

BERGEN NEW JERSEY *County*

James J. Tedesco III
County Executive

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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 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) 944-2685

PalisadesParkCenter@co.bergen.nj.us

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

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PALISADES PARK SENIOR ACTIVITY CENTER
Bergen County Department of Human Services
Division of Senior Services/ADRC

OCTOBER 2022

October 3rd	Senior Club Meeting	2:00PM
October 5th	Health Monitoring - Blood Pressure Check-Up	9:30AM
October 10th	Columbus Day - CENTER CLOSED	
October 12th	Health Monitoring - Blood Pressure Check-Up	9:30AM
October 17th	Senior Club Meeting	2:00PM
October 19th	Health Monitoring - Blood Pressure Check-Up	9:30AM
October 20th	Movie Day - Love Actually	2:00PM
October 26th	Health Monitoring - Blood Pressure Check-Up	9:30AM
October 27th	Senior Prescription Education - Rodeo Pharmacy	12:30PM
October 31st	Halloween Ice Cream Party	11:30AM

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.

OCTOBER 2022



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>300 Highland Avenue, Palisades Park, NJ 07650 Center Hours: 8:30AM - 3:30PM</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>Lunch Served: 11:45AM Suggested Lunch Donation: \$1.25 per meal Donations are voluntary and confidential No one will be denied a meal if a donation is not given. Menu subject to change without notice. Each meal is served w/skim milk.</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 Monday To Friday 8:30am - 3:30pm</p>
<p>3 8:30 BINGO 9:15 ZUMBA CLASS 10:00 CHESS & CHECKERS 10:30 ESL CLASS I 12:30 VIDEO CHAIR EXERCISE 2:00 SENIOR CLUB MEETING</p> <p>Boneless Chicken Breast</p>	<p>4 9:00 TAI-CHI CLASS 9:00 SMART PHONE CLASS 10:00 H-MART SHOPPING 10:30 ESL CLASS I 12:30 KOREAN FOLK DANCE I 12:30 CHORUS I (SUSPENDED) 2:00 LINE DANCING A</p> <p>Beef Tacos</p>	<p>5 9:15 ZUMBA CLASS 9:30 HEALTH MONITORING 10:30 ESL CLASS II 10:30 KOREAN FOLK DANCE II 1:00 CHESS & CHECKERS</p> <p>Turkey Burger w/ Tomato & Lettuce</p>	<p>6 8:30 BINGO 9:30 OSTEOPOROSIS/ZUMBA 10:30 VIDEO CHAIR EXERCISE 1:00 LINE DANCE B</p> <p>Potato Crusted Fish</p>	<p>7 8:30 BINGO 10:00 CIVIC CLASS 12:30 CHORUS II 2:00 KARAOKE SING-A-LONG</p> <p>Bratwurst w/ Sauerkraut & Sautéed Onions</p>
<p>10 COLUMBUS DAY</p>  <p>CENTER CLOSED</p>	<p>11 9:00 TAI-CHI CLASS 9:00 SMART PHONE CLASS 10:00 H-MART SHOPPING 10:30 ESL CLASS I 12:30 KOREAN FOLK DANCE I 12:30 CHORUS I (SUSPENDED) 2:00 LINE DANCING A</p> <p>Skinless Eggplant Rollatini</p>	<p>12 9:15 ZUMBA CLASS 9:30 HEALTH MONITORING 10:30 ESL CLASS II 10:30 KOREAN FOLK DANCE II 1:00 CHESS & CHECKERS</p> <p>Baked Fish w/ Dill Sauce</p>	<p>13 8:30 BINGO 9:30 OSTEOPOROSIS/ZUMBA 10:30 VIDEO CHAIR EXERCISE 1:00 LINE DANCE B</p> <p>Herb Roasted Chicken Leg Quarter</p>	<p>14 8:30 BINGO 10:00 CIVIC CLASS 12:30 CHORUS II 2:00 KARAOKE SING-A-LONG</p> <p>Swedish Meatballs w/ Gravy</p>
<p>17 8:30 BINGO 9:15 ZUMBA CLASS 10:00 CHESS & CHECKERS 10:30 ESL CLASS I 12:30 VIDEO CHAIR EXERCISE 2:00 SENIOR CLUB MEETING</p> <p>Egg Salad on Romaine Lettuce</p>	<p>18 9:00 TAI-CHI CLASS 9:00 SMART PHONE CLASS 10:00 H-MART SHOPPING 10:30 ESL CLASS I 12:30 KOREAN FOLK DANCE I 12:30 CHORUS I (SUSPENDED) 2:00 LINE DANCING A</p> <p>Shepherd's Pie</p>	<p>19 9:15 ZUMBA CLASS 9:30 HEALTH MONITORING 10:30 SENIOR HEALTH NUTRITION 10:30 KOREAN FOLK DANCE 1:00 CHESS & CHECKERS</p> <p>Chicken Cutlet Parmesan</p>	<p>20 8:30 BINGO 9:30 OSTEOPOROSIS/ZUMBA 10:30 SENIOR NUTRITION EDUCATION 1:00 LINE DANCE B 2:00 MOVIE DAY</p> <p>Sliced Turkey Breast w/ Gravy & Cranberry Sauce</p>	<p>21 8:30 BINGO 10:00 CIVIC CLASS 11:00 PHYSICAL THERAPY EDU. 12:30 CHORUS II 2:00 KARAOKE SING-A-LONG</p> <p>Pork Tenderloin w/ Gravy</p>
<p>24 8:30 BINGO 9:15 ZUMBA CLASS 10:00 CHESS & CHECKERS 10:30 ESL CLASS I 12:30 VIDEO CHAIR EXERCISE</p> <p>Homestyle Meatloaf w/ Gravy</p>	<p>25 9:00 TAI-CHI CLASS 9:00 SMART PHONE CLASS 10:00 H-MART SHOPPING 10:30 ESL CLASS I 12:30 KOREAN FOLK DANCE I 12:30 CHORUS I (SUSPENDED) 2:00 LINE DANCING A</p> <p>BBQ Pulled Pork</p>	<p>26 9:15 ZUMBA CLASS 9:30 HEALTH MONITORING 10:30 ESL CLASS II 10:30 KOREAN FOLK DANCE II 1:00 CHESS & CHECKERS</p> <p>Vegetable Lasagna</p>	<p>27 9:00 COVID BOOSTER SHOT EVENT 9:30 OSTEOPOROSIS/ZUMBA 10:30 VIDEO CHAIR EXERCISE 12:30 SENIOR PRESCRIPTION EDUCATION 1:00 LINE DANCE B</p> <p>Pot Roast w/ Gravy</p>	<p>28 8:30 BINGO 10:00 CIVIC CLASS 12:30 CHORUS II 2:00 KARAOKE SING-A-LONG</p> <p>Chicken Florentine</p>
<p>31 8:30 BINGO 9:15 ZUMBA CLASS 10:00 CHESS & CHECKERS 10:30 ESL CLASS I 11:30 ICE CREAM PARTY 12:30 VIDEO CHAIR EXERCISE</p> <p>Chicken Cordon Bleu</p>	<p>OCTOBER 1ST</p>  <p>International Day of Older Persons</p>	 <p>Happy Halloween</p>	 <p>HAPPY FALL Y'ALL</p>	