

BERGEN NEW JERSEY County



James J. Tedesco III
Bergen County Executive

And The

BOARD OF CHOSEN FREEHOLDERS

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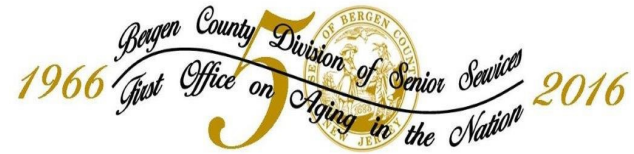
David L. Ganz
Thomas J. Sullivan
Steven A. Tanelli
Tracy Silna Zur

DEPARTMENT OF HUMAN SERVICES

Michael V. Bellucci
Acting 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 OLDER AMERICANS MONTH MAY 2019



May 1st, 8th, 15th, 22nd, 29th	Health Monitoring - Blood Pressure Check-Up	10:00AM
May 2nd	Public Hearing 9AM County Administration Building, One Bergen County Plaza 5th Floor, Hackensack, NJ	9:00AM
May 2nd	Senior Fraud Presentation - Palisades Park Oritani Bank (Mr. Kim)	11:30AM
May 6th & 20th	Barbara & Mike Piano and Singing Performance	11:30AM
May 9th & 30th	Palisades Park Library Free Services Presentation - Mrs. Park	11:30AM
May 10th	Mother's Day Pizza Party	11:30AM
May 12th	Mother's Day	
May 16th	Senior Stroke Awareness Presentation - Hackensack Meridian Hospital HARP (Joanne)	11:30AM
May 17th	Healthcare Benefits Presentation - United Health Care	11:30AM
May 27th	Memorial Day Observance - CENTER CLOSED	
May 29th	Senior Fitness Presentation - HARP Palisades Park Paula RN	11:30AM
May 31st	Open House To The Public May Birthday Cake Party - United Health Care	8:00AM 11:30AM

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

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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

MAY 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>1 9:30 HEALTH MONITORING 10:30 ENGLISH GRAMMAR - Paul Kim 12:45 KOREAN FOLK DANCE 1:45 COUPLE DANCE CLASS</p> <p style="text-align: center;">Baked Fish</p>	<p>2 9:00 BINGO 9:00 PUBLIC HEARING 10:30 OSTEOPOROSIS EXERCISE 10:30 CHAIR EXERCISE VIDEO 11:30 SENIOR FRUAD PRESENTATION - Mr. Kim 1:00 LINE DANCING B</p> <p style="text-align: center;">Pork Chop w/ Gravy</p>	<p>3 9:00 CIVICS 10:30 CHAIR EXERCISE 12:30 CHORUS II 2:00 PIANO LESSON CLASS</p> <p style="text-align: center;">Turkey & Bean Chili 10 oz.</p>
<p>6 9:00 BINGO 10:30 ENGLISH GRAMMAR 11:30 BARBARA & MIKE PIANO & SINGING 12:45 EXERCISE - Korean Dance 2:00 COUPLE DANCE CLASS</p> <p style="text-align: center;">Fish & Chips</p>	<p>7 9:00 BINGO 9:00 TAI-CHI CLASS 10:00 H-MART SHOPPING 10:30 ENGLISH GRAMMER 12:45 CHORUS I 2:00 LINE DANCING A</p> <p style="text-align: center;">Ziti & Italian Meatballs</p>	<p>8 9:30 HEALTH MONITORING 10:30 ENGLISH GRAMMAR - Paul Kim 12:45 KOREAN FOLK DANCE 1:45 COUPLE DANCE CLASS</p> <p style="text-align: center;">Chicken Salad Plate on Lettuce Leaf</p>	<p>9 9:00 BINGO 10:30 OSTEOPOROSIS EXERCISE 10:30 CHAIR EXERCISE VIDEO 11:30 LIBRARY FREE SERVICES PRESENTATION - Mrs. Park 1:00 LINE DANCING B</p> <p style="text-align: center;">Roast Turkey w/ Gravy</p>	<p>10 9:00 CIVICS 10:30 CHAIR EXERCISE 11:30 MOTHER'S DAY PIZZA PARTY 12:30 CHORUS II 2:00 PIANO LESSON CLASS</p> <p style="text-align: center;">Chicken Fajitas w/ Sauteed Peppers &</p>
<p>13 9:00 BINGO 10:30 ENGLISH GRAMMAR 12:45 EXERCISE - Korean Dance 2:00 COUPLE DANCE CLASS</p> <p style="text-align: center;">Omelet & Breakfast Sausage</p>	<p>14 9:00 BINGO 9:00 TAI-CHI CLASS 10:00 H-MART SHOPPING 10:30 ENGLISH GRAMMER 12:45 CHORUS I 2:00 LINE DANCING A</p> <p style="text-align: center;">Chicken Cutlet Milanese w/ Chopped Baby Greens w/ Bruschetta</p>	<p>15 9:30 HEALTH MONITORING 10:30 ENGLISH GRAMMAR - Paul Kim 12:45 KOREAN FOLK DANCE 1:45 COUPLE DANCE CLASS</p> <p style="text-align: center;">Salisbury Steak w/ Gravy</p>	<p>16 9:00 BINGO 10:30 OSTEOPOROSIS EXERCISE 10:30 CHAIR EXERCISE VIDEO 11:30 SENIOR STROKE AWARENESS PRESENTATION - Joanne 1:00 LINE DANCING B</p> <p style="text-align: center;">Vegetable Lasagna w/ Bechamel Sauce</p>	<p>17 9:00 CIVICS 10:30 CHAIR EXERCISE 11:30 HEALTHCARE BENEFITS PRESENTATION - UHC 12:30 CHORUS II 2:00 PIANO LESSON CLASS</p> <p style="text-align: center;">Coconut Crusted Haddock Fish</p>
<p>20 9:00 BINGO 10:30 ENGLISH GRAMMAR 12:45 EXERCISE - Korean Dance 11:30 BARBARA & MIKE PIANO & SINGING 2:00 COUPLE DANCE CLASS</p> <p style="text-align: center;">Boneless Chicken Scampi</p>	<p>21 9:00 BINGO 9:00 TAI-CHI CLASS 10:00 H-MART SHOPPING 10:30 ENGLISH GRAMMER 12:45 CHORUS I 2:00 LINE DANCING A</p> <p style="text-align: center;">Hot Open Roast Beef Sandwich w/ Gravy</p>	<p>22 9:30 HEALTH MONITORING 10:30 ENGLISH GRAMMAR - Paul Kim 12:45 KOREAN FOLK DANCE 1:45 COUPLE DANCE CLASS</p> <p style="text-align: center;">Ziti w/ Pork Sausage</p>	<p>23 9:00 BINGO 10:30 OSTEOPOROSIS EXERCISE 10:30 CHAIR EXERCISE VIDEO 1:00 LINE DANCING B</p> <p style="text-align: center;">Asian-Style Chicken and Broccoli</p>	<p>24 9:00 CIVICS 10:30 CHAIR EXERCISE 12:30 CHORUS II 2:00 PIANO LESSON CLASS</p> <p style="text-align: center;">Hamburger</p>
<p>27 MEMORIAL DAY</p>  <p style="text-align: center;">MEMORIAL DAY REMEMBER AND HONOR</p> <p style="text-align: center;">CENTER CLOSED</p>	<p>28 9:00 BINGO 9:00 TAI-CHI CLASS 10:00 H-MART SHOPPING 10:30 ENGLISH GRAMMER 12:45 CHORUS I 2:00 LINE DANCING A</p> <p style="text-align: center;">Parmesan Crusted Fish</p>	<p>29 9:30 HEALTH MONITORING 10:30 ENGLISH GRAMMAR - Paul Kim 11:30 SENIOR FITNESS PRESENTATION - HARP Palisades Park Paula RN 12:45 KOREAN FOLK DANCE 1:45 COUPLE DANCE CLASS</p> <p style="text-align: center;">Roast Turkey Wrap</p>	<p>30 9:00 BINGO 10:30 OSTEOPOROSIS EXERCISE 10:30 CHAIR EXERCISE VIDEO 11:30 LIBRARY FREE SERVICES PRESENTATION - Mrs. Park 1:00 LINE DANCING B</p> <p style="text-align: center;">Eggplant Rollatini 10 oz.</p>	<p>31 9:00 OPEN HOUSE TO PUBLIC 9:00 CIVICS 10:30 CHAIR EXERCISE 11:30 MAY BIRTHDAY CAKE PARTY - United Health Care 12:30 CHORUS II 2:00 PIANO LESSON CLASS</p> <p style="text-align: center;">Hawaiian Boneless Chicken</p>