

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

DECEMBER 2022

December 5th	Senior Club Meeting	1:30PM
December 7th	Health Monitoring - Blood Pressure Check-Up	9:30AM
December 14th	Health Monitoring - Blood Pressure Check-Up	9:30AM
December 15th	Senior Health - Cold Season Preparation Presentation	11:00AM
December 19th	Senior Club Meeting	1:30PM
December 19th	Palisades Park Public School Christmas Carol	1:30PM
December 21st	Movie Day - Groundhog Day	1:30PM
December 21st	Health Monitoring - Blood Pressure Check-Up	9:30AM
December 28th	Health Monitoring - Blood Pressure Check-Up	9:30AM
December 30th	New Year's Celebration Cake 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.

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. 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.

DECEMBER 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 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>2 8:30 BINGO 10:00 CIVIC CLASS 12:30 CHORUS II 2:00 KARAOKE SING-A-LONG</p>	
				<p>Homestyle Meatloaf w/ Brown Gravy</p>		<p>Herb Roasted Chicken Leg</p>			
<p>5 8:30 BINGO 9:15 ZUMBA CLASS 10:00 CHESS & CHECKERS 10:30 ESL CLASS I 12:30 VIDEO CHAIR EXERCISE 1:30 SENIOR CLUB MEETING</p> <p>Whole Wheat Ziti w/ Crumbled Turkey Sausage, Peppers, Onions, Marinara Sauce & Parmesan</p>		<p>6 9:00 SMART PHONE CLASS 10:00 H-MART SHOPPING 10:30 ESL CLASS I 12:30 KOREAN FOLK DANCE I 2:00 LINE DANCING A</p> <p>Tuna Salad</p>		<p>7 9:15 ZUMBA CLASS 9:30 HEALTH MONITORING 10:30 ESL CLASS II 10:30 KOREAN FOLK DANCE II 1:00 CHESS & CHECKERS</p> <p>Pulled BBQ Chicken</p>		<p>8 8:30 BINGO 9:30 OSTEOPOROSIS/ZUMBA 10:30 VIDEO CHAIR EXERCISE 1:00 LINE DANCE B</p> <p>Sliced Roast Beef w/ Gravy</p>		<p>9 8:30 BINGO 10:00 CIVIC CLASS 12:30 CHORUS II 2:00 KARAOKE SING-A-LONG</p> <p>Tortellini & Chicken Alfredo</p>	
<p>12 8:30 BINGO 9:15 ZUMBA CLASS 10:00 CHESS & CHECKERS 10:30 ESL CLASS I 12:30 VIDEO CHAIR EXERCISE</p> <p>Egg Salad on Romaine Lettuce</p>		<p>13 9:00 SMART PHONE CLASS 10:00 H-MART SHOPPING 10:30 ESL CLASS I 12:30 KOREAN FOLK DANCE I 2:00 LINE DANCING A</p> <p>Cheese Ravioli w/ Meatballs (2) & Marinara Sauce</p>		<p>14 9:15 ZUMBA CLASS 9:30 HEALTH MONITORING 10:30 ESL CLASS II 10:30 KOREAN FOLK DANCE 1:00 CHESS & CHECKERS</p> <p>Sliced Turkey w/ Gravy</p>		<p>15 8:30 BINGO 9:30 OSTEOPOROSIS/ZUMBA 10:30 VIDEO CHAIR EXERCISE 11:00 COLD SEASON PRESENTATION 1:00 LINE DANCE B</p> <p>Stuffed Cabbage Quarter</p>		<p>16 8:30 BINGO 10:00 CIVIC CLASS 12:30 CHORUS II 2:00 KARAOKE SING-A-LONG</p> <p>Unbreaded Chicken Marsala</p>	
<p>19 8:30 BINGO 9:15 ZUMBA CLASS 10:00 CHESS & CHECKERS 10:30 ESL CLASS I 12:30 VIDEO CHAIR EXERCISE 1:30 SENIOR CLUB MEETING 1:30 PPPS CHRISTMAS CAROL</p> <p>Turkey & Red Kidney Bean Chili</p>		<p>20 9:00 SMART PHONE CLASS 10:00 H-MART SHOPPING 10:30 ESL CLASS I 12:30 KOREAN FOLK DANCE I 2:00 LINE DANCING A</p> <p>Beef Goulash (Beef, Onion, Bell Peppers in Tomato Sauce)</p>		<p>21 9:15 ZUMBA CLASS 9:30 HEALTH MONITORING 10:30 ESL CLASS II 10:30 KOREAN FOLK DANCE II 11:30 THANKSGIVING LUNCH 1:00 CHESS & CHECKERS 1:30 MOVIE DAY - GROUNDHOG DAY</p> <p>Baked Fish w/ Dill Sauce</p>		<p>22 8:30 BINGO 9:30 OSTEOPOROSIS/ZUMBA 10:30 VIDEO CHAIR EXERCISE 1:00 LINE DANCE B</p> <p>BBQ Chicken Quarter</p>		<p>23 8:30 BINGO 10:00 CIVIC CLASS 12:30 CHORUS II 2:00 KARAOKE SING-A-LONG</p> <p>Salisbury Steak w/ Gravy & Sautéed Onions</p>	
<p>26 CHRISTMAS DAY</p> 		<p>27 9:00 SMART PHONE CLASS 10:00 H-MART SHOPPING 10:30 ESL CLASS I 12:30 KOREAN FOLK DANCE I 2:00 LINE DANCING A</p> <p>Broccoli Stuffed Fish</p>		<p>28 9:15 ZUMBA CLASS 9:30 HEALTH MONITORING 10:30 ESL CLASS II 10:30 KOREAN FOLK DANCE II 1:00 CHESS & CHECKERS</p> <p>Sloppy Joe</p>		<p>29 8:30 BINGO 9:30 OSTEOPOROSIS/ZUMBA 10:30 VIDEO CHAIR EXERCISE 1:00 LINE DANCE B</p> <p>Chicken Parmesan</p>		<p>30 8:30 BINGO 10:00 CIVIC CLASS 11:30 NEW YEARS CAKE DAY 12:30 CHORUS II 2:00 KARAOKE SING-A-LONG</p> <p>Pork Tenderloin w/ Gravy</p>	