

# 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 Ave.**  
**Palisades Park, NJ, 07650**  
**Phone: (201)944-5616 • Fax (201) 000-0000**

**Palisades Park @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** **March 2025**

<b>March 5th &amp; 19th</b>	<b>Blood Pressure Screenings</b> w/ Palisades Park Health Department	<b>10:30 AM</b>
<b>March 6th</b>	<b>Presentation: Korean Health Care Services</b> w/ Bergen New Bridge Medical Center	<b>10:30 AM</b>
<b>March 12th</b>	<b>Presentation: Healthy Meal Planning</b> w/ Community Food Bank of NJ	<b>10:30 AM</b>
<b>March 13th</b>	<b>Presentation: Scams &amp; Fraud</b> w/ Bergen County Prosecutor's Office	<b>11:00 AM</b>
<b>March 17th</b>	<b>Around the County:</b> <b>Passport Services &amp; Golden Key Cards for Seniors</b> w/ Bergen County Clerk's Office	<b>11:30 AM</b>
<b>March 20th</b>	<b>Presentation: Heart Health</b> w/ Lisa Lupetti RN	<b>11:00 AM</b>
<b>March 26th</b>	<b>Hand Massages</b> w/ Agata	<b>10:00 AM</b>
<b>March 27th</b>	<b>Presentation: Senior Mental Health and Dementia</b>	<b>11:00 AM</b>

# SPRING LUNCHEON

JOIN US FOR FOOD AND MUSIC ON  
SUNDAY, APRIL 20, 2025  
10:00AM - 2:00PM

**Garfield Senior Activity Center**  
**480 Midland Avenue**  
**Garfield, New Jersey 07026**

**Kindly RSVP with your Senior Activity Center Director**

*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.

Lunch will Be Served at 11:30 Daily

**PALISADES PARK SENIOR ACTIVITY CENTER**

**March 2025**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3 8:30 Bingo 9:30 Line Dancing 10:30 ESL Class 12:30 Zumba Class</p> <p>Roast Turkey w/ Gravy</p>	<p>4 10:00 Tai Chi Balance Class 10:30 ESL Class 12:30 Korean Folk Dance 1:00 Korean Checker's 2:00 Line Dancing</p> <p>Stuffed Cabbage</p>	<p>5 9:00 Zumba Class 10:30 Blood Pressure Screenings 12:30 Chorus I 2:10 Line Dancing</p> <p>Spinach Quiche</p>	<p>6 9:30 Osteoporosis Exercise/Zumba 10:30 Presentation: Korean Health Care Services 11:00 Chair Exercise 1:00 Water Painting 1:00 Line Dancing 2:00 Couple Dance Korean BBQ Chicken Leg</p> <p>Breaded Fish Filet</p>	<p>7 8:30 Bingo 9:30 Chair Exercise 10:30 Civic Class 12:30 Chorus II</p>
<p>10 8:30 Bingo 9:30 Line Dancing 10:30 ESL Class 12:30 Zumba Class 2:00 Couple Dance</p> <p>Salisbury Steak w/ Mushroom Gravy</p>	<p>11 10:00 Tai Chi Balance Class 10:30 ESL Class 12:30 Korean Folk Dance 1:00 Korean Checker's 2:00 Line Dancing</p> <p>Chef Salad</p>	<p>12 9:00 Zumba Class 10:30 Blood Pressure Screenings 10:30 Presentation: Healthy Meal Planning 12:30 Chorus I 2:10 Line Dancing</p> <p>Chicken Florentine</p>	<p>13 9:30 Osteoporosis Exercise/Zumba 11:00 Chair Exercise 11:00 Presentation: Scams &amp; Fraud 1:00 Water Painting 1:00 Line Dancing 2:00 Couple Dance</p> <p>Roast Turkey &amp; Swiss</p>	<p>14 8:30 Bingo 9:30 Chair Exercise 10:30 Civic Class 12:30 Chorus II</p> <p>Eggplant Parmesan</p>
<p>17 8:30 Bingo 9:30 Line Dancing 10:30 ESL Class 11:30 Presentation: Passport Services 12:30 Zumba Class</p> <p>Corned Beef</p>	<p>18 10:00 Tai Chi Balance Class 10:30 ESL Class 12:30 Korean Folk Dance 1:00 Korean Checker's 2:00 Line Dancing</p> <p>Pork Tenderloin w/ Gravy</p>	<p>19 9:00 Zumba Class 10:30 Blood Pressure Screenings 12:30 Chorus I 2:10 Line Dancing</p> <p>Chicken Parmesan</p>	<p>20 9:30 Osteoporosis Exercise/Zumba 11:00 Chair Exercise 11:00 Presentation: Heart Health 1:00 Water Painting 1:00 Line Dancing 2:00 Couple Dance</p> <p>Fish Filet w/ Lemon Sauce</p>	<p>21 8:30 Bingo 9:30 Chair Exercise 10:30 Civic Class 12:30 Chorus II</p> <p>Tuna Noodle Salad</p>
<p>24 8:30 Bingo 9:30 Line Dance 10:30 ESL Class 12:30 Zumba Class 2:00 Couple Dance</p> <p>Homestyle Meatloaf w/ Gravy</p>	<p>25 10:00 Tai Chi Balance Class 10:30 ESL Class 12:30 Korean Folk Dance 1:00 Korean Checker's 2:00 Line Dancing</p> <p>Stuffed Shells</p>	<p>26 9:00 Zumba Class 10:00 Hand Massages 12:30 Chorus I 2:10 Line Dancing</p> <p>Beef Stir Fry</p>	<p>27 9:30 Osteoporosis Exercise/Zumba 11:00 Chair Exercise 11:00 Presentation: Senior Mental Health &amp; Dementia 1:00 Water Painting 1:00 Line Dancing 2:00 Couple Dance Herb Roasted Chicken Leg</p> <p>Egg Salad Platter</p>	<p>28 8:30 Bingo 9:30 Chair Exercise 10:30 Civic Class 12:30 Chorus II</p>
<p>31 8:30 Bingo 9:30 Line Dance 10:30 ESL Class 12:30 Zumba Class</p> <p>Stuffed Peppers</p>				<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 11:30 Daily</p>