

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) 944-2685

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** **February 2025**

February 3rd	Presentation: Bergen County Food Security w/ Patrick Fallon	11:00AM
February 5th	Presentation: Understanding & Managing Medicines w/ Braven Health	10:30AM
February 7th	Presentation: In Home Safety w/ Bergen County Prosecutors Office	10:30AM
February 10th	Presentation: Heart Health w/ United Health Care	1:30PM
February 13th	Presentation: Dementia Seminar w/ Cary Lopez, Act Now Foundation	10:30AM
February 14th	Valentine's Day Party	11:00AM
February 17th	Presidents' Day -Center Closed	All Day
February 19th	Blood Pressure Screening w/ Palisades Park Health Department	10:30AM
February 24th	Korean Checker's Competition	11:00AM
February 26th	Presentation: Heart Health w/ Doctor Lisa, Hackensack Hospital	11:00AM

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.


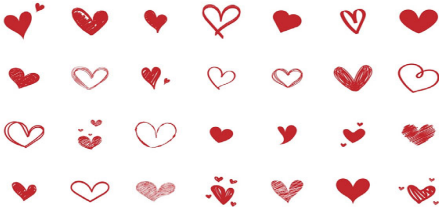



MONDAY

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 11:30 Daily</p>	<p>Continental Breakfast</p> <p>Coffee & Tea Served Daily</p> 		<p>HAPPY</p> 	
<p>3</p> <p>8:30 Bingo 9:30 Line Dancing 10:30 ESL Class 11:00 Presentation: Bergen County Food Security 12:30 Zumba Class</p> <p>Asian Beef Stir Fry</p>	<p>4</p> <p>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>Chicken Tarragon</p>	<p>5</p> <p>9:00 Zumba Class 10:30 Presentation: Understanding Medicine 12:30 Chorus I 2:10 Line Dancing</p> <p>Tuna Noodle Salad</p>	<p>6</p> <p>8:30 Bingo 9:30 Osteoporosis Exercise/Zumba 11:00 Chair Exercise 1:00 Water Painting 1:00 Line Dancing 2:00 Couple Dance</p> <p>Korean BBQ Leg</p>	<p>7</p> <p>8:30 Bingo 9:30 Chair Exercise 10:30 Presentation: In Home Safety 10:30 Civic Class 12:30 Chorus II</p> <p>Stuffed Cabbage</p>
<p>10</p> <p>8:30 Bingo 9:30 Line Dancing 10:30 ESL Class 12:30 Zumba Class 1:00 Water Painting 1:30 Presentation: Heart Health</p> <p>Lemon Pepper Tilapia</p>	<p>11</p> <p>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>Cheeseburger</p>	<p>12</p> <p>9:00 Zumba Class 11:00 Presentation: Heart Health 12:30 Chorus I 1:00 Chess & Checkers 2:10 Line Dancing</p> <p>Chicken Cordon Bleu</p>	<p>13</p> <p>8:30 Bingo 9:30 Osteoporosis Exercise/Zumba 10:30 Presentation: Act Now 11:00 Chair Exercise 1:00 Water Painting 1:00 Line Dancing 2:00 Couple Dance</p> <p>Roast Turkey w/ Swiss</p>	<p>14</p> <p>8:30 Bingo 9:30 Chair Exercise 10:30 Civic Class 11:00 Valentine's Day Party 12:30 Chorus II</p> <p>Chicken Parmesan</p>
<p>17</p>  <p>Center Closed</p>	<p>18</p> <p>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>Chili Con Carne</p>	<p>19</p> <p>9:00 Zumba Class 10:30 Blood Pressure Screening 11:00 Presentation: Heart Health 12:30 Chorus I 1:00 Chess & Checkers 2:10 Line Dancing</p> <p>Chicken Cranberry Dijon</p>	<p>20</p> <p>8:30 Bingo 9:30 Osteoporosis Exercise/Zumba 11:00 Chair Exercise 1:00 Water Painting 1:00 Line Dancing 2:00 Couple Dance</p> <p>Italian Turkey Sausage</p>	<p>21</p> <p>8:30 Bingo 9:30 Chair Exercise 10:30 Civic Class 12:30 Chorus II</p> <p>Egg Salad Platter</p>
<p>24</p> <p>8:30 Bingo 9:30 Line Dancing 10:30 ESL Class 11:00 Korean Checkers Competition 12:30 Zumba Class 1:00 Water Painting</p> <p>Sliced Pork Loin</p>	<p>25</p> <p>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>Cheese Omelet</p>	<p>26</p> <p>9:00 Zumba Class 11:00 Presentation: Heart Health 12:30 Chorus I 1:00 Chess & Checkers 2:10 Line Dancing</p> <p>Potato Crusted Pollack</p>	<p>27</p> <p>8:30 Bingo 9:30 Osteoporosis Exercise/Zumba 11:00 Chair Exercise 1:00 Water Painting 1:00 Line Dancing 2:00 Couple Dance</p> <p>Stuffed Peppers</p>	<p>28</p> <p>8:30 Bingo 9:30 Chair Exercise 10:30 Civic Class 12:30 Chorus II</p> <p>Homestyle Meatloaf w/ Gravy</p>