

BERGEN NEW JERSEY County



James J. Tedesco III
Bergen County Executive

And The

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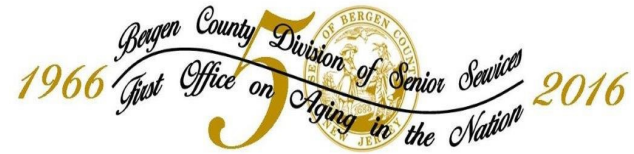
David L. Ganz
Germaine M. Ortiz
Thomas J Sullivan
Tracy Silna Zur

DEPARTMENT OF HUMAN SERVICES

Melissa DeBartolo ESQ
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
NATIONAL NUTRITION MONTH

MARCH 2020



March 2nd	Senior Abuse and Scam Presentation - SAFE Organization	1:45PM
March 4th, 11th, 18th, 25th	Health Monitoring - Blood Pressure Check-Up	9:00AM
March 8th	Daylight Saving Time Begins	
March 16th	Barbara & Mike Piano and Singing Performance	11:30AM
March 17th	St. Patrick's Day	
March 17th	Senior Urology Presentation – Neotract Interventional Urology	11:30AM
March 20th	First Day of Spring	
March 24th	Senior Abuse and Scam Presentation - SAFE Organization	11:30AM
March 27th	March Birthday Party	11:30AM
March 30th	Barbara & Mike Piano and Singing Performance	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

MARCH 2020

(201) 944-5616



Monday

Tuesday

Wednesday

Thursday

Friday

<p align="center">== EVERYDAY ==</p> <p>9:00-10:00AM : BREAKFAST (COFFEE, TEA, BREAD)</p> <p>1:00 : BA-DUCK / JANG-GI GAME</p> <p>300 Highland Avenue, Palisades Park, NJ 07650</p>	<p>The Palisades Park Senior Activity Center's activities and programs are funded by the Bergen County Division of Senior Services through the Older American Act and are available at no charge for Bergen County residents 60 years or over.</p>	<p align="center">Lunch Served: 11:45AM</p> <p align="center">Suggested Lunch Donation: \$1.25</p> <p align="center">Menu subject to change without notice.</p> <p align="center">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 align="center">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 9:30 TAI-CHI CLASS 11:30 ABUSE & SCAM PRESENTATION 12:45 EXERCISE - Korean Dance</p> <p align="center">Chicken Breast Florentine on of Spinach</p>	<p>3 9:00 BINGO 9:00 TAI-CHI CLASS 10:00 H-MART SHOPPING 10:30 ENGLISH SONG SINGING 12:30 CHORUS I 2:00 LINE DANCING A</p> <p align="center">Eggplant Rollatini 10oz</p>	<p>4 9:30 HEALTH MONITORING 10:30 ESL CLASS - Paul Kim 10:30 CHAIR EXERCISE 12:45 KOREAN FOLK DANCE 1:45 COUPLE DANCE CLASS</p> <p align="center">Chicken Salad Sandwich</p>	<p>5 9:00 BINGO 10:30 OSTEOPOROSIS EXERCISE 10:30 VIDEO CHAIR EXERCISE 1:00 LINE DANCING B</p> <p align="center">Home-style Meatloaf w/ Gravy</p>	<p>6 9:00 CIVICS 10:30 CHAIR EXERCISE VIDEO 12:30 CHORUS II 2:00 PIANO LESSON CLASS</p> <p align="center">Chilled Tuna & Bowtie Salad</p>
<p>9 9:00 BINGO 10:30 ENGLISH BOOK READING 9:30 TAI-CHI CLASS 12:45 EXERCISE - Korean Dance 2:00 COUPLE DANCE</p> <p align="center">Boneless BBQ Beef Sandwich</p>	<p>10 9:00 BINGO 9:00 TAI-CHI CLASS 10:00 H-MART SHOPPING 10:30 ENGLISH SONG SINGING 12:30 CHORUS I 2:00 LINE DANCING A</p> <p align="center">Unbreaded Chicken Picatta</p>	<p>11 9:30 HEALTH MONITORING 10:30 ESL CLASS - Paul Kim 10:30 CHAIR EXERCISE 12:45 KOREAN FOLK DANCE 1:45 COUPLE DANCE CLASS</p> <p align="center">Hamburger</p>	<p>12 9:00 BINGO 10:30 OSTEOPOROSIS EXERCISE 10:30 VIDEO CHAIR EXERCISE 1:00 LINE DANCING B</p> <p align="center">Greek-Style Roast Chicken Quarter w/ Lemon & Oregano</p>	<p>13 9:00 CIVICS 10:30 CHAIR EXERCISE VIDEO 12:30 CHORUS II 2:00 PIANO LESSON CLASS</p> <p align="center">Potato Crusted Fish</p>
<p>16 9:00 BINGO 10:30 ENGLISH BOOK READING 9:30 TAI-CHI CLASS 11:30 BARBARA & MIKE PIANO & SINGING 12:45 EXERCISE - Korean Dance 2:00 COUPLE DANCE</p> <p align="center">Roast Beef & Gravy</p>	<p>17 ST. PATRICK'S DAY </p> <p>9:00 BINGO 9:00 TAI-CHI CLASS 10:00 H-MART SHOPPING 10:30 ENGLISH SONG SINGING 11:30 UROLOGY PRESENTATION 12:30 CHORUS I 2:00 SENIOR CLUB MEETING</p> <p align="center">Corned Beef</p>	<p>18 9:30 HEALTH MONITORING 10:30 ESL CLASS - Paul Kim 10:30 CHAIR EXERCISE 12:45 KOREAN FOLK DANCE 1:45 COUPLE DANCE CLASS</p> <p align="center">Irish Bangers & Mash</p>	<p>19 9:00 BINGO 10:30 OSTEOPOROSIS EXERCISE 10:30 VIDEO CHAIR EXERCISE 1:00 LINE DANCING B</p> <p align="center">Open Roast Turkey Sandwich w/ Gravy</p>	<p>20 FIRST DAY OF SPRING </p> <p>9:00 CIVICS 10:30 CHAIR EXERCISE VIDEO 11:30 BALANCE & DIZZINESS 12:30 CHORUS II 2:00 PIANO LESSON CLASS</p> <p align="center">Veggie Burger</p>
<p>23 9:00 BINGO 10:30 ENGLISH BOOK READING 9:30 TAI-CHI CLASS 11:30 BARBARA & MIKE PIANO & SINGING 12:45 EXERCISE - Korean Dance 2:00 COUPLE DANCE</p> <p align="center">Korean BBQ Chicken Leg Quarter</p>	<p>24 9:00 BINGO 9:00 TAI-CHI CLASS 10:00 H-MART SHOPPING 10:30 ENGLISH SONG SINGING 11:30 ABUSE & SCAM PRESENTATION 12:30 CHORUS I 2:00 SENIOR CLUB MEETING</p> <p align="center">Salisbury Steak w/ Gravy</p>	<p>25 9:30 HEALTH MONITORING 10:30 ESL CLASS - Paul Kim 10:30 CHAIR EXERCISE 12:45 KOREAN FOLK DANCE 1:45 COUPLE DANCE CLASS</p> <p align="center">Balsamic Breaded Chicken Breast</p>	<p>26 9:00 BINGO 10:30 OSTEOPOROSIS EXERCISE 10:30 VIDEO CHAIR EXERCISE 11:30 IMPORTANCE OF THERAPY 1:00 LINE DANCING B</p> <p align="center">Pork Chop w/ Gravy</p>	<p>27 9:00 CIVICS 10:30 CHAIR EXERCISE VIDEO 11:30 MARCH BIRTHDAY PARTY 12:30 CHORUS II 2:00 PIANO LESSON CLASS</p> <p align="center">Baked Penne w/ Ricotta 10 oz</p>
<p>30 9:00 BINGO 10:30 ENGLISH BOOK READING 9:30 TAI-CHI CLASS 11:30 BARBARA & MIKE PIANO & SINGING 12:45 EXERCISE - Korean Dance 2:00 COUPLE DANCE</p> <p align="center">Philly Shaved Beef & Cheese Sandwich</p>	<p>31 9:00 BINGO 9:00 TAI-CHI CLASS 10:00 H-MART SHOPPING 10:30 ENGLISH SONG SINGING 12:30 CHORUS I 2:00 LINE DANCING A</p> <p align="center">Chicken Teriyaki</p>			