

BERGEN NEW JERSEY *County*

James J. Tedesco III
County Executive

BOARD OF COUNTY COMMISSIONERS

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DEPARTMENT OF HUMAN SERVICES
Melissa H. DeBartolo, Esq.
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 • Fax (201) 000-0000

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 July 2024

July 4th	Fourth of July: CENTER CLOSED	ALL DAY
July 11th	Korean Checkers Competition: Test Your Skill!	2:00PM
July 19th	Senior Mental Health Education w/Susan Breithaupt / Valley Hospital	10:30PM
July 23rd	Blood Pressure & Health Consultation: Branka Blulic / Palisades Park Health Department	10:00AM - 2:00PM
July 24th	Senior Safety Presentation: Jensey Jimenez / E Z Ride	10:30PM
July 25th	Ice Cream Party	12:00PM
July 26th	July Birthday Party	12:00PM
July 26th	Movie & Popcorn: Forrest Gump	1:00PM

Save the Date

Senior Festival

September 12, 2024

Rain Date: Tuesday September 17, 2024

10AM - 2PM



Van Saun County Park, Paramus

Registration Recommended: 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>1</p> <p>8:30 BINGO 9:30 CHAIR EXERCISE 10:30 ESL CLASS I 12:30 ZUMBA CLASS 1:00 WATER PAINTING I</p> <p>Stuffed Peppers</p>	<p>2</p> <p>10:00 TAI CHI BALANCE CLASS 10:30 ESL CLASS I 12:30 KOREAN FOLK DANCE I 2:00 LINE DANCING I</p> <p>Homestyle Meatloaf w/ Gravy</p>	<p>3</p> <p>9:15 ZUMBA CLASS 11:00 CHAIR EXERCISE 12:30 CHORUS I 1:00 CHESS & CHECKERS 2:10 LINE DANCE I (BEGINNER)</p> <p>Hawaiian Chicken</p>	<p>4</p>  <p>CENTER CLOSED</p>	<p>5</p> <p>8:30 BINGO 9:30 CHAIR EXERCISE 12:30 CHORUS II 2:10 KOREAN FOLK DANCE</p> <p>Roast Turkey w/ Swiss</p>
<p>8</p> <p>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 Marsala</p>	<p>9</p> <p>10:00 TAI CHI BALANCE CLASS 10:30 ESL CLASS I 12:30 KOREAN FOLK DANCE I 2:00 LINE DANCING I</p> <p>Pork Loin w/ Gravy</p>	<p>10</p> <p>9:15 ZUMBA CLASS 11:00 CHAIR EXERCISE 12:30 CHORUS I 1:00 CHESS & CHECKERS 2:10 LINE DANCE I (BEGINNER)</p> <p>Roast Beef w/ Gravy</p>	<p>11</p> <p>8:30 BINGO 9:30 OSTEOPOROSIS EXERCISE / ZUMBA 11:00 CHAIR EXERCISE 1:00 WATER PAINTING II 1:00 LINE DANCING II 2:00 KOREAN CHECKERS COMPETITION 2:10 COUPLE DANCE</p> <p>BBQ Chicken Leg</p>	<p>12</p> <p>8:30 BINGO 9:30 CHAIR EXERCISE 12:30 CHORUS II 2:10 KOREAN FOLK DANCE</p> <p>Cheeseburger</p>
<p>15</p> <p>8:30 BINGO 9:30 CHAIR EXERCISE 10:30 ESL CLASS I 12:30 ZUMBA CLASS 1:00 WATER PAINTING I</p> <p>Sweet Chicken Sausage</p>	<p>16</p> <p>10:00 TAI CHI BALANCE CLASS 10:30 ESL CLASS I 12:30 KOREAN FOLK DANCE I 2:00 LINE DANCING I</p> <p>Stuffed Cabbage</p>	<p>17</p> <p>9:15 ZUMBA CLASS 11:00 CHAIR EXERCISE 12:30 CHORUS I 1:00 CHESS & CHECKERS 2:10 LINE DANCE I (BEGINNER)</p> <p>Ziti & Meatballs</p>	<p>18</p> <p>8:30 BINGO 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>19</p> <p>8:30 BINGO 9:30 CHAIR EXERCISE 10:30 SENIOR MENTAL HEALTH EDU. 12:30 CHORUS II 2:10 KOREAN FOLK DANCE</p> <p>Chicken Cordon Bleu</p>
<p>22</p> <p>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>Roast Turkey w/ Gravy</p>	<p>23</p> <p>10:00 TAI CHI BALANCE CLASS 10:00 BLOOD PRESSURE & CONSULTATION 10:30 ESL CLASS I 12:30 KOREAN FOLK DANCE I 2:00 LINE DANCING I</p> <p>Swedish Meatballs w/ Gravy</p>	<p>24</p> <p>9:15 ZUMBA CLASS 10:30 SENIOR SAFE TY EDUCATION 12:30 CHORUS I 1:00 CHESS & CHECKERS 2:10 LINE DANCE I (BEGINNER)</p> <p>Beef & Cheese Lasagna</p>	<p>25</p> <p>8:30 BINGO 9:30 OSTEOPOROSIS EXERCISE / ZUMBA 11:00 CHAIR EXERCISE 12:00 ICE CREAM PARTY 1:00 WATER PAINTING II 1:00 LINE DANCING II 2:00 CHESS & CHECKERS 2:10 COUPLE DANCE</p> <p>Balsamic Chicken w/ Roast Peppers</p>	<p>26</p> <p>8:30 BINGO 9:30 CHAIR EXERCISE 12:00 JULY BIRTHDAY PARTY 12:30 CHORUS II 1:00 FOREST GUMP MOVIE 2:10 KOREAN FOLK DANCE</p>  <p>Egg Salad Platter w/ Romaine</p>
<p>29</p> <p>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>Herbed Chicken Leg</p>	<p>30</p> <p>10:00 TAI CHI BALANCE CLASS 10:30 ESL CLASS I 12:30 KOREAN FOLK DANCE I 2:00 LINE DANCING I</p> <p>Cheese Omelet</p>	<p>31</p> <p>9:15 ZUMBA CLASS 11:00 CHAIR EXERCISE 12:30 CHORUS I 1:00 CHESS & CHECKERS 2:10 LINE DANCE I (BEGINNER)</p> <p>Salisbury Steak w/ Gravy</p>	<p>Suggested Lunch Donation:</p> <p>\$1.25 Per Meal</p> <p>Please reserve lunch by 11:30 AM the day before</p> <p>Lunch will Be Served at 11:45AM Daily</p>	