

# BERGEN NEW JERSEY *County*

James J. Tedesco III  
*County Executive*

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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 of Disability Services  
(201) 336-6500

Bergen County  
Board of Social Services  
(201) 368-4200

### PALISADES PARK SENIOR ACTIVITY CENTER

300 Highland Avenue  
Palisades Park, NJ 07650  
Phone: (201) 944-5616 • Fax (201) 944-3685

[PalisadesParkCenter@co.bergen.nj.us](mailto:PalisadesParkCenter@co.bergen.nj.us)

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

# 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

**MAY 2022**

May 2nd	Senior Club Meeting	2:00PM
May 2nd	Korean Checkers and Chess	10:00AM
May 4th	Health Monitoring - Blood Pressure Check-Up	9:30AM
May 11th	Health Monitoring - Blood Pressure Check-Up	9:30AM
May 16th	Senior Club Meeting	2:00PM
May 17th	Korean Checkers and Chess	10:00AM
May 18th	Health Monitoring - Blood Pressure Check-Up	9:30AM
May 18th	Senior Nutrition Education	10:30AM
May 25th	Health Monitoring - Blood Pressure Check-Up	9:30AM

*The PP Senior Activity Center activities and programs are funded by the Bergen County, Division of Senior Services through the Older Americans Act, and are available at no charge for Bergen County residents 60 years old and over.*

On behalf of the County of Bergen, we thank you for your patience during the Covid-19 pandemic. At this time, the County has lifted most restrictions related to Covid-19, but will continue to require health screenings upon entrance to the centers. Masks are now optional throughout the centers. Masks are still required on the bus for those who are unvaccinated, although it is preferable for all to wear a mask when on the bus. Meals will return to congregate setting, and there will no longer be a Grab & Go option. We look forward to seeing you again as we resume all regular activities. If you have any questions, kindly contact your center directly at (201) 944-5616.



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

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

<p><b>300 Highland Avenue, Palisades Park, NJ 07650</b> Center Hours: <b>8:30 - 3:30</b></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 Americans Act and are available at no charge for Bergen County residents 60 years or over.</p>	<p><b>Lunch Served: 11:45AM</b> <b>Suggested Lunch Donation: \$1.25</b> <b>Menu subject to change without notice.</b> <b>Each meal is served w/skim milk &amp; choice of coffee or hot tea.</b></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 (&lt;8g), 50-55% Carbohydrate, 15%-20% Protein (&gt;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 Monday To Friday 8:30am - 3:30pm</p>
<p><b>2</b> 8:30 BINGO 10:00 CHESS &amp; CHECKERS 10:30 ESL CLASS I 12:30 VIDEO CHAIR EXERCISE 2:00 SENIOR CLUB MEETING</p> <p><b>Chicken Salad on Lettuce Leaf</b></p>	<p><b>3</b> 9:00 TAI-CHI CLASS 10:00 H-MART SHOPPING 10:30 ESL CLASS I 12:30 CHORUS I 2:00 LINE DANCING A</p> <p><b>Italian Meatballs (3) w/ Fusilli &amp; Tomato Basil Sauce</b></p>	<p><b>4</b> 9:00 SMART PHONE CLASS 9:30 HEALTH MONITORING 10:30 ESL CLASS II 2:15 KOREAN FOLK DANCE I</p> <p><b>Lemon-Pepper Baked Fish</b></p>	<p><b>5</b> 8:30 BINGO 9:30 OSTEOPOROSIS 10:30 VIDEO CHAIR EXERCISE 1:00 LINE DANCE B 2:15 KOREAN FOLK DANCE II</p> <p><b>Garlic Roasted Pork/Gravy</b></p>	<p><b>6</b> 8:30 BINGO 10:00 CIVIC CLASS 12:30 CHORUS II</p> <p><b>Unbreaded Chicken Piccata</b></p>
<p><b>9</b> 8:30 BINGO 10:30 ESL CLASS I 12:30 VIDEO CHAIR EXERCISE 2:00 SENIOR CLUB MEETING</p> <p><b>Cheese Omelet</b></p>	<p><b>10</b> 9:00 TAI-CHI CLASS 10:00 H-MART SHOPPING 10:30 ESL CLASS I 12:30 CHORUS I 2:00 LINE DANCING A</p> <p><b>Korean BBQ Chicken Leg Qtr.</b></p>	<p><b>11</b> 9:00 SMART PHONE CLASS 9:30 HEALTH MONITORING 10:30 ESL CLASS II 2:15 KOREAN FOLK DANCE I</p> <p><b>Veggie Burger / WW Bun</b></p>	<p><b>12</b> 8:30 BINGO 9:30 OSTEOPOROSIS 10:30 VIDEO CHAIR EXERCISE 1:00 LINE DANCE B 2:15 KOREAN FOLK DANCE II</p> <p><b>Chicken Florentine</b></p>	<p><b>13</b> 8:30 BINGO 10:00 CIVIC CLASS 12:30 CHORUS II</p> <p><b>Potato Crusted Baked Fish</b></p>
<p><b>16</b> 8:30 BINGO 10:30 ESL CLASS I 12:30 VIDEO CHAIR EXERCISE 2:00 SENIOR CLUB MEETING</p> <p><b>Tuna Salad on Lettuce Leaf</b></p>	<p><b>17</b> 9:00 TAI-CHI CLASS 10:00 H-MART SHOPPING 10:00 CHESS &amp; CHECKERS 10:30 ESL CLASS I 12:30 CHORUS I 2:00 LINE DANCING A</p> <p><b>Hearty Meat Lasagna</b></p>	<p><b>18</b> 9:00 SMART PHONE CLASS 9:30 HEALTH MONITORING 10:30 SENIOR HEALTH NUTRITION 2:15 KOREAN FOLK DANCE I</p> <p><b>Hawaiian Chicken Breast</b></p>	<p><b>19</b> 8:30 BINGO 9:30 OSTEOPOROSIS 10:30 VIDEO CHAIR EXERCISE 1:00 LINE DANCE B 2:15 KOREAN FOLK DANCE II</p> <p><b>Salisbury Steak w/ Brown Gravy</b></p>	<p><b>20</b> 8:30 BINGO 10:00 CIVIC CLASS 12:30 CHORUS II</p> <p><b>Roasted Turkey w/ Gravy</b></p>
<p><b>23</b> 8:30 BINGO 10:30 ESL CLASS I 12:30 VIDEO CHAIR EXERCISE</p> <p><b>Boneless Chicken Scampi</b></p>	<p><b>24</b> 9:00 TAI-CHI CLASS 10:00 H-MART SHOPPING 10:30 ESL CLASS I 12:30 CHORUS I 2:00 LINE DANCING A</p> <p><b>Pork Chop w/ Gravy</b></p>	<p><b>25</b> 9:00 SMART PHONE CLASS 9:30 HEALTH MONITORING 10:30 ESL CLASS II 2:15 KOREAN FOLK DANCE I</p> <p><b>Pepper Steak (3oz meat)</b></p>	<p><b>26</b> 8:30 BINGO 9:30 OSTEOPOROSIS 10:30 VIDEO CHAIR EXERCISE 1:00 LINE DANCE B 2:15 KOREAN FOLK DANCE II</p> <p><b>Swedish Meatballs w/ Gravy</b></p>	<p><b>27</b> 8:30 BINGO 10:00 CIVIC CLASS 12:30 CHORUS II</p> <p><b>Penne w/ Pink Sauce &amp; Chicken 10oz.</b></p>
<p><b>30</b> <b>MEMORIAL DAY</b>  <b>CENTER CLOSED</b></p>	<p><b>31</b> 9:00 TAI-CHI CLASS 10:00 H-MART SHOPPING 10:30 ESL CLASS I 12:30 CHORUS I 2:00 LINE DANCING A</p> <p><b>Hamburger, Whole Wheat Bun</b></p>			