

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

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

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PALISADES PARK SENIOR ACTIVITY CENTER Bergen County Department of Human Services Division of Senior Services/ADRC

October 4th	Understanding Nutrition Label (Sally Ko)	9:30am
October 6th	Health Monitoring - Blood Pressure Check-Up	10:30am
October 11th	Center Closed Columbus Day	
October 13th	Health Monitoring - Blood Pressure Check-Up	9:30am
October 20th	Health Monitoring - Blood Pressure Check-Up	9:30am
October 27th	Health Monitoring - Blood Pressure Check-Up	9:30am

The Palisades Park 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.

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.

OCTOBER

PALISADES PARK SENIOR ACTIVITY

2021

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

				<p>1 8:30 Bingo 10:00 Civic Class 11:30 Video Chair Exercise</p> <p>Broccoli Stuffed Chicken</p>
<p>4 8:30 Bingo 10:30 Understanding Nutrition Label 11:45 Video Chair Exercise Grilled Italian Chicken Filet Sandwich w/ Lettuce, Tomato and Roasted Red Peppers on Long Roll</p>	<p>5 9:00 Tai-Chi Class 10:00 H-Mart Shopping 10:30 ESL Class I</p> <p>Rigatoni w/ Beef Bolognese 10 oz.</p>	<p>6 9:00 Smartphone Class 9:30 Health Monitoring Class 10:30 ESL Class II 10:30 Surrogate Center Visit</p> <p>Shaved BBQ Chicken Sandwich</p>	<p>7 8:30 Bingo 10:30 Video Chair Exercise</p> <p>Ham Steak w/ Pineapple</p>	<p>8 8:30 Bingo 10:00 Civic Class 11:30 Video Chair Exercise</p> <p>Home-style Meatloaf w/ Mushroom Gravy</p>
<p>11 COLUMBUS DAY CENTER CLOSED</p>	<p>12 9:00 Tai-Chi Class 10:00 H-Mart Shopping 10:30 ESL Class I</p> <p>Chicken Salad</p>	<p>13 9:00 Smartphone Class 9:30 Health Monitoring Class 10:30 ESL Class II</p> <p>Chicken Cordon Blue</p>	<p>14 8:30 Bingo 10:30 Video Chair Exercise</p> <p>Sweet & Sour Meatballs</p>	<p>15 8:30 Bingo 10:00 Civic Class 11:30 Video Chair Exercise</p> <p>Chicken Chow Mein</p>
<p>18 8:30 Bingo 10:30 ESL Class II 11:45 Video Chair Exercise</p> <p>Imitation Crab Salad Sandwich on Rye Bread</p>	<p>19 9:00 Tai-Chi Class 10:00 H-Mart Shopping 10:30 ESL Class I</p> <p>Un-breaded Chicken Piccata</p>	<p>20 9:00 Smartphone Class 9:30 Health Monitoring Class 10:30 ESL Class II</p> <p>Roast Beef w/ Gravy</p>	<p>21 8:30 Bingo 10:30 Video Chair Exercise</p> <p>Breaded Chicken w/ Country Gravy</p>	<p>22 8:30 Bingo 10:00 Civic Class 11:30 Video Chair Exercise</p> <p>Spinach & Cheese Lasagna w/ Marinara (10 oz)</p>
<p>25 8:30 Bingo 10:30 ESL Class II 11:45 Video Chair Exercise</p> <p>Breaded Chicken Sandwich w/ Pink Sauce wrapped in foil on Long Roll</p>	<p>26 9:00 Tai-Chi Class 10:00 H-Mart Shopping 10:30 ESL Class I</p> <p>Beer Battered Fish on Leaf Lettuce</p>	<p>27 9:00 Smartphone Class 9:30 Health Monitoring Class 10:30 ESL Class II</p> <p>General Taos Chicken</p>	<p>28 8:30 Bingo 10:30 Video Chair Exercise</p> <p>Breaded Pork Cutlet Marsala</p>	<p>29 8:30 Bingo 10:00 Civic Class 11:30 Video Chair Exercise</p> <p>Chicken Parmesan</p>