

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

300 Highland Avenue
Palisades Park, NJ, 07650
Phone: (201) 944-5616 • Fax (201) 944-2685

PalisadesParkCenter@bergencountynj.gov

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** **November 2024**

November 5th	Election Day- Center Closed	Closed
November 11th	Veterans Day- Center Closed	Closed
November 6th	Presentation: Snap & Cooking matters w/ Heather	10:30AM
November 6th	Blood Pressure Screenings & Health Consultations w/ Branka Blulic, Palisades Park Health Department.	10:30AM
November 7th	Pottery Class w/ Peter Lagomarsino	10:30AM
November 13th	Hand Massage w/ Agata	10:00AM
November 20th	Presentation: Fraud Education w/ Sung Kim	10:30AM
November 28th	Thanksgiving- Center Closed	Closed
November 29th	Day After Thanksgiving- Center Closed	Closed



Thanksgiving Luncheon

Garfield Senior Activity Center
480 Midland Ave
Garfield, New Jersey, 07026

Thursday, November 28, 2024
10:00 AM - 2:00 PM

To RSVP call 973-478-0502 or email seniors@co.bergen.nj.us





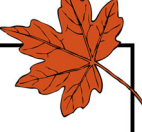

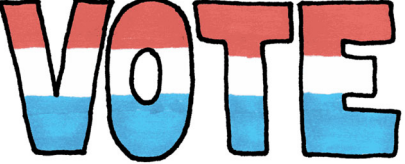



The Senior Activity Center activities and programs are funded by the Bergen County, Division of Senior Services through the Older Americans Act, and are available at no charge for Bergen County residents 60 years old and over.



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.

Palisades Park SENIOR ACTIVITY CENTER

November 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Suggested Lunch Donation: \$1.25 Per Meal Please reserve lunch by 11:30 AM the day before</p> <p>Lunch will Be Served at 11:45AM Daily</p>			<p>1 8:30 BINGO 9:30 CHAIR EXERCISE 10:30 CIVIC CLASS 12:30 CHORUS II 2:10 KOREAN FOLK DANCE</p> <p>Turkey & Cheddar</p>	
<p>4 8:30 BINGO 9:30 LINE DANCE I (BEGINNER) 10:30 ESL CLASS I 12:30 ZUMBA CLASS 1:00 WATER PAINTING I</p>  <p>Cheeseburger</p>	<p>5 Election Day  CENTER CLOSED</p>	<p>6 9:00 ZUMBA CLASS 10:30 BLOOD PRESSURE SCREENINGS 10:30 PRESENTATION: COOKING MATTERS 12:30 CHORUS I 1:00 CHESS & CHECKERS 2:10 LINE DANCE I (BEGINNER)</p> <p>Chicken Salad</p>	<p>7 8:30 BINGO 9:30 OSTEOPOROSIS EXERCISE / ZUMBA 10:30 POTTERY CLASS 11:00 CHAIR EXERCISE 1:00 WATER PAINTING II 1:00 LINE DANCING II 2:10 COUPLE DANCE</p> <p>Roasted Pork Loin w/ Gravy</p>	<p>8 8:30 BINGO 9:30 CHAIR EXERCISE 10:30 CIVIC CLASS 12:30 CHORUS II 2:10 KOREAN FOLK DANCE</p> <p>Herbed Chicken</p>
<p>11  Center Closed</p>	<p>13 10:00 TAI CHI BALANCE CLASS 10:30 ESL CLASS I 12:30 KOREAN FOLK DANCE I 1:00 KOREAN CHECKERS 2:00 LINE DANCING II</p> <p>Homestyle Meatloaf w/ Gravy</p>	<p>13 9:00 ZUMBA CLASS 10:00 HAND MASSAGE 12:30 CHORUS I 1:00 CHESS & CHECKERS 2:10 LINE DANCE I (BEGINNER)</p> <p>Stuffed Peppers</p>	<p>14 8:30 BINGO 9:30 OSTEOPOROSIS EXERCISE / ZUMBA 11:00 CHAIR EXERCISE 1:00 WATER PAINTING II 1:00 LINE DANCING II 2:10 COUPLE DANCE</p> <p>Swedish Meatballs w/ Gravy</p>	<p>15 8:30 BINGO 9:30 CHAIR EXERCISE 10:30 CIVIC CLASS 12:30 CHORUS II 2:10 KOREAN FOLK DANCE</p> <p>Broccoli Stuffed Chicken</p>
<p>18 8:30 BINGO 9:30 LINE DANCE I (BEGINNER) 10:30 ESL CLASS I 12:30 ZUMBA CLASS 1:00 WATER PAINTING I</p> <p>Italian Meatballs w/ Marinara Sauce</p>	<p>19 10:00 TAI CHI BALANCE CLASS 10:30 ESL CLASS I 12:30 KOREAN FOLK DANCE I 1:00 KOREAN CHECKERS 2:00 LINE DANCING II</p> <p>Cheese Omelet</p>	<p>20 9:00 ZUMBA CLASS 10:30 PRESENTATION: FRAUD EDUCATION 12:30 CHORUS I 1:00 CHESS & CHECKERS 2:10 LINE DANCE I (BEGINNER)</p> <p>Korean BBQ Chicken</p>	<p>21 8:30 BINGO 9:30 OSTEOPOROSIS EXERCISE / ZUMBA 11:00 CHAIR EXERCISE 1:00 WATER PAINTING II 1:00 LINE DANCING II 2:10 COUPLE DANCE</p> <p>Ham & Swiss on Whole Wheat</p>	<p>22 8:30 BINGO 9:30 CHAIR EXERCISE 10:30 CIVIC CLASS 12:30 CHORUS II 2:10 KOREAN FOLK DANCE</p> <p>Stuffed Cabbage</p>
<p>25 8:30 BINGO 9:30 LINE DANCE I (BEGINNER) 10:30 ESL CLASS I 12:30 ZUMBA CLASS 1:00 WATER PAINTING I</p> <p>Chicken Marsala</p>	<p>26 10:00 TAI CHI BALANCE CLASS 10:30 ESL CLASS I 12:30 KOREAN FOLK DANCE I 1:00 KOREAN CHECKERS 2:00 LINE DANCING II</p>  <p>Tuna Salad</p>	<p>27 9:00 ZUMBA CLASS 12:30 CHORUS I 1:00 CHESS & CHECKERS 2:10 LINE DANCE I (BEGINNER)</p> <p>Turkey w/ Gravy</p>	<p>28  Thanksgiving Luncheon at Garfield Senior Center 10am—2pm</p>	<p>29 8:30 BINGO 9:30 CHAIR EXERCISE 10:30 CIVIC CLASS 12:30 CHORUS II 2:10 KOREAN FOLK DANCE</p> <p>Center Closed</p> 