

# 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](mailto: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** **MAY 2023**

May 1st	Senior Club Meeting	2:00PM
May 3rd	Health Monitoring - Blood Pressure Check-Up	9:30AM
May 4th, 11th, 18th, 25th	NEW: Water Color Art Class IPAD Time - Educate Yourself Through The Internet	1:00PM 2:00PM
May 4th, 11th, 18th, 25th	NEW: Learn To Couple Dance	2:10PM
May 10th	Health Monitoring - Blood Pressure Check-Up	9:30AM
May 15th	Senior Club Meeting	2:00PM
May 16	CENTER OPEN HOUSE Call (201) 994-5616 for reservations	9:00am— 2:00pm
May 17th	Health Monitoring - Blood Pressure Check-Up	9:30AM
May 19th	Documentary Series Film: Our Planet Part 2	2:00PM
May 24th	Health Monitoring - Blood Pressure Check-Up	9:30AM
May 26th	Start of Summer Ice Cream Party Senior Assistance: Ask Anything Senior	12:00PM 2:00PM

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 have returned to a congregate setting, and there is 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.




**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><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>Palisades Park Senior Activity Center Always Welcomes Seniors Monday To Friday 8:30am - 3:30pm</p>
<p><b>1</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>Italian Meatballs w/ Tomato Basil Sauce</b></p>	<p><b>2</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 II</p> <p><b>Tuna &amp; Bowtie Pasta Salad</b></p>	<p><b>3</b> 9:15 ZUMBA CLASS 9:30 HEALTH MONITORING 10:30 ESL CLASS II 1:00 CHESS &amp; CHECKERS 2:10 LINE DANCE B</p> <p><b>Pork Chop in Garlic Sauce</b></p>	<p><b>4</b> 8:30 BINGO 9:30 OSTEOPOROSIS/ZUMBA 10:30 VIDEO CHAIR EXERCISE 1:00 LINE DANCE B 1:00 WATER ART CLASS 2:00 iPad TIME 2:10 COUPLE DANCE</p> <p><b>Balsamic Breaded Chicken Breast</b></p>	<p><b>5</b> 8:30 BINGO 10:00 CIVIC CLASS 12:30 CHORUS II 2:10 KOREAN FOLK DANCE</p> <p> <b>Mexi Breast</b></p>
<p><b>8</b> 8:30 BINGO 10:00 CHESS &amp; CHECKERS 10:30 ESL CLASS I 12:30 ZUMBA CLASS</p> <p><b>Baked Fish w/ Lemon</b></p>	<p><b>9</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 II</p> <p><b>Korean BBQ Chicken Leg Quarter</b></p>	<p><b>10</b> 9:15 ZUMBA CLASS 9:30 HEALTH MONITORING 10:30 ESL CLASS II 1:00 CHESS &amp; CHECKERS 2:10 LINE DANCE I (BEGINNER)</p> <p><b>Stuffed Peppers (Turkey)</b></p>	<p><b>11</b> 8:30 BINGO 9:30 OSTEOPOROSIS/ZUMBA 10:30 VIDEO CHAIR EXERCISE 1:00 LINE DANCE B 1:00 WATER ART CLASS 2:00 iPad TIME 2:10 COUPLE DANCE</p> <p><b>Ham Steak</b></p>	<p><b>12</b> 8:30 BINGO 10:00 CIVIC CLASS 12:30 CHORUS II 2:10 KOREAN FOLK DANCE</p> <p><b>Boneless Chicken Scampi</b></p>
<p><b>15</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>Tuna Salad on Romaine</b></p>	<p><b>16</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 II</p> <p><b>OPEN HOUSE Chicken Marsala</b></p>	<p><b>17</b> 9:15 ZUMBA CLASS 9:30 HEALTH MONITORING 10:30 ESL CLASS II 1:00 CHESS &amp; CHECKERS 2:10 LINE DANCE I (BEGINNER)</p> <p><b>Sweet Pork Sausage Sandwich on Italian Bread</b></p>	<p><b>18</b> 8:30 BINGO 9:30 OSTEOPOROSIS/ZUMBA 10:30 VIDEO CHAIR EXERCISE 1:00 LINE DANCE B 1:00 WATER ART CLASS 2:00 iPad TIME 2:10 COUPLE DANCE</p> <p><b>Salisbury Steak w/ Brown Gravy</b></p>	<p><b>19</b> 8:30 BINGO 10:00 CIVIC CLASS 12:30 CHORUS II 2:00 FILM: OUR PLANET PART 2 2:10 KOREAN FOLK DANCE</p> <p><b>Eggplant Rollatini w/ Meatballs Meatballs (2)</b></p>
<p><b>22</b> 8:30 BINGO 10:00 CHESS &amp; CHECKERS 10:30 ESL CLASS I 12:30 ZUMBA CLASS</p> <p><b>Orange Chicken</b></p>	<p><b>23</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 II</p> <p><b>Roast Beef w/ Gravy</b></p>	<p><b>24</b> 9:15 ZUMBA CLASS 9:30 HEALTH MONITORING 10:30 ESL CLASS II 1:00 CHESS &amp; CHECKERS 2:10 LINE DANCE I (BEGINNER)</p> <p><b>Chicken Waldorf Salad on Lettuce Leaf</b></p>	<p><b>25</b> 8:30 BINGO 9:30 OSTEOPOROSIS/ZUMBA 10:30 VIDEO CHAIR EXERCISE 1:00 LINE DANCE B 1:00 WATER ART CLASS 2:00 iPad TIME 2:10 COUPLE DANCE</p> <p><b>Pork Tenderloin w/ Gravy</b></p>	<p><b>26</b> 8:30 BINGO 10:00 CIVIC CLASS 12:00 ICE CREAM PARTY 12:30 CHORUS II 2:00 ASK ANYTHING SENIOR 2:10 KOREAN FOLK DANCE</p> <p><b>Swedish Meatballs</b></p>
<p><b>29</b></p> <p></p> <p><b>CENTER CLOSED</b></p>	<p><b>30</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 II</p> <p><b>Beef Hamburger</b></p>	<p><b>31</b> 9:15 ZUMBA CLASS 9:30 HEALTH MONITORING 10:30 ESL CLASS II 1:00 CHESS &amp; CHECKERS 2:10 LINE DANCE I (BEGINNER)</p> <p><b>Chicken Florentine</b></p>	<p></p> <p><b>OLDER AMERICANS MONTH</b> AGING UNBOUND: MAY 2023</p>	