are not added to any recipe.</i></p>	<p>Palisades Park Senior Activity Center Always Welcomes Seniors from Monday To Friday 8:00am - 3:30pm FREE BREAKFAST BREAD & COFFEE!</p>
<p>2 9:00 BINGO 10:30 ENGLISH BOOK READING 10:30 TAI-CHI CLASS 11:30 BARBARA & MIKE PIANO & SINGING 12:45 EXERCISE - Korean Dance 2:00 SENIOR CLUB MEETING Chicken Picatta</p>	<p>3 9:00 BINGO 9:00 TAI-CHI CLASS 10:00 H-MART SHOPPING 10:30 ENGLISH SONG SINGING 12:45 CHORUS I 2:00 LINE DANCING A Salisbury Steak</p>	<p>4 9:30 HEALTH MONITORING 10:30 ESL CLASS - Paul Kim 12:45 KOREAN FOLK DANCE 1:45 COUPLE DANCE CLASS Lemon Fish</p>	<p>5 9:00 BINGO 10:30 OSTEOPOROSIS EXERCISE 10:30 VIDEO CHAIR EXERCISE 1:00 LINE DANCING B Chicken Salad</p>	<p>6 9:00 CIVICS 10:30 CHAIR EXERCISE 12:30 CHORUS II 2:00 PIANO LESSON CLASS Vegetable Lasagna</p>
<p>9 9:00 BINGO 10:30 ENGLISH BOOK READING 10:30 TAI-CHI CLASS 12:45 EXERCISE - Korean Dance Fish Sandwich</p>	<p>10 9:00 BINGO 9:00 TAI-CHI CLASS 10:00 H-MART SHOPPING 10:30 ENGLISH SONG SINGING 12:45 CHORUS I 2:00 LINE DANCING A Roast Pork</p>	<p>11 9:30 HEALTH MONITORING 10:30 ESL CLASS - Paul Kim 11:15 STROKE PRESENTATION 12:45 KOREAN FOLK DANCE 1:45 COUPLE DANCE CLASS Eggplant Rollatini</p>	<p>12 9:00 BINGO 10:30 OSTEOPOROSIS EXERCISE 10:30 VIDEO CHAIR EXERCISE 11:30 SENIOR NUTRACEUTICAL INFO 1:00 LINE DANCING B Meatloaf</p>	<p>13 9:00 CIVICS 10:30 CHAIR EXERCISE 12:30 CHORUS II 2:00 PIANO LESSON CLASS Chicken Scampi</p>
<p>16 9:00 BINGO 10:30 ENGLISH BOOK READING 10:30 TAI-CHI CLASS 11:30 BARBARA & MIKE PIANO & SINGING 12:45 EXERCISE - Korean Dance 2:00 SENIOR CLUB MEETING Roast Turkey</p>	<p>17 9:00 BINGO 9:00 TAI-CHI CLASS 10:00 H-MART SHOPPING 10:30 ENGLISH SONG SINGING 12:45 CHORUS I 2:00 LINE DANCING A Chicken Parmesan</p>	<p>18 9:30 HEALTH MONITORING 10:30 ESL CLASS - Paul Kim 12:45 KOREAN FOLK DANCE 1:45 COUPLE DANCE CLASS Hamburger</p>	<p>19 9:00 BINGO 10:30 OSTEOPOROSIS EXERCISE 10:30 VIDEO CHAIR EXERCISE 1:00 LINE DANCING B Hawaiian Pork</p>	<p>20 CENTER CHRISTMAS PARTY  10:00AM</p>
<p>23 9:00 BINGO 10:30 ENGLISH BOOK READING 10:30 TAI-CHI CLASS 12:45 EXERCISE - Korean Dance Sweet & Sour Meatballs</p>	<p>24 9:00 BINGO 9:00 TAI-CHI CLASS 10:00 H-MART SHOPPING 10:30 ENGLISH SONG SINGING 12:45 CHORUS I 2:00 LINE DANCING A Tuna Salad</p>	<p>25 CHRISTMAS DAY </p>	<p>26 9:00 BINGO 10:30 OSTEOPOROSIS EXERCISE 10:30 VIDEO CHAIR EXERCISE 1:00 LINE DANCING B Roasted Chicken Leg</p>	<p>27 9:00 CIVICS 10:30 CHAIR EXERCISE 12:30 CHORUS II 2:00 PIANO LESSON CLASS Boneless BBQ Ribs</p>
<p>30 9:00 BINGO 10:30 ENGLISH BOOK READING 10:30 TAI-CHI CLASS 12:45 EXERCISE - Korean Dance 2:00 COUPLE DANCE CLASS Pork Chops</p>	<p>31 9:00 BINGO 9:00 TAI-CHI CLASS 10:00 H-MART SHOPPING 10:30 ENGLISH SONG SINGING 12:45 CHORUS I 2:00 LINE DANCING A Cheese Omelet Breakfast Sausage</p>			