

# BERGEN NEW JERSEY *County*

**James J. Tedesco III**  
*County Executive*

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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

300 Highland Avenue

Palisades Park, NJ, 07650  
Phone: (201) 944-5616 • Fax (201) 944-2685

Palisades Park @bergencountynj.gov

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** **January 2025**

January 1st	New Years Day- Center Closed	All Day
January 8th	Presentation: Falls & Dementia w/ Katia from Act Now Foundation	10:30AM
January 13th	Presentation: Bergen County Office of Food Security w/ Patrick Fallon	11:30AM
January 15th	Blood Pressure Check w/ Palisades Park Health Department	10:30AM
January 16th	Presentation: Memory & Winter Blues w/ Susan from Valley Hospital	10:30AM
January 20th	Martin Luther King Day- Center Closed	All Day
January 23rd	Presentation: Skin Cancer w/ Melissa from Braven Health	11:00AM
January 24th	Winter Craft Door Hanger w/ Agata	12:30PM
January 29th	Lunar New Year/ Chinese New Year	11:30AM



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.

# Palisades Park SENIOR ACTIVITY CENTER

January 2025




**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

<p style="text-align: center;">Suggested Lunch Donation: \$1.25 Per Meal Please reserve lunch by 11:30 AM the day before</p> <p style="text-align: center;">Lunch will Be Served at <b>11:30</b> Daily</p>	<p style="text-align: center;"><b>Continental Breakfast</b></p> <p style="text-align: center;"><i>Coffee and tea served daily at the center.</i></p> <div style="text-align: center;">  </div>	<p style="text-align: center;">1</p> <div style="text-align: center;">  </div> <p style="text-align: center;">Center Closed</p>	<p style="text-align: center;">2</p> <p>8:30 Bingo 9:30 Osteoporosis Exercise/Zumba 11:00 Chair Exercise 1:00 Water Painting 1:00 Line Dance 2:00 Couple Dance</p> <p style="text-align: center;">Chicken Cordon Bleu</p>	<p style="text-align: center;">3</p> <p>8:30 Bingo 9:30 Chair Exercise 10:30 Civic Class 12:30 Chorus II 2:10 Korean Folk Dance</p> <p style="text-align: center;">Stuffed Cabbage</p>
<p>6</p> <p>8:30 Bingo 9:30 Line Dance 10:30 ESL Class 12:30 Zumba Class 1:00 Water Painting</p> <p style="text-align: center;">Roast Turkey w/ Gravy</p>	<p>7</p> <p>10:00 Tai Chi Balance Class 10:30 ESL Class 12:30 Korean Folk Dance 1:00 Korean Checker's 2:00 Line Dance</p> <p style="text-align: center;">Salisbury Steak w/ Gravy</p>	<p>8</p> <p>9:00 Zumba Class 10:30 Blood Pressure Check 10:30 Presentation: Falls &amp; Dementia 12:30 Chorus I 1:00 Chess &amp; Checkers 2:10 Line Dance</p> <p style="text-align: center;">Chicken Marsala</p>	<p>9</p> <p>8:30 Bingo 9:30 Osteoporosis Exercise/Zumba 11:00 Chair Exercise 1:00 Water Painting 1:00 Line Dance 2:00 Couple Dance</p> <p style="text-align: center;">Tuna Salad on Spinach</p>	<p>10</p> <p>8:30 Bingo 9:30 Chair Exercise 10:30 Civic Class 12:30 Chorus II 2:10 Korean Folk Dance</p> <p style="text-align: center;">Turkey Chili</p>
<p>13</p> <p>8:30 Bingo 9:30 Line Dance 10:30 ESL Class 11:30 Presentation: Food security 12:30 Zumba Class 1:00 Water Painting</p> <p style="text-align: center;">Cheese Omelet</p>	<p>14</p> <p>10:00 Tai Chi Balance Class 10:30 ESL Class 12:30 Korean Folk Dance 1:00 Korean Checker's 2:00 Line Dance</p> <p style="text-align: center;">Roast Pork</p>	<p>15</p> <p>9:00 Zumba Class 10:30 Blood Pressure Check 12:30 Chorus I 1:00 Chess &amp; Checkers 2:10 Line Dance</p> <p style="text-align: center;">Pot Roast w/ Gravy</p>	<p>16</p> <p>8:30 Bingo 9:30 Osteoporosis Exercise/Zumba 10:30 Presentation: Winter Blues/w Susan 1:00 Water Painting 1:00 Line Dance 2:00 Couple Dance</p> <p style="text-align: center;">Fish w/ Lemon Pepper Sauce</p>	<p>17</p> <p>8:30 Bingo 9:30 Chair Exercise 10:30 Civic Class 12:30 Chorus II 2:10 Korean Folk Dance</p> <p style="text-align: center;">Chicken Parmesan</p>
<p>20</p> <div style="text-align: center;">  </div> <p style="text-align: center;">Center Closed</p>	<p>21</p> <p>10:00 Tai Chi Balance Class 10:30 ESL Class 12:30 Korean Folk Dance 1:00 Korean Checker's 2:00 Line Dance</p> <p style="text-align: center;">Stewed Beef Tips</p>	<p>22</p> <p>9:00 Zumba Class 11:00 Presentation: Skin Cancer/ Braven Health 2:30 Chorus I 1:00 Chess &amp; Checkers 2:10 Line Dance</p> <p style="text-align: center;">Baked Ziti w/ Meatballs</p>	<p>23</p> <p>9:30 Osteoporosis Exercise/Zumba 11:00 Presentation: Skin Cancer/ Braven Health 1:00 Water Painting 1:00 Line Dance 2:00 Couple Dance</p> <p style="text-align: center;">Ham Steak</p>	<p>24</p> <p>8:30 Bingo 9:30 Chair Exercise 10:30 Civic Class 12:30 Aggie/ Winter Craft 12:30 Chorus II 2:10 Korean Folk Dance</p> <p style="text-align: center;">Meatloaf w/ Gravy</p>
<p>27</p> <p>8:30 Bingo 9:30 Line Dance 10:30 ESL Class 12:30 Zumba Class 1:00 Water Painting</p> <p style="text-align: center;">Cheeseburger</p>	<p>28</p> <p>10:00 Tai Chi Balance Class 10:30 ESL Class 12:30 Korean Folk Dance 1:00 Korean Checker's 2:00 Line Dance</p> <p style="text-align: center;">Chicken Salad on Romaine</p>	<p>29</p> <p>9:00 Zumba Class 10:30 Blood Pressure Check 11:00 Luna New Year Celebration 12:30 Chorus I 1:00 Chess &amp; Checkers 2:10 Line Dance</p> <p style="text-align: center;">Sesame Chicken</p>	<p>30</p> <p>8:30 Bingo 9:30 Osteoporosis Exercise/Zumba 11:00 Chair Exercise 1:00 Water Painting 1:00 Line Dance 2:00 Couple Dance</p> <p style="text-align: center;">Vegetable Lasagna</p>	<p>31</p> <p>8:30 Bingo 9:30 Chair Exercise 10:30 Civic Class 12:30 Chorus II 2:10 Korean Folk Dance</p> <p style="text-align: center;">Chicken Kiev</p>