

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

JANUARY 2022

January 3rd	Senior Club Meeting	2:00PM
January 5th	Health Monitoring - Blood Pressure Check-Up	9:30AM
January 12th	Health Monitoring - Blood Pressure Check-Up	9:30AM
January 17th	Martin Luther King Jr. Birthday - Center Closed	
January 18th	Senior Club Meeting	2:00PM
January 19th	Health Monitoring - Blood Pressure Check-Up	9:30AM
January 25th	Senior Nutraceuticals Education	11:30AM
January 26th	Health Monitoring - Blood Pressure Check-Up	9:30AM
January 27th	Korean Movie Day	11:30AM

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.

JANUARY 2022

PALISADES PARK SENIOR ACTIVITY CENTER

Chong "Paul" Kim
Center Director


MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>300 Highland Avenue, Palisades Park, NJ 07650 Center Hours: 8:30 - 3:30</p> <p>201-944-5616</p>	<p>The Palisades Park Senior Activity Center's activities and programs are funded by the Bergen County Division of Senior Services through the Older American Act and are available at no charge for Bergen County residents 60 years or over.</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>3 8:30 BINGO 10:30 ESL CLASS I 11:45 VIDEO CHAIR EXERCISE 2:00 SENIOR CLUB MEETING</p> <p>Tuna Salad w/ lettuce/tomato on Croissant</p>	<p>4 9:00 TAI-CHI CLASS 10:00 H-MART SHOPPING 10:30 ESL CLASS I</p> <p>Cheese & Spinach Lasagna (10oz.)</p>	<p>5 9:00 SMART PHONE CLASS 9:30 HEALTH MONITORING 10:30 ESL CLASS II</p> <p>Meatloaf w/ Brown Gravy</p>	<p>6 8:30 BINGO 10:30 VIDEO CHAIR EXERCISE 11:30 QUARTERLY NUTRITION EDU. FRUITS & VEGETABLES</p> <p>Stuffed Flounder (Spinach, Broccoli)</p>	<p>7 8:30 BINGO 10:00 CIVIC CLASS 11:30 VIDEO CHAIR EXERCISE</p> <p>Beef Stroganoff w/ Mushroom Onion Gravy</p>
<p>10 8:30 BINGO 10:30 ESL CLASS I 11:45 VIDEO CHAIR EXERCISE</p> <p>Roast Beef w/ Provolone Sandwich w/ Lettuce on Roll</p>	<p>11 9:00 TAI-CHI CLASS 10:00 H-MART SHOPPING 10:30 ESL CLASS I</p> <p>Chicken Teriyaki</p>	<p>12 9:00 SMART PHONE CLASS 9:30 HEALTH MONITORING 10:30 ESL CLASS II</p> <p>Meat Lasagna</p>	<p>13 8:30 BINGO 10:30 VIDEO CHAIR EXERCISE 11:30 SENIOR NUTRACEUTICAL EDU.</p> <p>Swedish Meatballs</p>	<p>14 8:30 BINGO 10:00 CIVIC CLASS 11:30 VIDEO CHAIR EXERCISE</p> <p>Salisbury Steak w/ Mushroom</p>
<p>17 MARTIN LUTHER KING DAY</p>  <p>CENTER CLOSED</p>	<p>18 9:00 TAI-CHI CLASS 10:00 H-MART SHOPPING 10:30 ESL CLASS I 2:00 SENIOR CLUB MEETING</p> <p>Sliced Turkey & Provolone Cheese</p>	<p>19 9:00 SMART PHONE CLASS 9:30 HEALTH MONITORING 10:30 ESL CLASS II</p> <p>Baked Penne w/ Ricotta (10oz)</p>	<p>20 8:30 BINGO 10:30 VIDEO CHAIR EXERCISE 11:30 CHRISTMAS CAKE PARTY TO-GO</p> <p>Orange Chicken</p>	<p>21 8:30 BINGO 10:00 CIVIC CLASS 11:30 VIDEO CHAIR EXERCISE</p> <p>Beef & Macaroni Casserole</p>
<p>24 8:30 BINGO 10:30 ESL CLASS I 11:45 VIDEO CHAIR EXERCISE</p> <p>Milano Sandwich - Breaded Chicken Cutlet w/ Sliced Mozzarella & Romaine Lettuce on Small Sub Roll</p>	<p>25 9:00 TAI-CHI CLASS 10:00 H-MART SHOPPING 10:30 ESL CLASS I 11:00 SENIOR NUTRACEUTICAL EDU</p> <p>Rotini w/ Crumbled Italian Turkey Sausage, Peppers, Onions, w/ Maria-</p>	<p>26 9:00 SMART PHONE CLASS 9:30 HEALTH MONITORING 10:30 ESL CLASS II</p> <p>Marinated Pork Loin w/ Lemon Butter</p>	<p>27 8:30 BINGO 10:30 VIDEO CHAIR EXERCISE 11:30 KOREAN MOVIE DAY</p> <p>Chicken Fillet w/ Honey Dijon Sauce</p>	<p>28 8:30 BINGO 10:00 CIVIC CLASS 11:30 VIDEO CHAIR EXERCISE</p> <p>Open Turkey Sandwich w/ Gravy on side</p>
<p>31 8:30 BINGO 10:30 ESL CLASS I 11:45 VIDEO CHAIR EXERCISE</p> <p>Egg Salad w/ Lettuce & Tomato on Pita bread</p>			