

BERGEN NEW JERSEY County



James J. Tedesco III
Bergen County Executive

And The

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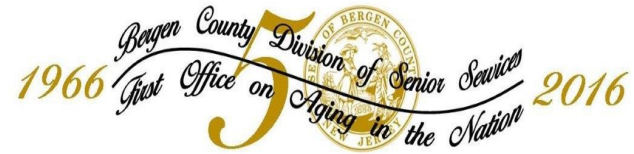
David L. Ganz
Thomas J. Sullivan
Steven A. Tanelli
Tracy Silna Zur

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
NATIONAL ICE CREAM MONTH
JULY 2019



July 1st	Barbara & Mike Piano and Singing Performance	11:30AM
July 4th	Independence Day - CENTER CLOSED	
July 12th	Senior Nutraceutical Supplement Presentation - Mr. Kim M.S.	11:30AM
July 15th	Barbara & Mike Piano and Singing Performance	11:30AM
July 18th	End Of Life Seminar - New Bridge Medical Center	11:30AM
July 24th	Ice Cream Party	11:30AM
July 26th	July Birthday Cake Party For All & Health Care Presentation- United Healthcare	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

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

JULY 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>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.</p>	
<p>1 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>Roast Turkey w/ Gravy</p>	<p>2 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>Fish & Chips (beer battered fish)</p>	<p>3 9:30 HEALTH MONITORING 10:30 ENGLISH GRAMMAR - Paul Kim 12:45 KOREAN FOLK DANCE 1:45 COUPLE DANCE CLASS</p> <p>Hot Dog w/ Sauerkraut (2)</p>	<p>4 CENTER CLOSED</p> 	<p>5 9:00 CIVICS 10:30 CHAIR EXERCISE 12:30 CHORUS II 2:00 PIANO LESSON CLASS</p> <p>Chicken Cordon Bleu</p>
<p>8 9:00 BINGO 10:30 ENGLISH GRAMMAR 12:45 EXERCISE - Korean Dance 2:00 COUPLE DANCE CLASS</p> <p>Eggplant Rollatini</p>	<p>9 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>Hawaiian Boneless Chicken</p>	<p>10 9:30 HEALTH MONITORING 10:30 ENGLISH GRAMMAR - Paul Kim 12:45 KOREAN FOLK DANCE 1:45 COUPLE DANCE CLASS</p> <p>Coconut Crusted Haddock</p>	<p>11 9:00 BINGO 10:30 OSTEOPOROSIS EXERCISE 10:30 CHAIR EXERCISE VIDEO 1:00 LINE DANCING B</p> <p>Home-style Meatloaf w/ Gravy</p>	<p>12 9:00 CIVICS 10:30 CHAIR EXERCISE 11:30 SENIOR NUTRACEUTICAL INFO - Mr. Kim 12:30 CHORUS II 2:00 PIANO LESSON CLASS</p> <p>Baked Penne w/ Ricotta</p>
<p>15 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>Chicken Piccata Unbreaded</p>	<p>16 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>Rigatoni w/ Turkey Bolognese</p>	<p>17 9:30 HEALTH MONITORING 10:30 ENGLISH GRAMMAR - Paul Kim 12:45 KOREAN FOLK DANCE 1:45 COUPLE DANCE CLASS</p> <p>BBQ Beef Ribs</p>	<p>18 9:00 BINGO 10:30 OSTEOPOROSIS EXERCISE 10:30 CHAIR EXERCISE VIDEO 11:30 END OF LIFE SEMINAR - New Bridge Medical Center LINE DANCING B 1:00</p> <p>Breaded Flounder Filet</p>	<p>19 9:00 CIVICS 10:30 CHAIR EXERCISE 12:30 CHORUS II 2:00 PIANO LESSON CLASS</p> <p>Meatballs w/ Mushroom Gravy</p>
<p>22 9:00 BINGO 10:30 ENGLISH GRAMMAR 12:45 EXERCISE - Korean Dance 2:00 COUPLE DANCE CLASS</p> <p>Meat Lasagna (10oz)</p>	<p>23 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>Pork Chop w/ Gravy</p>	<p>24 9:30 HEALTH MONITORING 10:30 ENGLISH GRAMMAR - Paul Kim 11:30 IOE CREAM PARTY 12:45 KOREAN FOLK DANCE 1:45 COUPLE DANCE CLASS</p> <p>Chicken Salad on Lettuce Leaf</p>	<p>25 9:00 BINGO 10:30 OSTEOPOROSIS EXERCISE 10:30 CHAIR EXERCISE VIDEO 1:00 LINE DANCING B</p> <p>Turkey Burger</p>	<p>26 9:00 CIVICS 10:30 CHAIR EXERCISE 11:30 JULY BIRTHDAY CAKE PARTY 12:30 CHORUS II 2:00 PIANO LESSON CLASS</p> <p>1 Tortilla Crusted Fish</p>
<p>29 9:00 BINGO 10:30 ENGLISH GRAMMAR 12:45 EXERCISE - Korean Dance 2:00 COUPLE DANCE CLASS</p> <p>Open Hot Roast Beef Sandwich w/ Hot Gravy</p>	<p>30 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>Tuna Salad Sandwich</p>	<p>31 9:30 HEALTH MONITORING 10:30 ENGLISH GRAMMAR - Paul Kim 11:30 CAKE PARTY & HEALTH CARE PRESENTATION - United Health 12:45 KOREAN FOLK DANCE 1:45 COUPLE DANCE CLASS</p> <p>Penne w/ Italian Meatballs</p>		