

BERGEN NEW JERSEY *County*

James J. Tedesco III
County Executive

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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) 944-2685

PalisadesParkCenter@co.bergen.nj.us

Open: Monday - Friday 8:00AM - 3:30PM

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James J. Tedesco III, County Executive

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

AUGUST 2022

August 3rd	Health Monitoring - Blood Pressure Check-Up	9:30AM
August 10th	Health Monitoring - Blood Pressure Check-Up	9:30AM
August 15th	Korean Checkers and Chess	10:00AM
August 17th	Health Monitoring - Blood Pressure Check-Up	9:30AM
August 24th	Health Monitoring - Blood Pressure Check-Up	9:30AM
August 24th	Karaoke Sing-A-Long	12:30PM
August 25th	Senior Law Seminar	10:30AM
August 29th	Korean Checkers and Chess	10:00AM
August 31st	Health Monitoring - Blood Pressure Check-Up	9:30AM

On behalf of the County of Bergen, we thank you for your patience during the Covid-19 pandemic. At this time, the County has lifted most restrictions related to Covid-19, but will continue to require health screenings upon entrance to the centers. Masks are now optional throughout the centers. Masks are still required on the bus for those who are unvaccinated, although it is preferable for all to wear a mask when on the bus. Meals will return to congregate setting, and there will no longer be a Grab & Go option. We look forward to seeing you again as we resume all regular activities. If you have any questions, kindly contact your center directly at (201) 944-5616.

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.



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.

AUGUST 2022



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>300 Highland Avenue, Palisades Park, NJ 07650 Center Hours: 8:30 - 3:30</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 Americans 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 Monday To Friday 8:30am - 3:30pm</p>
<p>1 8:30 BINGO 10:30 ESL CLASS I 12:30 VIDEO CHAIR EXERCISE</p> <p>Chicken Rotini Salad</p>	<p>2 9:00 TAI-CHI CLASS 9:00 SMART PHONE CLASS 10:00 H-MART SHOPPING 10:30 ESL CLASS I 10:30 KOREAN FOLK DANCE I 12:30 CHORUS I (SUSPENDED) 2:00 LINE DANCING A</p> <p>Sliced Turkey w/ Turkey Gravy</p>	<p>3 9:30 HEALTH MONITORING 10:30 ESL CLASS II 10:30 KOREAN FOLK DANCE II</p> <p>Baked Fish Florentine</p>	<p>4 8:30 BINGO 9:30 OSTEOPOROSIS 10:30 VIDEO CHAIR EXERCISE 1:00 LINE DANCE B</p> <p>Homestyle Meatloaf w/ Brown Gravy</p>	<p>5 8:30 BINGO 10:00 CIVICSCLASS 12:30 CHORUS II</p> <p>Chicken Parmesan</p>
<p>8 8:30 BINGO 10:30 ESL CLASS I 12:30 VIDEO CHAIR EXERCISE</p> <p>Chicken Salad w/ Lettuce Leaf</p>	<p>9 9:00 TAI-CHI CLASS 9:00 SMART PHONE CLASS 10:00 H-MART SHOPPING 10:30 ESL CLASS I 10:30 KOREAN FOLK DANCE I 12:30 CHORUS I (SUSPENDED) 2:00 LINE DANCING A</p> <p>Penne w/ Crumbled Pork Sausage w/ Garlic & Olive Oil</p>	<p>10 9:30 HEALTH MONITORING 10:30 ESL CLASS II 10:30 KOREAN FOLK DANCE II</p> <p>Chicken Chow Mein</p>	<p>11 8:30 BINGO 9:30 OSTEOPOROSIS 10:30 VIDEO CHAIR EXERCISE 1:00 LINE DANCE B</p> <p>Sweet & Sour Meatballs</p>	<p>12 8:30 BINGO 10:00 CIVICS CLASS 11:00 MOVIE DAY PART I 12:30 CHORUS II</p> <p>Chicken Filet w/ Honey Dijon</p>
<p>15 8:30 BINGO 10:00 CHESS & CHECKERS 10:30 ESL CLASS I 12:30 VIDEO CHAIR EXERCISE</p> <p>Tuna & Bowtie Pasta (1C)</p>	<p>16 9:00 TAI-CHI CLASS 9:00 SMART PHONE CLASS 10:00 H-MART SHOPPING 10:30 ESL CLASS I 10:30 KOREAN FOLK DANCE I 12:30 CHORUS I (SUSPENDED) 2:00 LINE DANCING A</p> <p>Turkey Burger</p>	<p>17 9:30 HEALTH MONITORING 10:30 SENIOR HEALTH NUTRITION 10:30 KOREAN FOLK DANCE II</p> <p>Unbreaded Chicken Piccata</p>	<p>18 8:30 BINGO 9:30 OSTEOPOROSIS 10:30 VIDEO CHAIR EXERCISE 1:00 LINE DANCE B</p> <p>Homestyle Salisbury Steak w/ Brown Gravy</p>	<p>19 8:30 BINGO 10:00 CIVICS CLASS 11:00 MOVIE DAY PART II 12:30 CHORUS II</p> <p>Rosemary Roasted Pork w/ Gravy</p>
<p>22 8:30 BINGO 10:30 ESL CLASS I 12:30 VIDEO CHAIR EXERCISE</p> <p>Egg Salad w/ Romaine Lettuce</p>	<p>23 9:00 TAI-CHI CLASS 9:00 SMART PHONE CLASS 10:00 H-MART SHOPPING 10:30 ESL CLASS I 10:30 KOREAN FOLK DANCE I 12:30 CHORUS I (SUSPENDED) 2:00 LINE DANCING A</p> <p>Boneless Chicken Scampi</p>	<p>24 9:30 HEALTH MONITORING 10:30 ESL CLASS II 10:30 KOREAN FOLK DANCE II 12:30 KARAOKE SING-A-LONG</p> <p>Pork Chop w/ Applesauce</p>	<p>25 8:30 BINGO 9:30 OSTEOPOROSIS 10:30 SENIOR LAW SEMINAR 1:00 LINE DANCE B</p> <p>Turkey Chili w/ Beans (8oz)</p>	<p>26 8:30 BINGO 10:00 CIVICS CLASS 12:30 CHORUS II</p> <p>Chicken Marsala</p>
<p>29 8:30 BINGO 10:00 CHESS & CHECKERS 10:30 ESL CLASS I 12:30 VIDEO CHAIR EXERCISE</p> <p>Pulled BBQ Pork</p>	<p>30 9:00 TAI-CHI CLASS 9:00 SMART PHONE CLASS 10:00 H-MART SHOPPING 10:30 ESL CLASS I 10:30 KOREAN FOLK DANCE I 12:30 CHORUS I (SUSPENDED) 2:00 LINE DANCING A</p> <p>Korean BBQ Chicken Leg Quarter</p>	<p>31 9:30 HEALTH MONITORING 10:30 ESL CLASS II 10:30 KOREAN FOLK DANCE II</p> <p>Pepper Steak</p>	 <p><i>Youth is the gift of nature But age is a gift of work of art</i> - STANISLAW JECI - HAPPY NATIONAL Senior Citizens Day</p>	 <p><i>hello august</i></p>