



James J. Tedesco III
County Executive

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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) 000-0000

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
January 2024

January 1st	New Year's Day– CENTER CLOSED	
January 8th	Adopt A Pet - Bergen County Animal Shelter	11:00AM
January 10th	Cold Weather Blood Circulation Education - Dr. Kim	11:00AM
January 15th	Martin Luther King Jr. Day - CENTER CLOSED	
January 22nd	Korean Checkers Competition - One Winner Takes All	10:00AM
January 23rd	Hot Cocoa/Earl Grey Tea with Cookie Time	12:30PM
January 24th	Prescription Education / Q&A - Little Ferry Pharmacy/ Gee Yeon	11:00AM
January 25th	Hand Massage - Agata & Doreen	9:30AM - 11:30AM
January 25th	January Birthday Party	11:30AM
January 29th	Movie Day & Popcorn - Ode to My Father (English Subtitle)	1:30PM

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.

BERGEN COUNTY

WISHES YOU A

Happy and Healthy
NEW YEAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>1</div> <div>CENTER CLOSED</div> <div></div>	<div>2</div> <div>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</div> <div>Sweet Sausage (Chicken)</div>	<div>3</div> <div>9:15 ZUMBA CLASS 10:30 ESL CLASS II 12:30 CHORUS I 1:00 CHESS & CHECKERS 2:10 LINE DANCE I (BEGINNER)</div> <div>Cheeseburger w/ Lettuce & Tomato on Whole Wheat Bun</div>	<div>4</div> <div>8:30 BINGO 9:00 CHAIR EXERCISE 10:00 OSTEOPOROSIS EXER. /ZUMBA 1:00 PAINTING WATER COLOR 1:00 LINE DANCE II 2:00 CHESS & CHECKERS 2:10 COUPLE DANCE</div> <div>Korean BBQ Chicken Leg</div>	<div>5</div> <div>8:30 BINGO 9:30 CHAIR EXERCISE 10:00 CIVIC CLASS 12:30 CHORUS II 2:10 KOREAN FOLK DANCE</div> <div>Food Vegan Meatball Marsala</div>
<div>8</div> <div>8:30 BINGO 9:30 CHAIR EXERCISE 10:30 ESL CLASS I 11:00 ADOPT A PET 12:30 ZUMBA CLASS 1:30 SENIOR CLUB</div> <div>Baked Chicken Cutlet w/ Garlic</div>	<div>9</div> <div>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</div> <div>Pork Tenderloin w/ Gravy</div>	<div>10</div> <div>9:15 ZUMBA CLASS 10:30 ESL CLASS II 11:00 BLOOD CIRCULATION EDUCATION 12:30 CHORUS I 1:00 CHESS & CHECKERS 2:10 LINE DANCE I (BEGINNER)</div> <div>Tuna Salad on Romaine</div>	<div>11</div> <div>8:30 BINGO 9:00 CHAIR EXERCISE 10:00 OSTEOPOROSIS EXER. /ZUMBA 1:00 PAINTING WATER COLOR 1:00 LINE DANCE II 2:00 CHESS & CHECKERS 2:10 COUPLE DANCE</div> <div>Stewed Beef Tips</div>	<div>12</div> <div>8:30 BINGO 9:30 CHAIR EXERCISE 10:00 CIVIC CLASS 12:30 CHORUS II 2:10 KOREAN FOLK DANCE</div> <div>Turkey Sloppy Joe on a Whole Wheat Bun</div>
<div>15</div> <div> CENTER CLOSED Martin Luther King Jr. Day </div>	<div>16</div> <div>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</div> <div>Baked BBQ Chicken</div>	<div>17</div> <div>9:15 ZUMBA CLASS 10:30 ESL CLASS II 12:30 CHORUS I 1:00 CHESS & CHECKERS 2:10 LINE DANCE I (BEGINNER)</div> <div>Pulled Pork</div>	<div>18</div> <div>8:30 BINGO 9:00 CHAIR EXERCISE 10:00 OSTEOPOROSIS EXER. /ZUMBA 1:00 PAINTING WATER COLOR 1:00 LINE DANCE II 2:00 CHESS & CHECKERS 2:10 COUPLE DANCE</div> <div>Turkey & Swiss Cheese w/ Romaine on Pumpernickel (2)</div>	<div>19</div> <div>8:30 BINGO 9:30 CHAIR EXERCISE 10:00 CIVIC CLASS 12:30 CHORUS II 2:10 KOREAN FOLK DANCE</div> <div>Baked Ziti & Meatballs w/ Marinara Sauce</div>
<div>22</div> <div>8:30 BINGO 9:30 CHAIR EXERCISE 10:00 KOREAN CHECKERS COMPETITION 10:30 ESL CLASS I 12:30 ZUMBA CLASS 1:30 SENIOR CLUB</div> <div>Baked Egg, Spinach, Onion, & Mushroom Casserole</div>	<div>23</div> <div>9:00 SMART PHONE CLASS 10:00 TAI CHI BALANCE CLASS 10:30 ESL CLASS I 12:30 HOT COCOA/TEA W/ COOKIE 12:30 KOREAN FOLK DANCE I 2:00 LINE DANCING I</div> <div>Homestyle Meatloaf w/ Gravy</div>	<div>24</div> <div>9:15 ZUMBA CLASS 10:30 ESL CLASS II 11:00 PRESCRIPTION EDUCATION CLASS 12:30 CHORUS I 1:00 CHESS & CHECKERS 2:10 LINE DANCE I (BEGINNER)</div> <div>Sesame Chicken</div>	<div>25</div> <div>8:30 BINGO 9:00 CHAIR EXERCISE 9:30 HAND MASSAGE 10:00 OSTEOPOROSIS EXER. /ZUMBA 11:30 JANUARY BIRTHDAY PARTY 1:00 PAINTING WATER COLOR 1:00 LINE DANCE II 2:00 CHESS & CHECKERS 2:10 COUPLE DANCE</div> <div>LS Ham Steak</div>	<div>26</div> <div>8:30 BINGO 9:30 CHAIR EXERCISE 10:00 CIVIC CLASS 12:30 CHORUS II 2:10 KOREAN FOLK DANCE</div> <div>Baked Chicken Cutlet w/ Gravy</div>
<div>29</div> <div>8:30 BINGO 9:30 CHAIR EXERCISE 10:30 ESL CLASS I 12:30 ZUMBA CLASS 1:30 MOVIE DAY & POPCORN</div> <div>Roast Turkey w/ Cheddar, Lettuce & Tomato on Rye (2)</div>	<div>30</div> <div>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</div> <div>Beer Battered Fish</div>	<div>31</div> <div>9:15 ZUMBA CLASS 10:30 ESL CLASS II 12:30 CHORUS I 1:00 CHESS & CHECKERS 2:10 LINE DANCE I (BEGINNER)</div> <div>Eggplant Rollatini</div>	<div></div>	<div>Suggested Lunch Donation: \$1.25 Per Meal</div> <div>Please reserve lunch by 11:30 AM the day before</div>