

BERGEN NEW JERSEY *County*

James J. Tedesco III
County Executive

BOARD OF COUNTY COMMISSIONERS

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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

Chong "Paul" Kim, Director
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

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** **February 2024**

February 5th & 26th	Senior Club Meeting - Registration Day	1:30PM
February 6th	The Memory Game w/ Prizes w/ Agata & Dorene	12:30PM
February 8th	Life's Essential 8 Heart Program w/ Bergen County Health Promotion Team	9:30AM
February 14th	Senior Protein Intake Education w/ Dr. Yeong Caleb Kim	11:00AM
February 16th	Korean Chess Competition - One Winner Takes All	12:30PM
February 20th	Hot Cocoa/Earl Grey Tea w/ Cookie Time	12:30PM
February 22nd	February Birthday Party	11:30AM
February 29th	Hand Massage w/ Agata & Doreen	9:30AM - 11:30AM



AMERICAN HEART MONTH FEATURING

BERGEN COUNTY
HEALTH SERVICES:


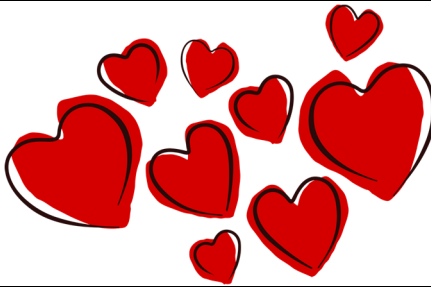



LIFE'S ESSENTIAL EIGHT
HEART HEALTH PRESENTATION

For the month of February, Bergen County Health Services will present at all ten county-operated centers.

The 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>February is American Heart Month</p> 						<p>1</p> <p>8:30 BINGO 9:00 CHAIR EXERCISE 10:00 OSTEOPOROSIS EXER. /ZUMBA 1:00 WATER PAINTING II 1:00 LINE DANCE II 2:00 CHESS & CHECKERS 2:10 COUPLE DANCE</p> <p style="text-align: center;">Chicken Piccata</p>		<p>2</p> <p>8:30 BINGO 9:30 CHAIR EXERCISE 10:00 CIVIC CLASS 12:30 CHORUS II 2:10 KOREAN FOLK DANCE</p> <p style="text-align: center;">Ham Steak</p>	
<p>5</p> <p>8:30 BINGO 9:30 CHAIR EXERCISE 10:30 ESL CLASS I 12:30 ZUMBA CLASS 1:00 WATER PAINTING I 1:30 SENIOR CLUB MEETING</p> <p style="text-align: center;">Homestyle Meatloaf w/ Gravy</p>		<p>6</p> <p>9:00 SMART PHONE CLASS 10:00 TAI CHI BALANCE CLASS 10:30 ESL CLASS I 12:30 THE MEMORY GAME 12:30 KOREAN FOLK DANCE I 1:00 SMART PHONE CLASS 2:00 LINE DANCING I</p> <p style="text-align: center;">Turkey & Swiss</p>		<p>7</p> <p>9:15 ZUMBA CLASS 10:30 CHAIR EXERCISE 10:30 ESL CLASS II 12:30 CHORUS I 1:00 CHESS & CHECKERS 2:10 LINE DANCE I (BEGINNER)</p> <p style="text-align: center;">Korean BBQ Chicken Leg</p>		<p>8</p> <p>8:30 BINGO 9:00 CHAIR EXERCISE 9:30 HEART HEALTH PROGRAM 10:00 OSTEOPOROSIS EXER. /ZUMBA 1:00 WATER PAINTING II 1:00 LINE DANCE II 2:00 CHESS & CHECKERS 2:10 COUPLE DANCE</p> <p style="text-align: center;">Pulled Pork</p>		<p>9</p> <p>8:30 BINGO 9:30 CHAIR EXERCISE 10:00 CIVIC CLASS 12:30 CHORUS II 2:10 KOREAN FOLK DANCE</p> <p style="text-align: center;">Pepper Steak</p>	
<p>12</p> <p>8:30 BINGO 9:30 CHAIR EXERCISE 10:30 ESL CLASS I 1:00 WATER PAINTING I 12:30 ZUMBA CLASS</p> <p style="text-align: center;">Egg Salad on Pumpernickel</p>		<p>13</p> <p>9:00 SMART PHONE CLASS 10:00 TAI CHI BALANCE CLASS 10:30 ESL CLASS I 12:30 KOREAN FOLK DANCE I 2:00 LINE DANCING I</p> <p style="text-align: center;">Chicken Marsala</p>		<p>14</p> <p>9:15 ZUMBA CLASS 10:30 CHAIR EXERCISE 10:30 ESL CLASS II 11:00 SENIOR PROTEIN INTAKE EDU. 12:30 CHORUS I 1:00 CHESS & CHECKERS 2:10 LINE DANCE I (BEGINNER)</p> <p style="text-align: center;">Eggplant Rollatini</p> 		<p>15</p> <p>8:30 BINGO 9:00 CHAIR EXERCISE 10:00 OSTEOPOROSIS EXER. /ZUMBA 1:00 WATER PAINTING II 1:00 LINE DANCE II 2:00 CHESS & CHECKERS 2:10 COUPLE DANCE</p> <p style="text-align: center;">Cheeseburger</p>		<p>16</p> <p>8:30 BINGO 9:30 CHAIR EXERCISE 10:00 CIVIC CLASS 12:30 CHORUS II 12:30 KOREAN CHESS COMPETITION 2:10 KOREAN FOLK DANCE</p> <p style="text-align: center;">Beer Battered Fish</p>	
<p>19</p> <p style="text-align: center;">CENTER CLOSED</p>  <p style="text-align: center;">President's Day</p>		<p>20</p> <p>9:00 SMART PHONE CLASS 10:00 TAI CHI BALANCE CLASS 10:30 ESL CLASS I 12:30 HOT COCOA/TEA & COOKIE 12:30 KOREAN FOLK DANCE I 2:00 LINE DANCING I</p> <p style="text-align: center;">Roast Turkey Sandwich w/ Cheddar</p>		<p>21</p> <p>9:15 ZUMBA CLASS 10:30 CHAIR EXERCISE 10:30 ESL CLASS II 12:30 CHORUS I 1:00 CHESS & CHECKERS 2:10 LINE DANCE I (BEGINNER)</p> <p style="text-align: center;">Pork Loin w/ Gravy</p>		<p>22</p> <p>8:30 BINGO 9:00 CHAIR EXERCISE 10:00 OSTEOPOROSIS EXER. / ZUMBA 11:30 FEBRUARY BIRTHDAY PARTY 1:00 WATER PAINTING II 1:00 LINE DANCE II 2:00 CHESS & CHECKERS 2:10 COUPLE DANCE</p> <p style="text-align: center;">Sesame Chicken</p> 		<p>23</p> <p>8:30 BINGO 9:30 CHAIR EXERCISE 10:00 CIVIC CLASS 12:30 CHORUS II 2:10 KOREAN FOLK DANCE</p> <p style="text-align: center;">Spinach Quiche</p>	
<p>26</p> <p>8:30 BINGO 9:30 CHAIR EXERCISE 10:00 CHESS & CHECKERS 10:30 ESL CLASS I 12:30 ZUMBA CLASS 1:00 WATER PAINTING I 1:30 SENIOR CLUB MEETING</p> <p style="text-align: center;">Stuffed Cabbage</p>		<p>27</p> <p>9:00 SMART PHONE CLASS 10:00 TAI CHI BALANCE CLASS 10:30 ESL CLASS I 12:30 KOREAN FOLK DANCE I 2:00 LINE DANCING I</p> <p style="text-align: center;">Tuna Salad on Whole Wheat</p>		<p>28</p> <p>9:15 ZUMBA CLASS 10:30 CHAIR EXERCISE 10:30 ESL CLASS II 12:30 CHORUS I 1:00 CHESS & CHECKERS 2:10 LINE DANCE I (BEGINNER)</p> <p style="text-align: center;">Chicken Florentine</p>		<p>29</p> <p>8:30 BINGO 9:00 CHAIR EXERCISE 9:30 HAND MASSAGE 10:00 OSTEOPOROSIS EXER. /ZUMBA 1:00 WATER PAINTING II 1:00 LINE DANCE II 2:00 CHESS & CHECKERS 2:10 COUPLE DANCE</p> <p style="text-align: center;">Cranberry Glazed Turkey Meatballs</p>		<p>Suggested Lunch Donation: \$1.25 Per Meal</p> <p>Please reserve lunch by 11:30 AM the day before</p>	