

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

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

JUNE 2023

June 2nd	Farmers' Market Voucher	9-12PM
June 5th	Senior Club Meeting	2:00PM
June 7th	Health Monitoring - Blood Pressure Check-Up	9:30AM
June 1st, 8th, 15th, 22nd, 29th	NEW: Water Color Art Class NEW: IPAD Time - Educate Yourself Through The Internet	1:00PM 2:00PM
June 14th	Health Monitoring - Blood Pressure Check-Up	9:30AM
June 16th	Juneteenth Holiday - CENTER CLOSED	ALL DAY
June 20th	Senior Last Will & Testament Education	11:30AM
June 21st	Health Monitoring - Blood Pressure Check-Up	9:30AM
June 21st	Summer Begins - Ice Cream Party	12:00PM
June 22nd	Senior Sing-A-Long Karaoke Time	12:00PM
June 29th	Senior Quarterly Nutrition Education	11:00AM
June 30th	Senior Assistance: Ask Anything Senior Movie Day - Benji	2:00PM 2:00PM

Bergen County Elder Abuse Awareness Walk
Saturday June 3, 2023

Overpeck County Park Amphitheater
One Challenger Road, Ridgfield Park
Rain Date Sunday, June 11, 2023

9:00am—12:00pm

Register today using the link below or calling 201-336-7416




<https://www.eventbrite.com/e/bergen-county-elder-abuse-awareness-walk-tickets-635453868627>



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

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>HAPPY FATHER'S DAY  JUNE 18TH</p>	<p>1 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>Pork Chop in Garlic Sauce</p>	<p>2 8:30 BINGO 9-12 FARMERS' MARKET VOUCHER 10:00 CIVIC CLASS 12:30 CHORUS II 2:10 KOREAN FOLK DANCE</p>	
<p>5 8:30 BINGO 10:00 CHESS & CHECKERS 10:30 ESL CLASS I 12:30 ZUMBA CLASS 2:00 SENIOR CLUB MEETING</p> <p>Shaved Philly Beef & Cheese Sandwich (Club Roll)</p>	<p>6 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>Hawaiian Chicken</p>	<p>7 9:15 ZUMBA CLASS 9:30 HEALTH MONITORING 10:30 ESL CLASS II 1:00 CHESS & CHECKERS 2:10 LINE DANCE I (BEGINNER)</p> <p>Whole Wheat Ziti w/ Crumbled Italian Turkey Sausage, Peppers, Onions w/ Marinara Sauce & Cheese</p>	<p>8 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>Baked Fish w/ Lemon Dill Sauce</p>	<p>9 8:30 BINGO 10:00 CIVIC CLASS 12:30 CHORUS II 2:10 KOREAN FOLK DANCE</p> <p>Swedish Meatballs</p>
<p>12 8:30 BINGO 10:00 CHESS & CHECKERS 10:30 ESL CLASS I 12:30 ZUMBA CLASS</p> <p>Meatloaf w/ Brown Gravy</p>	<p>13 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>Herb Roasted Chicken Leg</p>	<p>14 9:15 ZUMBA CLASS 9:30 HEALTH MONITORING 10:30 ESL CLASS II 1:00 CHESS & CHECKERS 2:10 LINE DANCE I (BEGINNER)</p> <p>Egg Salad on Romaine Lettuce</p>	<p>15 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>Stuffed Peppers (Turkey)</p>	<p>16 HAPPY JUNETEENTH  CENTER CLOSED</p>
<p>19 8:30 BINGO 10:00 CHESS & CHECKERS 10:30 ESL CLASS I 12:30 ZUMBA CLASS 2:00 SENIOR CLUB MEETING</p> <p>Lemon-Pepper Baked Fish</p>	<p>20 9:00 SMART PHONE CLASS 10:00 TAI CHI BALANCE CLASS 10:00 H-MART SHOPPING 10:30 ESL CLASS I 11:30 LAST WILL & TESTAMENT 12:30 KOREAN FOLK DANCE I 2:00 LINE DANCING II</p> <p>Chicken Fillet w/ Honey Dijon Mustard</p>	<p>21 9:15 ZUMBA CLASS 9:30 HEALTH MONITORING 10:30 ESL CLASS II 12:00 ICE CREAM PARTY 1:00 CHESS & CHECKERS 2:10 LINE DANCE I (BEGINNER)</p> <p>Honey Glazed Pork Chop</p>	<p>22 8:30 BINGO 9:30 OSTEOPOROSIS/ZUMBA 10:30 VIDEO CHAIR EXERCISE 12:00 KARAOKE SING-A-LONG 1:00 LINE DANCE B 1:00 WATER ART CLASS 2:00 IPAD TIME 2:10 COUPLE DANCE</p> <p>Sliced Turkey & Swiss Cheese w/</p>	<p>23 8:30 BINGO 10:00 CIVIC CLASS 12:30 CHORUS II 2:10 KOREAN FOLK DANCE</p> <p>Hamburger (Beef)</p>
<p>26 8:30 BINGO 10:00 CHESS & CHECKERS 10:30 ESL CLASS I 12:30 ZUMBA CLASS 2:00 SENIOR CLUB MEETING</p> <p>Chicken Cordon Bleu</p>	<p>27 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>LS Ham Steak w/ Pineapple</p>	<p>28 9:15 ZUMBA CLASS 9:30 HEALTH MONITORING 10:30 ESL CLASS II 1:00 CHESS & CHECKERS 2:10 LINE DANCE I (BEGINNER)</p> <p>Potato Crusted Baked Fish</p>	<p>29 8:30 BINGO 9:30 OSTEOPOROSIS/ZUMBA 10:30 VIDEO CHAIR EXERCISE 11:00 NUTRITION EDUCATION 1:00 LINE DANCE B 1:00 WATER ART CLASS 2:00 IPAD TIME 2:10 COUPLE DANCE</p> <p>Mini Cheese Ravioli w/ (2) Meatballs</p>	<p>30 8:30 BINGO 10:00 CIVIC CLASS 12:30 CHORUS II 2:00 ASK ANYTHING SENIOR 2:00 MOVIE DAY- BENJI 2:10 KOREAN FOLK DANCE</p> <p>Korean BBQ Chicken Leg Qtr</p>