

BERGEN NEW JERSEY County

James J. Tedesco III
County Executive

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DEPARTMENT OF HUMAN SERVICES
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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

Chong "Paul" Kim, Director
300 Highland Avenue
Palisades Park, NJ, 07650
Phone: (201) 944-5616

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** **May 2024**



May 6th	Presentation: Protecting Yourself In Retail World Education - Denis Niland, Bergen County Consumer Affairs	10:30AM
May 14th	OPEN HOUSE: Fun Activities, Free Breakfast & Lunch Reservation Required: 201-944-5616	9:00AM-2:00PM
May 15th	Drum Circle: Learn To Play Drums w/ Zrinka & Agata, BCSS	10:30AM
May 16th	Korean Checkers Competition:	2:00PM
May 22nd	Garden and Craft: Grow Your Own Herbs - Agata and Dorene, BCSS	10:30AM
May 27th	Memorial Day - CENTER CLOSED	All Day
May 29th	Total Brain Health: Let's Exercise Our Brain - Agata and Dorene, BCSS	10:30AM
May 30th	Farmers' Market Voucher Distribution <i>for questions call 201-944-5616</i> <i>Application and Self-Declarations can be obtained at the center</i>	12:00PM-1:00PM

Open House

Please join us at one of the 24 Senior Activity Centers or Nutrition Sites in Bergen County to celebrate Older Americans Month

For More Information Email:
seniors@co.bergen.nj.us



Senior Festival

September 12, 2024

Rain Date: Tuesday September 17, 2023

10AM - 2PM






Van Saun County Park, Paramus

To RSVP Call 201-336-7417 or
Email seniors@co.bergen.nj.us

The 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.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Suggested Lunch Donation: \$1.25 Per Meal Please reserve lunch by 11:30 AM the day before</p> <p>Lunch will Be Served at 11:45 AM Daily</p>	<p>Please come May 14th 8:00AM - 10:00AM for Bergen Blvd. Bagels & Coffee.</p> <p>Please fill the Farmers' Market Application before May 30th.</p>	<p>1 9:15 ZUMBA CLASS 11:00 CHAIR EXERCISE 12:30 CHORUS I 1:00 WATER PAINTING I 1:00 CHESS & CHECKERS 2:10 LINE DANCE I (BEGINNER)</p> <p>Roasted Turkey w/ Gravy</p>	<p>2 8:30 BINGO 8:30 CHAIR EXERCISE 9:30 OSTEOPOROSIS EXERCISE / ZUMBA 1:00 WATER PAINTING II 1:00 LINE DANCING II 2:00 CHESS & CHECKERS 2:10 COUPLE DANCE</p> <p>Chef Salad</p>	<p>3 8:30 BINGO 9:30 CHAIR EXERCISE 12:30 CHORUS II 2:10 KOREAN FOLK DANCE</p> <p>Chicken Fajitas</p> 
<p>6 8:30 BINGO 9:30 CHAIR EXERCISE 10:30 ESL CLASS I 10:30 PRESENTATION: PROTECTING YOURSELF IN A RETAIL WORLD 12:30 ZUMBA CLASS 1:00 WATER PAINTING I 1:30 COUPLE DANCE</p> <p>Stuffed Cabbage</p>	<p>7 9:00 SMART PHONE CLASS 10:00 TAI CHI BALANCE CLASS 10:30 ESL CLASS I 12:30 KOREAN FOLK DANCE I 2:30 LINE DANCING I</p> <p>Chicken Cordon Bleu</p>	<p>8 9:15 ZUMBA CLASS 11:00 CHAIR EXERCISE 12:30 CHORUS I 1:00 WATER PAINTING I 1:00 CHESS & CHECKERS 2:10 LINE DANCE I (BEGINNER)</p> <p>Pepper Steak w/ Onion & Peppers</p>	<p>9 8:30 BINGO 8:30 CHAIR EXERCISE 9:30 OSTEOPOROSIS EXERCISE / ZUMBA 1:00 WATER PAINTING II 1:00 LINE DANCING II 2:00 CHESS & CHECKERS 2:10 COUPLE DANCE</p> <p>Balsamic Chicken w/ Roasted Peppers</p>	<p>10 8:30 BINGO 9:30 CHAIR EXERCISE 12:30 CHORUS II 2:10 KOREAN FOLK DANCE</p> <p>Eggplant Rollatini</p>
<p>13 8:30 BINGO 9:30 CHAIR EXERCISE 10:30 ESL CLASS I 12:30 ZUMBA CLASS 1:00 WATER PAINTING I 1:30 COUPLE DANCE</p> <p>Chicken Piccata</p> 	<p>14 9:00 SMART PHONE CLASS 10:00 TAI CHI BALANCE CLASS 10:30 ESL CLASS I 12:30 KOREAN FOLK DANCE I 2:30 LINE DANCING I</p> <p>OPEN HOUSE 9:00AM - 2:00PM Stuffed Peppers</p> 	<p>15 9:15 ZUMBA CLASS 10:30 DRUM CIRCLE 11:00 CHAIR EXERCISE 12:30 CHORUS I 1:00 WATER PAINTING I 1:00 CHESS & CHECKERS 2:10 LINE DANCE I (BEGINNER)</p> <p>Korean BBQ Leg</p> 	<p>16 8:30 BINGO 8:30 CHAIR EXERCISE 9:30 OSTEOPOROSIS EXERCISE / ZUMBA 1:00 WATER PAINTING II 1:00 LINE DANCING II 2:00 CHESS & CHECKERS COMPETITION 2:10 COUPLE DANCE</p> <p>Homestyle Meatloaf w/ Gravy</p>	<p>17 8:30 BINGO 9:30 CHAIR EXERCISE 12:30 CHORUS II 2:10 KOREAN FOLK DANCE</p> <p>Chicken Parmesan</p> 
<p>20 8:30 BINGO 9:30 CHAIR EXERCISE 10:30 ESL CLASS I 12:30 ZUMBA CLASS 1:00 WATER PAINTING I 1:30 COUPLE DANCE</p> <p>Pork Loin w/ Gravy</p>	<p>21 9:00 SMART PHONE CLASS 10:00 TAI CHI BALANCE CLASS 10:30 ESL CLASS I 12:30 KOREAN FOLK DANCE I 2:30 LINE DANCING I</p> <p>Tuna Salad Platter on Romaine</p> 	<p>22 9:15 ZUMBA CLASS 10:30 GARDEN AND CRAFT 11:00 CHAIR EXERCISE 12:30 CHORUS I 1:00 WATER PAINTING I 1:00 CHESS & CHECKERS 2:10 LINE DANCE I (BEGINNER)</p> <p>Baked Ziti & Meatballs</p>	<p>23 8:30 BINGO 8:30 CHAIR EXERCISE 9:30 OSTEOPOROSIS EXERCISE / ZUMBA 1:00 WATER PAINTING II 1:00 LINE DANCING II 2:00 CHESS & CHECKERS 2:10 COUPLE DANCE</p> <p>Cheeseburger</p>	<p>24 8:30 BINGO 9:30 CHAIR EXERCISE 12:30 CHORUS II 2:10 KOREAN FOLK DANCE</p> <p>Sliced Turkey w/ Swiss</p>
<p>27</p>  <p>CENTER CLOSED</p>	<p>28 9:00 SMART PHONE CLASS 10:00 TAI CHI BALANCE CLASS 10:30 ESL CLASS I 12:30 KOREAN FOLK DANCE I 2:30 LINE DANCING I</p> <p>Hawaiian Chicken</p>	<p>29 9:15 ZUMBA CLASS 10:30 TOTAL BRAIN HEALTH 11:00 CHAIR EXERCISE 12:30 CHORUS I 1:00 WATER PAINTING I 1:00 CHESS & CHECKERS 2:10 LINE DANCE I (BEGINNER)</p> <p>Egg Salad Platter on Spinach</p>	<p>30 8:30 BINGO 8:30 CHAIR EXERCISE 9:30 OSTEOPOROSIS EXERCISE / ZUMBA 12:00 FARMERS' MARKET REGISTRATION 1:00 WATER PAINTING II 1:00 LINE DANCING II 2:00 CHESS & CHECKERS 2:10 COUPLE DANCE</p> <p>Beer Battered Fish</p>	<p>31 8:30 BINGO 9:30 CHAIR EXERCISE 12:30 CHORUS II 2:10 KOREAN FOLK DANCE</p> <p>Salisbury Steak w/ Gravy</p> 