

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

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

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** **April 2024**

April 1st	Senior Heart Health Education w/ Melissa Damcevaska, Braven Health	10:00AM
April 11th	Lunch Time Bingo Competition	11:30AM
April 15th	Bingo Competition	1:30PM
April 17th	Senior Home Safety - Officer Shelly Shepard / County Sheriff's Department	10:30AM
April 19th	Understanding Memory Loss - ACT Now Foundation	10:00AM
April 22nd	Senior Scam Education - BCPO Sgt. Min Pak	11:30AM
April 25th	April Birthday Party	12:00PM
April 25th	Hand Massage Therapy - Agata and Dorene	1:30PM
April 29th	Free Memory Screening - Enroll Now/ACT Now Foundation	9:30AM

Caregivers Conference

Thursday, April 11th
5:00 PM - 9:00 PM

Bergen County Administration Building
Multi-Purpose Room



To RSVP Call 201-336-7400 or
Email seniors@co.bergen.nj.us

SAVE THE DATE

Public Hearing on the Needs of Older Adults

Tuesday, April 30th
8:30 AM - 11:30 AM

Bergen County Administration Building
Public Meeting Room (5th floor)

To RSVP Call 201-336-7417 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.

Lunch Served Daily at 11:45

PALISADES PARK SENIOR ACTIVITY CENTER

April 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1 8:30 Bingo 9:30 Chair Exercise 10:00 Heart Health Education 10:30 ESL Class I 12:30 Zumba Class 1:00 Water Painting I</p> <p>Pork Loin w/ Gravy</p>	<p>2 9:00 Smart Phone Class 10:00 Tai-Chi Class 10:30 ESL Class I 12:30 Korean Folk Dance I 2:00 Line Dancing I</p> <p>Chicken Cordon Bleu</p>	<p>3 9:15 Zumba Class 11:00 Chair Exercise 12:30 Chorus I 1:00 Chess & Checkers 2:10 Line Dancing I (Beginner)</p> <p>Homestyle Meatloaf w/ Gravy</p>	<p>4 8:30 Bingo 8:30 Chair Exercise 9:30 Osteoporosis Exercise/ Zumba 1:00 Water Painting II 1:00 Line Dance II 2:00 Chess & Checkers 1:30 Couples Dance</p> <p>Stuffed Cabbage</p>	<p>5 8:30 Bingo 9:00 Chair Exercise 12:30 Chorus II 2:10 Korean Folk Dance</p> <p>Turkey & Swiss</p>
<p>8 8:30 Bingo 9:30 Chair Exercise 10:30 ESL Class I 12:30 Zumba Class 1:00 Water Painting I 1:30 Couples Dance</p> <p>Korean BBQ Chicken Leg</p>	<p>9 9:00 Smart Phone Class 10:00 Tai-Chi Class 10:30 ESL Class I 12:30 Korean Folk Dance I 2:00 Line Dancing I</p> <p>Egg Salad</p>	<p>10 9:15 Zumba Class 11:00 Chair Exercise 12:30 Chorus I 1:00 Chess & Checkers 2:10 Line Dancing I (Beginner)</p> <p>LS Ham Steak</p>	<p>11 8:30 Bingo 8:30 Chair Exercise 9:30 Osteoporosis Exercise/ Zumba 11:30 Lunch Time Bingo Competition 1:00 Water Painting II 1:00 Line Dance II 2:00 Chess & Checkers 1:30 Couples Dance</p> <p>Salisbury Steak</p>	<p>12 8:30 Bingo 9:00 Chair Exercise 12:30 Chorus II 2:10 Korean Folk Dance</p> <p>Chicken Parmesan</p>
<p>15 8:30 Bingo 9:30 Chair Exercise 10:30 ESL Class I 12:30 Zumba Class 1:00 Water Painting 1:30 Couples Dance</p> <p>Stuffed Peppers (Turkey)</p>	<p>16 9:00 Smart Phone Class 10:00 Tai-Chi Class 10:30 ESL Class I 12:30 Korean Folk Dance I 2:00 Line Dancing I</p> <p>Roast Beef w/ Gravy</p>	<p>17 9:15 Zumba Class 11:00 Chair Exercise 12:30 Chorus I 1:00 Chess & Checkers 2:10 Line Dancing I (Beginner)</p> <p>Tuna Salad Platter</p>	<p>18 8:30 Bingo 8:30 Chair Exercise 9:30 Osteoporosis Exercise/ Zumba 1:00 Water Painting II 1:00 Line Dance II 2:00 Chess & Checkers 1:30 Couples Dance</p> <p>Cheeseburger</p>	<p>19 8:30 Bingo 9:00 Chair Exercise 12:30 Chorus II 2:10 Korean Folk Dance</p> <p>Eggplant Rollatini</p>
<p>22 8:30 Bingo 9:30 Chair Exercise 10:30 ESL Class I 12:30 Zumba Class 1:00 Water Painting I 1:30 Bingo Competition</p> <p>Herb Roasted Chicken Leg</p>	<p>23 9:00 Smart Phone Class 10:00 Tai-Chi Class 10:30 ESL Class I 12:30 Korean Folk Dance I 2:00 Line Dancing I</p> <p>Cheese Omelet</p>	<p>24 9:15 Zumba Class 11:00 Chair Exercise 12:30 Chorus I 1:00 Chess & Checkers 2:10 Line Dancing I (Beginner)</p> <p>Baked Ziti w/ Meatballs</p>	<p>25 8:30 Bingo 8:30 Chair Exercise 9:30 Osteoporosis Exercise/ Zumba 12:00 April Birthday Party 1:00 Water Painting II 1:00 Line Dance II 2:00 Chess & Checkers 1:30 Couples Dance</p> <p>Chicken Piccata</p>	<p>26 8:30 Bingo 9:30 Chair Exercise 10:00 Presentation: Memory Loss 12:30 Chorus II 2:10 Korean Folk Dance</p> <p>Swedish Meatballs</p>
<p>29 8:30 Bingo 9:30 Chair Exercise 10:30 ESL Class I 12:30 Zumba Class 1:00 Water Painting I</p> <p>Chicken Cacciatore</p>	<p>30 9:00 Smart Phone Class 10:00 Tai-Chi Class 10:30 ESL Class I 12:30 Korean Folk Dance I 2:00 Line Dancing I</p> <p>Beer Battered Fish</p>		<p>Suggested Lunch Donation:</p> <p>\$1.25 Per Meal</p> <p>Please reserve lunch by 11:30 AM the day before</p> <p>Lunch will Be Served at 11:45 Daily</p>	