



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



James J. Tedesco III, County Executive

PALISADES PARK SENIOR ACTIVITY CENTER
Bergen County Department of Human Services
Division of Senior Services/ADRC
March 2024




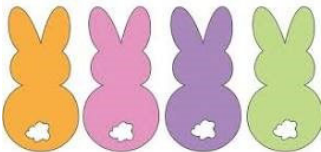
March 4th & 18th	Senior Club Meeting	1:30PM
March 12th	Bingo Competition	11:30AM
March 15th	Movie and Popcorn - The Notebook	1:30PM
March 18th	Senior Fall Prevention w/ Braven Health	10:00AM
March 18th	St. Patrick's Day Celebration	12:00PM
March 20th	Senior Seasonal Health Education w/ Dr. Kim	11:00AM
March 21st	March Birthday Party	12:00PM
March 28th	Therapeutic Hand Massage w/ Agata & Doreen	9:30AM
March 31st	Spring Luncheon at Garfield Senior Center <i>Registration Required (973) 478-0502 or email garfieldcenter@co.bergen.nj.us</i>	10:00AM- 2:00PM



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
<div>Suggested Lunch Donation: \$1.25 Per Meal</div> <div>Please reserve lunch by 11:30 AM the day before</div>				<div>1</div> <div>8:30 BINGO 9:30 CHAIR EXCERCISE 12:30 CHORUS II 2:10 KOREAN FOLK DANCE</div> <div>Eggplant Rollatini</div>
<div>4</div> <div>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</div> <div>Swedish Meatballs</div>	<div>5</div> <div>9:00 SMART PHONE CLASS 10:00 TAI CHI BALANCE CLASS 12:30 KOREAN FOLK DANCE I 2:00 LINE DANCING I</div> <div>Grilled Chicken w/ Roasted Pepper</div>	<div>6</div> <div>9:15 ZUMBA CLASS 11:00 CHAIR EXERCISE 12:30 CHORUS I 1:00 CHESS & CHECKERS 2:10 LINE DANCE I (BEGINNER)</div> <div>Homestyle Meatloaf w/ Gravy</div>	<div>7</div> <div>8:30 BINGO 9:00 CHAIR EXCERCISE 10:00 OSTEOPOROSIS EXERCISE/ ZUMBA 1:00 WATER PAINTING II 1:00 LINE DANCE II 2:00 CHESS & CHECKERS 2:10 COUPLE DANCE</div> <div>LS Ham Steak</div>	<div>8</div> <div>8:30 BINGO 9:30 CHAIR EXCERCISE 12:30 CHORUS II 2:10 KOREAN FOLK DANCE</div> <div>Beer Battered Fish</div>
<div>11</div> <div>8:30 BINGO 9:30 CHAIR EXERCISE 10:30 ESL CLASS I 1:00 WATER PAINTING I 12:30 ZUMBA CLASS</div> <div>Sweet Chicken Sausage</div>	<div>12</div> <div>9:00 SMART PHONE CLASS 10:00 TAI CHI BALANCE CLASS 11:30 BINGO COMPETITION 12:30 KOREAN FOLK DANCE I 2:00 LINE DANCING I</div> <div>Stuffed Cabbage</div>	<div>13</div> <div>9:15 ZUMBA CLASS 11:00 CHAIR EXERCISE 12:30 CHORUS I 1:00 CHESS & CHECKERS 2:10 LINE DANCE I (BEGINNER)</div> <div>Korean BBQ Chicken Leg</div>	<div>14</div> <div>8:30 BINGO 9:00 CHAIR EXCERCISE 10:00 OSTEOPOROSIS EXERCISE/ ZUMBA 1:00 WATER PAINTING II 1:00 LINE DANCE II 2:00 CHESS & CHECKERS 2:10 COUPLE DANCE</div> <div>Hamburger</div>	<div>15</div> <div>8:30 BINGO 9:30 CHAIR EXCERCISE 12:30 CHORUS II 1:30 MOVIE & POPCORN 2:10 KOREAN FOLK DANCE</div> <div>Tuna Salad on Romaine Lettuce</div>
<div>18</div> <div>8:30 BINGO 9:30 CHAIR EXERCISE 10:00 FALL PREVENTION CLASS 10:30 ESL CLASS I 1:00 WATER PAINTING I 12:00 ST. PATRICK'S CELEBRATION 12:30 ZUMBA CLASS 1:30 SENIOR CLUB MEETING</div> <div>Corned Beef</div>	<div>19</div> <div>9:00 SMART PHONE CLASS 10:00 TAI CHI BALANCE CLASS 12:30 KOREAN FOLK DANCE I 2:00 LINE DANCING I</div> <div>Pork Tenderloin w/ Gravy</div>	<div>20</div> <div>9:15 ZUMBA CLASS 11:00 SEASONAL HEALTH EDUCATION 12:30 CHORUS I 1:00 CHESS & CHECKERS 2:10 LINE DANCE I (BEGINNER)</div> <div>Roast Turkey w/ Gravy</div>	<div>21</div> <div>8:30 BINGO 9:00 CHAIR EXCERCISE 10:00 OSTEOPOROSIS EXERCISE/ ZUMBA 12:00 MARCH BIRTHDAY PARTY 1:00 WATER PAINTING II 1:00 LINE DANCE II 2:00 CHESS & CHECKERS 2:10 COUPLE DANCE</div> <div>Shepherd's Pie w/ Mashed Potatoes</div>	<div>22</div> <div>8:30 BINGO 9:30 CHAIR EXCERCISE 12:30 CHORUS II 2:10 KOREAN FOLK DANCE</div> <div>Egg Salad</div>
<div>25</div> <div>8:30 BINGO 9:30 CHAIR EXERCISE 10:30 ESL CLASS I 1:00 WATER PAINTING I 12:30 ZUMBA CLASS</div> <div>Stuffed Peppers</div>	<div>26</div> <div>9:00 SMART PHONE CLASS 10:00 TAI CHI BALANCE CLASS 12:30 KOREAN FOLK DANCE I 2:00 LINE DANCING I</div> <div>Herbed Roasted Chicken Leg</div>	<div>27</div> <div>9:15 ZUMBA CLASS 11:00 CHAIR EXERCISE 12:30 CHORUS I 1:00 CHESS & CHECKERS 2:10 LINE DANCE I (BEGINNER)</div> <div>Baked Ziti & Meatballs</div>	<div>28</div> <div>8:30 BINGO 9:00 CHAIR EXCERCISE 10:00 OSTEOPOROSIS EXERCISE/ ZUMBA 1:00 WATER PAINTING II 1:00 LINE DANCE II 2:00 CHESS & CHECKERS 2:10 COUPLE DANCE</div> <div>Chicken Sausage w/ Onions & Peppers</div>	<div>29</div> <div>GOOD FRIDAY</div> <div></div> <div>CENTER CLOSED</div>