

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) 944-2685

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

SEPTEMBER 2022

| | | |
|----------------|--|--------------------|
| September 7th | Health Monitoring - Blood Pressure Check-Up | 9:30AM |
| September 12th | Senior Club Meeting | 2:00PM |
| September 13th | Annual Senior Citizens Festival at Van Saun County Park | 8:30AM |
| September 14th | Health Monitoring - Blood Pressure Check-Up | 9:30AM |
| September 15th | Senior Nutrition Education - Erika Lannaman MS, RDN | 10:30AM |
| September 16th | Physical Therapy Education & Demonstration - EDGE | 11:00AM |
| September 20th | RAIN DATE: Annual Senior Citizens Festival Van Saun County Park | 8:30AM |
| September 21st | Health Monitoring - Blood Pressure Check-Up | 9:30AM |
| September 26th | Senior Club Meeting | 2:00PM |
| September 29th | COVID Booster Shot End Of Summer Event | 9:00AM - 3:00PM |

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.

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.



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.

SEPTEMBER 2022




MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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|---|---|---|--|--|
| <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 per meal Donations are voluntary and confidential No one will be denied a meal if a donation is not given. Menu subject to change without notice. Each meal is served w/skim milk.</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 9:30 OSTEOPOROSIS/ZUMBA 10:30 VIDEO CHAIR EXERCISE 1:00 LINE DANCE B</p> <p>Sliced Turkey w/ Gravy</p> | <p>2 8:30 BINGO 10:00 CIVIC CLASS 12:30 CHORUS II 2:00 KARAOKE SING-A-LONG</p> <p>Rigatoni Bolognese</p> |
| <p>5 </p> | <p>6 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 Hamburger (Beef) w/ Sausage & Garlic Olive Oil</p> | <p>7 9:30 HEALTH MONITORING 10:30 ESL CLASS II 10:30 KOREAN FOLK DANCE II 1:00 CHESS & CHECKERS</p> <p>Chicken Florentine</p> | <p>8 8:30 BINGO 9:30 OSTEOPOROSIS/ZUMBA 10:30 VIDEO CHAIR EXERCISE 1:00 LINE DANCE B</p> <p>Fish Sticks w/ Lemon Wedge & Tartar Sauce</p> | <p>9 8:30 BINGO 10:00 CIVIC CLASS 12:30 CHORUS II 2:00 KARAOKE SING-A-LONG</p> <p>BBQ Pulled Pork Sandwich</p> |
| <p>12 8:30 BINGO 10:00 CHESS & CHECKERS 10:30 ESL CLASS I 12:30 VIDEO CHAIR EXERCISE 2:00 SENIOR CLUB MEETING</p> <p>Grilled Chicken Caesar Salad</p> | <p>13 8:30 SENIOR CITIZEN FESTIVAL 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 Salisbury Steak w/ Brown Gravy</p> | <p>14 9:30 HEALTH MONITORING 10:30 SENIOR HEALTH NUTRITION 10:30 KOREAN FOLK DANCE 1:00 CHESS & CHECKERS</p> <p>Italian Meatballs w/ Tomato Basil Sauce</p> | <p>15 8:30 BINGO 9:30 OSTEOPOROSIS/ZUMBA 10:30 SENIOR NUTRITION EDUCATION 1:00 LINE DANCE B</p> <p>Turkey Burger</p> | <p>16 8:30 BINGO 10:00 CIVIC CLASS 11:00 PHYSICAL THERAPY EDU. 12:30 CHORUS II 2:00 KARAOKE SING-A-LONG</p> <p>Orange Chicken w/ Gravy</p> |
| <p>19 8:30 BINGO 10:30 ESL CLASS I 12:30 VIDEO CHAIR EXERCISE</p> <p>Turkey & Swiss Cheese w/ Arugula on WW Roll</p> | <p>20 8:30 SENIOR CITIZEN FESTIVAL - RAIN DATE 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 Stuffed Cabbage</p> | <p>21 9:30 HEALTH MONITORING 10:30 ESL CLASS II 10:30 KOREAN FOLK DANCE II 12:30 KARAOKE SING-A-LONG 1:00 CHESS & CHECKERS</p> <p>Lemon Pepper Baked Fish</p> | <p>22 9:00 COVID BOOSTER SHOT EVENT 9:30 OSTEOPOROSIS/ZUMBA 10:30 VIDEO CHAIR EXERCISE 1:00 LINE DANCE B</p> <p>Sloppy Joe on Kaiser Roll</p> | <p>23 8:30 BINGO 10:00 CIVIC CLASS 12:30 CHORUS II 2:00 KARAOKE SING-A-LONG</p> <p>Egg Salad on Romaine Lettuce</p> |
| <p>26 8:30 BINGO 10:00 CHESS & CHECKERS 10:30 ESL CLASS I 12:30 VIDEO CHAIR EXERCISE 2:00 SENIOR CLUB MEETING</p> <p>Tuna Noodle Salad</p> | <p>27 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>Pork Tenderloin w/ Gravy</p> | <p>28 9:30 HEALTH MONITORING 10:30 ESL CLASS II 10:30 KOREAN FOLK DANCE II 1:00 CHESS & CHECKERS</p> <p>Korean BBQ Chicken Leg Quarter</p> | <p>29 9:00 - 3:00</p> <p>COVID BOOSTER SHOT EVENT FREE FOOD & DRINKS/RAFFLE PRIZES/GOODIE BAGS/MUSIC/BLOOD PRESSURE CHECK-UP & MUCH MORE...</p> | <p>30 8:30 BINGO 10:00 CIVIC CLASS 12:30 CHORUS II 2:00 KARAOKE SING-A-LONG</p> <p>Shaved Chicken Sandwich</p> |