

BERGEN NEW JERSEY *County*

James J. Tedesco III
County Executive

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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.

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

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

FEBRUARY 2023

February 1st	Health Monitoring - Blood Pressure Check-Up/Ask The Nurse	9:30AM
February 6th	Senior Club Meeting	1:30PM
February 8th	Health Monitoring - Blood Pressure Check-Up/Ask The Nurse	9:30AM
February 15th	Health Monitoring - Blood Pressure Check-Up/Ask The Nurse	9:30AM
February 16th	Prescription Identification and Drug Interaction w/ Center Pharmacy	10:30AM
February 20th	President's Day - CENTER CLOSED	
February 22nd	Health Monitoring - Blood Pressure Check-Up/Ask The Nurse	9:30AM
February 24th	Movie Day - Sin City	2:00PM
February 27th	Senior Club Meeting	1:30PM

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.



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.

FEBRUARY 2023

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>300 Highland Avenue, Palisades Park, NJ 07650 Center Hours: 8:30 - 3:30</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.</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>HAPPY VALENTINE'S DAY</p>	<p>1 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/ Garlic Lemon</p>	<p>2 8:30 BINGO 9:30 OSTEOPOROSIS/ZUMBA 10:30 VIDEO CHAIR EXERCISE 1:00 LINE DANCE B</p> <p>Sliced Roast Beef w/ Gravy</p>	<p>3 8:30 BINGO 10:00 CIVIC CLASS 12:30 CHORUS II 2:00 KARAOKE SING-A-LONG</p> <p>Turkey & Black Bean Chili</p>
<p>6 8:30 BINGO 10:00 CHESS & CHECKERS 10:30 ESL CLASS I 12:30 ZUMBA CLASS 2:00 SENIOR CLUB MEETING</p> <p>BBQ Beef Ribque (Patty)</p>	<p>7 9:00 SMART PHONE CLASS 9:00 TAI CHI BALANCE CLASS 10:00 H-MART SHOPPING 10:30 ESL CLASS I 12:30 KOREAN FOLK DANCE I 2:00 LINE DANCING A</p> <p>Chicken Cacciatore</p>	<p>8 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>Italian Meatballs</p>	<p>9 8:30 BINGO 9:30 OSTEOPOROSIS/ZUMBA 10:30 COLD SEASON PREPARATION 1:00 LINE DANCE B</p> <p>Beef & Broccoli</p>	<p>10 8:30 BINGO 10:00 CIVIC CLASS 12:30 CHORUS II 2:00 KARAOKE SING-A-LONG</p> <p>Chicken Cordon Bleu</p>
<p>13 8:30 BINGO 10:00 CHESS & CHECKERS 10:30 ESL CLASS I 12:30 ZUMBA CLASS</p> <p>Meat Loaf w/ Brown Gravy</p>	<p>14 9:00 SMART PHONE CLASS 9:00 TAI CHI BALANCE CLASS 10:00 H-MART SHOPPING 10:30 ESL CLASS I 12:30 KOREAN FOLK DANCE I 2:00 LINE DANCING A</p> <p>BBQ Chicken Leg</p>	<p>15 9:15 ZUMBA CLASS 9:30 HEALTH MONITORING 10:30 ESL CLASS II 10:30 KOREAN FOLK DANCE 1:00 CHESS & CHECKERS</p> <p>Sliced Turkey w/ Gravy</p>	<p>16 8:30 BINGO 9:30 OSTEOPOROSIS/ZUMBA 10:30 SENIOR PRESCRIPTION ID 1:00 LINE DANCE B</p> <p>Sweet & Sour Meatballs</p>	<p>17 8:30 BINGO 10:00 CIVIC CLASS 12:30 CHORUS II 2:00 KARAOKE SING-A-LONG</p> <p>Sliced Pork Tenderloin w/ Applesauce</p>
<p>20 President's Day</p>  <p>CENTER CLOSED</p>	<p>21 9:00 SMART PHONE CLASS 9:00 TAI CHI BALANCE CLASS 10:00 H-MART SHOPPING 10:30 ESL CLASS I 12:30 KOREAN FOLK DANCE I 2:00 LINE DANCING A</p> <p>Salisbury Steak w/ Gravy</p>	<p>22 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>Lemon-Pepper Baked Fish</p>	<p>23 8:30 BINGO 9:30 OSTEOPOROSIS/ZUMBA 10:30 VIDEO CHAIR EXERCISE 1:00 LINE DANCE B</p> <p>Chicken Marsala</p>	<p>24 8:30 BINGO 10:00 CIVIC CLASS 12:30 CHORUS II 2:00 MOVIE DAY - SIN CITY</p> <p>Mini Cheese Ravioli</p>
<p>27 8:30 BINGO 10:00 CHESS & CHECKERS 10:30 ESL CLASS I 12:30 ZUMBA CLASS 2:00 SENIOR CLUB MEETING</p> <p>Breaded Chicken Piccata</p>	<p>28 9:00 SMART PHONE CLASS 9:00 TAI CHI BALANCE CLASS 10:00 H-MART SHOPPING 10:30 ESL CLASS I 12:30 KOREAN FOLK DANCE I 2:00 LINE DANCING A</p> <p>Baked Macaroni & Cheese (10 oz)</p>			