

BERGEN NEW JERSEY *County*

James J. Tedesco III
County Executive

BOARD OF COUNTY COMMISSIONERS

Steven A. Tanelli
Chairman

Tracy Silna Zur
Vice Chairwoman

Dr. Joan M. Voss
Chair Pro Tempore

Mary J. Amoroso

Ramon M. Hache, Sr.

Germaine M. Ortiz

Thomas J. Sullivan

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) 944-3685

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

November 1st	Senior Club Meeting	2:00PM
November 2nd	Election Day - Center Closed	
November 3rd	Health Monitoring - Blood Pressure Check-Up	9:30AM
November 10th	Health Monitoring - Blood Pressure Check-Up	9:30AM
November 11th	Veteran's Day - Center Closed	
November 15th	Senior Club Meeting	2:00PM
November 17th	Health Monitoring - Blood Pressure Check-Up	9:30AM
November 24th	Health Monitoring - Blood Pressure Check-Up	9:30AM
November 25th	Thanksgiving Day - Center Closed	
November 26th	Thanksgiving Holiday - Center Closed	

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.

Thank you for your patience and understanding as we continue to navigate necessary COVID-19 protocols and preventative measures at our Senior Activity Centers. These protocols are intended to further ensure the health and safety of everyone at the center. Our senior activity center staff are diligently working to bring safe, but fun and enjoyable activities and programming to our centers. At this time, we ask that you please continue to pre-register for morning or afternoon sessions, as well as, for to-go lunches. Please know that your cooperation during these challenging times is very much appreciated. 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.







MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>300 Highland Avenue, Palisades Park, NJ 07650 Center Hours: 8:30 - 3:30</p>	<p>Please call the center to reserve your spot on the days you wish to attend. 201-944-5616</p>	<p>Lunch Served: 11:45AM Suggested Lunch Donation: \$1.25 Menu subject to change without notice. Each meal is served w/skim milk & choice of coffee or hot tea.</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 from Monday To Friday 8:30am –3:30pm</p>
<p>1 8:30 BINGO 10:30 ESL CLASS I 11:45 VIDEO CHAIR EXERCISE 2:00 SENIOR CLUB MEETING</p> <p>Turkey & Swiss Cheese Sandwich w/ Arugula on Multigrain Roll</p>	<p>2 ELECTION DAY</p>  <p>CENTER CLOSED</p>	<p>3 9:00 SMART PHONE CLASS 9:30 HEALTH MONITORING 10:30 ESL CLASS II</p> <p>Breaded Chicken Cutlet</p>	<p>4 8:30 BINGO 10:30 VIDEO CHAIR EXERCISE</p> <p>Shaved Beef Stroganoff w/ Sliced Mushrooms & Onion Gravy</p>	<p>5 8:30 BINGO 10:00 CIVIC CLASS 11:30 VIDEO CHAIR EXERCISE</p> <p>Broccoli Stuffed Chicken</p>
<p>8 8:30 BINGO 10:30 ESL CLASS I 11:45 VIDEO CHAIR EXERCISE</p> <p>Chicken Salad Sandwich w/ Lettuce Leaf on Kaiser Roll</p>	<p>9 9:00 TAI-CHI CLASS 10:00 H-MART SHOPPING 10:30 ESL CLASS I</p> <p>BBQ Pulled Pork</p>	<p>10 9:00 SMART PHONE CLASS 9:30 HEALTH MONITORING 10:30 ESL CLASS II</p> <p>Hamburger Plate</p>	<p>VETERAN'S DAY</p>  <p>CENTER CLOSED</p>	<p>12 8:30 BINGO 10:00 CIVIC CLASS 11:30 VIDEO CHAIR EXERCISE</p> <p>Roast Turkey w/ Brown Gravy</p>
<p>15 8:30 BINGO 10:30 ESL CLASS I 11:45 VIDEO CHAIR EXERCISE 2:00 SENIOR CLUB MEETING</p> <p>Black Forest Ham & Swiss Cheese w/ Lettuce Leaf & Tomato on Long Roll</p>	<p>16 9:00 TAI-CHI CLASS 10:00 H-MART SHOPPING 10:30 ESL CLASS I</p> <p>Chicken Teriyaki</p>	<p>17 9:00 SMART PHONE CLASS 9:30 HEALTH MONITORING 10:30 ESL CLASS II</p> <p>Salisbury Steak w/ Brown Gravy</p>	<p>18 8:30 BINGO 10:30 VIDEO CHAIR EXERCISE</p> <p>Italian Meatballs w/ Tomato Basil Sauce</p>	<p>19 8:30 BINGO 10:00 CIVIC CLASS 11:30 VIDEO CHAIR EXERCISE</p> <p>Shaved Chicken</p>
<p>22 8:30 BINGO 10:30 ESL CLASS I 11:45 VIDEO CHAIR EXERCISE</p> <p>Egg Salad on Multigrain Roll w/ Lettuce & Tomato</p>	<p>23 9:00 TAI-CHI CLASS 10:00 H-MART SHOPPING 10:30 ESL CLASS I</p> <p>Korean BBQ Chicken Leg Qtr.</p>	<p>24 9:00 SMART PHONE CLASS 9:30 HEALTH MONITORING 10:30 ESL CLASS II</p> <p>Stuffed Cabbage</p>	<p>25 THANKSGIVING DAY</p>  <p>CENTER CLOSED</p>	<p>26 THANKSGIVING HOLIDAY</p>  <p>CENTER CLOSED</p>
<p>29 8:30 BINGO 10:30 ESL CLASS I 11:45 VIDEO CHAIR EXERCISE</p> <p>Breaded Chicken Cutlet & Provolone w/ Lettuce & Herb Mayo on Whole Wheat Roll</p>	<p>30 9:00 TAI-CHI CLASS 10:00 H-MART SHOPPING 10:30 ESL CLASS I</p> <p>Home-style Meatloaf w/ Brown Gravy</p>			<p>PALISADES PARK SENIOR ACTIVITY CENTER IS WISHING YOU ALL A HAPPY THANKSGIVING!</p>