

BERGEN NEW JERSEY *County*

James J. Tedesco III
County Executive

and the

BOARD OF COUNTY COMMISSIONERS

DEPARTMENT OF HUMAN SERVICES
Melissa H. DeBartolo, Esq.
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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James J. Tedesco III, County Executive

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

JANUARY 2023

January 2nd	New Year's Day - CENTER CLOSED	
January 4th	Health Monitoring - Blood Pressure Check-Up/Ask The Nurse	9:30AM
January 9th	Senior Club Meeting	1:30PM
January 11th	Health Monitoring - Blood Pressure Check-Up/Ask The Nurse	9:30AM
January 12th	Senior Health - Cold Season Preparation Presentation	11:00AM
January 16th	Dr. Martin Luther King Day - CENTER CLOSED	
January 18th	Health Monitoring - Blood Pressure Check-Up/Ask The Nurse	9:30AM
January 23rd	Lunar New Year Rice Cake Soup Celebration	11:30AM
January 23rd	Senior Club Meeting	1:30PM
January 25th	Health Monitoring - Blood Pressure Check-Up/Ask The Nurse	9:30AM

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.

JANUARY 2023



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.</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>2 NEW YEAR'S DAY  CENTER CLOSED</p>	<p>3 9:00 SMART PHONE CLASS 9:00 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 Meatloaf w/ Gravy</p>	<p>4 9:15 ZUMBA CLASS 9:30 HEALTH MONITORING 10:30 ESL CLASS II 10:30 KOREAN FOLK DANCE II 1:00 CHESS & CHECKERS Baked Fish w/ Garlic Lemon Sauce</p>	<p>5 8:30 BINGO 9:30 OSTEOPOROSIS/ZUMBA 10:30 VIDEO CHAIR EXERCISE 1:00 LINE DANCE B BBQ Pulled Pork w/ Sauce</p>	<p>6 8:30 BINGO 10:00 CIVIC CLASS 12:30 CHORUS II 2:00 KARAOKE SING-A-LONG Roasted Chicken Leg w/ Cacciatore Sauce</p>
<p>9 8:30 BINGO 10:00 CHESS & CHECKERS 10:30 ESL CLASS I 12:30 ZUMBA CLASS 2:00 SENIOR CLUB MEETING Tuna & Bowtie Salad (1 cup)</p>	<p>10 9:00 SMART PHONE CLASS 9:00 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 Balsamic Breaded Chicken Breast</p>	<p>11 9:15 ZUMBA CLASS 9:30 HEALTH MONITORING 10:30 ESL CLASS II 10:30 KOREAN FOLK DANCE II 1:00 CHESS & CHECKERS Hamburger</p>	<p>12 8:30 BINGO 9:30 OSTEOPOROSIS/ZUMBA 10:30 COLD SEASON PREPARATION 1:00 LINE DANCE B Sliced Turkey w/ Turkey Gravy</p>	<p>13 8:30 BINGO 10:00 CIVIC CLASS 12:30 CHORUS II 2:00 KARAOKE SING-A-LONG Italian Meatballs</p>
<p>16 MARTIN LUTHER KING DAY  CENTER CLOSED</p>	<p>17 9:00 SMART PHONE CLASS 9:00 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 Pork Chop w/ Cinnamon Apple Glaze</p>	<p>18 9:15 ZUMBA CLASS 9:30 HEALTH MONITORING 10:30 ESL CLASS II 10:30 KOREAN FOLK DANCE 1:00 CHESS & CHECKERS Orange Chicken</p>	<p>19 8:30 BINGO 9:30 OSTEOPOROSIS/ZUMBA 10:30 VIDEO CHAIR EXERCISE 1:00 LINE DANCE B Whole Wheat Rotini w/ Crumbled Italian Turkey Sausage, Green & Red Peppers, Onion w/ Marinara Sauce & Grated Cheese (1.5 cups)</p>	<p>20 8:30 BINGO 10:00 CIVIC CLASS 12:30 CHORUS II 2:00 KARAOKE SING-A-LONG Pepper Steak</p>
<p>23 8:30 BINGO 10:00 CHESS & CHECKERS 10:30 ESL CLASS I 11:30 NEW YEAR RICE CAKE SOUP 12:30 ZUMBA CLASS 2:00 SENIOR CLUB MEETING Chicken Chow Mein</p>	<p>24 9:00 SMART PHONE CLASS 9:00 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 Salisbury Steak w/ Gravy</p>	<p>25 9:15 ZUMBA CLASS 9:30 HEALTH MONITORING 10:30 ESL CLASS II 10:30 KOREAN FOLK DANCE II 1:00 CHESS & CHECKERS Tuna Salad w/ Lettuce Leaf</p>	<p>26 8:30 BINGO 9:30 OSTEOPOROSIS/ZUMBA 10:30 VIDEO CHAIR EXERCISE 1:00 LINE DANCE B Cheese & Spinach Lasagna (10oz)</p>	<p>27 8:30 BINGO 10:00 CIVIC CLASS 12:30 CHORUS II 2:00 KARAOKE SING-A-LONG Chicken Marsala</p>
<p>30 8:30 BINGO 10:00 CHESS & CHECKERS 10:30 ESL CLASS I 12:30 ZUMBA CLASS Egg Salad w/ Lettuce Leaf</p>	<p>31 9:00 SMART PHONE CLASS 9:00 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 Korean BBQ Chicken Leg</p>	