



James J. Tedesco III  
County Executive

**BOARD OF COUNTY COMMISSIONERS**

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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](mailto:PalisadesParkCenter@co.bergen.nj.us)**

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



James J. Tedesco III, County Executive

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

**MARCH 2023**



March 1st	Health Monitoring - Blood Pressure Check-Up/Ask The Nurse	9:30AM
March 2nd, 9th, 16th, 23rd, 30th	IPAD TIME - Educate Yourself Through The Internet	2:00PM
March 6th	Senior Club Meeting	2:00PM
March 8th	Health Monitoring - Blood Pressure Check-Up/Ask The Nurse	9:30AM
March 15th	Health Monitoring - Blood Pressure Check-Up/Ask The Nurse	9:30AM
March 20th	Senior Club Meeting	2:00PM
March 22nd	Health Monitoring - Blood Pressure Check-Up/Ask The Nurse	9:30AM
March 24th	Movie Day - Sound of Music	2:00PM
March 29th	Health Monitoring - Blood Pressure Check-Up/Ask The Nurse	9:30AM
March 30th	Prescription Identification and Drug Interaction	10:30AM

***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. 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.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>300 Highland Avenue, Palisades Park, NJ 07650</b> <b>Center Hours: 8:30 - 3:30</b></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><b>Lunch Served: 11:45AM</b> <b>Suggested Lunch Donation: \$1.25 per meal</b> Donations are voluntary and confidential No one will be denied a meal if a donation is not given. Menu subject to change without notice.</p> <p><b>1</b> 9:15 ZUMBA CLASS 9:30 HEALTH MONITORING 10:30 ESL CLASS II 10:30 KOREAN FOLK DANCE II 1:00 CHESS &amp; CHECKERS</p> <p><b>Korean BBQ Pulled Pork</b></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 (&lt;8g), 50-55% Carbohydrate, 15%-20% Protein (&gt;35g), 1000mg or less Sodium. Salt and Sugar are not added to any recipe.</i></p> <p><b>2</b> 8:30 BINGO 9:30 OSTEOPOROSIS/ZUMBA 10:30 VIDEO CHAIR EXERCISE 1:00 LINE DANCE B 2:00 IPAD TIME</p> <p><b>Herb Roasted Chicken Leg</b></p>	<p>Palisades Park Senior Activity Center Always Welcomes Seniors Monday To Friday 8:30am -3:30pm</p> <p><b>3</b> 8:30 BINGO 10:00 CIVIC CLASS 12:30 CHORUS II 2:00 KARAOKE SING-A-LONG</p> <p><b>Eggplant Rollatini</b></p>
<p><b>6</b> 8:30 BINGO 10:00 CHESS &amp; CHECKERS 10:30 ESL CLASS I 12:30 ZUMBA CLASS 2:00 SENIOR CLUB MEETING</p> <p><b>Sweet &amp; Sour Meatballs</b></p>	<p><b>7</b> 9:00 SMART PHONE CLASS 10:00 TAI CHI BALANCE CLASS 10:00 H-MART SHOPPING 10:30 ESL CLASS I 12:30 KOREAN FOLK DANCE I 2:00 LINE DANCING A</p> <p><b>Baked Fish w/ Dill Sauce</b></p>	<p><b>8</b> 9:15 ZUMBA CLASS 9:30 HEALTH MONITORING 10:30 ESL CLASS II 10:30 KOREAN FOLK DANCE II 1:00 CHESS &amp; CHECKERS</p> <p><b>Chicken Florentine</b></p>	<p><b>9</b> 8:30 BINGO 9:30 OSTEOPOROSIS/ZUMBA 10:30 VIDEO CHAIR EXERCISE 1:00 LINE DANCE B 2:00 IPAD TIME</p> <p><b>Hamburger (Beef)</b></p>	<p><b>10</b> 8:30 BINGO 10:00 CIVIC CLASS 12:30 CHORUS II 2:00 KARAOKE SING-A-LONG</p> <p><b>Tuna &amp; Bowtie Pasta Salad</b></p>
<p><b>13</b> 8:30 BINGO 10:00 CHESS &amp; CHECKERS 10:30 ESL CLASS I 12:30 ZUMBA CLASS</p> <p><b>Pork Tenderloin w/ Applesauce</b></p>	<p><b>14</b> 9:00 SMART PHONE CLASS 10:00 TAI CHI BALANCE CLASS 10:00 H-MART SHOPPING 10:30 ESL CLASS I 12:30 KOREAN FOLK DANCE I 2:00 LINE DANCING A</p> <p><b>Salisbury Steak w/ Brown Gravy</b></p>	<p><b>15</b> 9:15 ZUMBA CLASS 9:30 HEALTH MONITORING 10:30 ESL CLASS II 10:30 KOREAN FOLK DANCE 1:00 CHESS &amp; CHECKERS</p> <p><b>Chicken Cutlet Parmesan</b></p>	<p><b>16</b> 8:30 BINGO 9:30 OSTEOPOROSIS/ZUMBA 10:30 VIDEO CHAIR EXERCISE 1:00 LINE DANCE B 2:00 IPAD TIME</p> <p><b>Corned Beef</b></p>	<p><b>17</b> 8:30 BINGO 10:00 CIVIC CLASS 12:30 CHORUS II 2:00 KARAOKE SING-A-LONG</p> <p><b>Baked Fish w/ Garlic &amp; Lemon Sauce</b></p>
<p><b>20</b> 8:30 BINGO 10:00 CHESS &amp; CHECKERS 10:30 ESL CLASS I 12:30 ZUMBA CLASS 2:00 SENIOR CLUB MEETING</p> <p><b>Turkey &amp; Swiss Cheese w/ Arugula on Whole on Whole Wheat Roll</b></p>	<p><b>21</b> 9:00 SMART PHONE CLASS 10:00 TAI CHI BALANCE CLASS 10:00 H-MART SHOPPING 10:30 ESL CLASS I 12:30 KOREAN FOLK DANCE I 2:00 LINE DANCING A</p>	<p><b>22</b> 9:15 ZUMBA CLASS 9:30 HEALTH MONITORING 10:30 ESL CLASS II 10:30 KOREAN FOLK DANCE II 1:00 CHESS &amp; CHECKERS</p> <p><b>Chicken Cordon Bleu</b></p>	<p><b>23</b> 8:30 BINGO 9:30 OSTEOPOROSIS/ZUMBA 10:30 VIDEO CHAIR EXERCISE 1:00 LINE DANCE B 2:00 IPAD TIME</p> <p><b>Sloppy Joe (3oz meat) on Whole Wheat</b></p>	<p><b>24</b> 8:30 BINGO 10:00 CIVIC CLASS 12:30 CHORUS II 2:00 MOVIE DAY - SOUND OF MUSIC</p> <p><b>Egg Salad on Romaine Lettuce</b></p>
<p><b>27</b> 8:30 BINGO 10:00 CHESS &amp; CHECKERS 10:30 ESL CLASS I 12:30 ZUMBA CLASS</p> <p><b>Swedish Meatballs</b></p>	<p><b>28</b> 9:00 SMART PHONE CLASS 10:00 TAI CHI BALANCE CLASS 10:00 H-MART SHOPPING 10:30 ESL CLASS I 12:30 KOREAN FOLK DANCE I 2:00 LINE DANCING A</p> <p><b>Meatloaf w/ Gravy</b></p>	<p><b>29</b> 9:15 ZUMBA CLASS 9:30 HEALTH MONITORING 10:30 ESL CLASS II 10:30 KOREAN FOLK DANCE II 1:00 CHESS &amp; CHECKERS</p> <p><b>Shaved Philly Beef Sandwich</b></p>	<p><b>30</b> 8:30 BINGO 9:30 OSTEOPOROSIS/ZUMBA 10:30 PRESCRIPTION IDENTIFICATION 1:00 LINE DANCE B 2:00 IPAD TIME</p> <p><b>Korean BBQ Chicken Leg Qtr.</b></p>	<p><b>31</b> 8:30 BINGO 10:00 CIVIC CLASS 12:30 CHORUS II 2:00 KARAOKE SING-A-LONG</p> <p><b>Baked Fish w/ Dill Sauce</b></p>