

BERGEN NEW JERSEY *County*

James J. Tedesco III
County Executive

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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

PalisadesPark@bergencountynj.gov

Open: Monday - Friday, 8:00AM - 3:30PM

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PALISADES PARK SENIOR ACTIVITY CENTER Bergen County Department of Human Services Division of Senior Services/ADRC December 2024

December 4th	Presentation: Act Now Foundation w/ Linda & Katia	10:30 AM
December 11th	Presentation: Healthy Skin & Nutrition w/ Vivian Huh, New Bridge	10:30 AM
December 18th	Presentation: Brain Injury w/ Rachel Ishak	10:30 AM
December 19th	Hand Massage w/ Agata	11:00 AM
December 23rd	Movie Day : A Christmas Story	11:30 AM
December 25	Center Closed	All Day
December 27	Korean Checkers Competition	11:30 AM
December 30th	Diamond Art Class w/ Agata	2:00 PM

Please Note Center will be closed Wednesday, January 1, 2025

Holiday Luncheon

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

Wednesday, December 25, 2024
10:00 AM - 2:00 PM

To RSVP call 973-478-0502 or email seniors@bergencountynj.gov



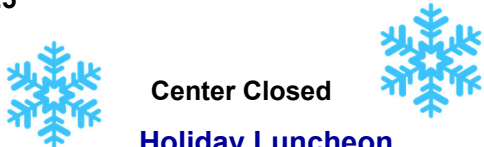


The Senior Activity Center activities and programs are funded by the Bergen County, Division of Senior Services through the Older Americans Act, and are available at no charge for Bergen County residents 60 years old and over.



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

December 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2 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 style="text-align: center;">Turkey & Red Bean Chili</p>	<p>3 10:00 TAI CHI BALANCE CLASS 10:30 ESL CLASS I 12:30 KOREAN FOLK DANCE I 1:00 KOREAN CHECKER'S 2:00 LINE DANCING II</p> <p style="text-align: center;">Eggplant Rollatini</p>	<p>4 9:00 ZUMBA CLASS 10:30 BLOOD PRESSURE CHECK 10:30 PRESENTATION:ACT NOW FOUNDATION 12:30 CHORUS I 1:00 CHESS & CHECKERS 2:10 LINE DANCE I (BEGINNER)</p> <p style="text-align: center;">Chicken Piccata</p>	<p>5 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 style="text-align: center;">Pork Lion w / Gravy</p>	<p>6 8:30 BINGO 9:30 CHAIR EXERCISE 10:30 CIVIC CLASS 12:30 CHORUS II 2:10 KOREAN FOLK DANCE</p> <p style="text-align: center;">Egg Salad Platter w / Romaine</p>
<p>9 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 style="text-align: center;">Cheeseburger</p>	<p>10 10:00 TAI CHI BALANCE CLASS 10:30 ESL CLASS I 12:30 KOREAN FOLK DANCE I 1:00 KOREAN CHECKER'S 2:00 LINE DANCING II</p> <p style="text-align: center;">Korean BBQ Chicken Leg</p>	<p>11 9:00 ZUMBA CLASS 10:30 BLOOD PRESSURE CHECK 10:30 PRESENTATION: HEALTY SKIN & NUTRITION 12:30 CHORUS I 1:00 CHESS & CHECKERS 2:10 LINE DANCE I (BEGINNER)</p> <p style="text-align: center;">Salisbury Steak w / Gravy</p>	<p>12 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 style="text-align: center;">Chicken Francese</p>	<p>13 8:30 BINGO 9:30 CHAIR EXERCISE 10:30 CIVIC CLASS 12:30 CHORUS II 2:10 KOREAN FOLK DANCE</p> <p style="text-align: center;">Balsamic Chicken w / Red Peppers</p>
<p>16 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 style="text-align: center;">Turkey & Swiss on Whole Wheat</p>	<p>17 10:00 TAI CHI BALANCE CLASS 10:30 ESL CLASS I 12:30 KOREAN FOLK DANCE I 1:00 KOREAN CHECKER'S 2:00 LINE DANCING II</p> <p style="text-align: center;">Italian Meatballs w / Ziti Marinara</p>	<p>18 9:00 ZUMBA CLASS 10:30 BLOOD PRESSURE CHECK 10:30 PRESENTATION: BRAIN INJURY 12:30 CHORUS I 1:00 CHESS & CHECKERS 2:10 LINE DANCE I (BEGINNER)</p> <p style="text-align: center;">Cheese Omelet</p>	<p>19 8:30 BINGO 9:30 OSTEOPOROSIS EXERCISE/ ZUMBA 11:00 CHAIR EXERCISE 11:00 HAND MASSAGE 1:00 WATER PAINTING II 1:00 LINE DANCING II 2:10 COUPLE DANCE</p> <p style="text-align: center;">Chicken Florentine</p>	<p>20 8:30 BINGO 9:30 CHAIR EXERCISE 10:30 CIVIC CLASS 11:30 HOLIDAY PARTY 12:30 CHORUS II 2:10 KOREAN FOLK DANCE</p> <p style="text-align: center;">Chicken Marsala</p>
<p>23 8:30 BINGO 9:30 LINE DANCE I (BEGINNER) 10:30 ESL CLASS I 11:30 MOVIE DAY: A CHRISTMAS STORY 12:30 ZUMBA CLASS 1:00 WATER PAINTING I</p> <p style="text-align: center;">Fish w / Lemon Pepper Sauce</p>	<p>24 10:00 TAI CHI BALANCE CLASS 10:30 ESL CLASS I 12:30 KOREAN FOLK DANCE I 1:00 KOREAN CHECKER'S 2:00 LINE DANCING II</p> <p style="text-align: center;">Stuffed Cabbage</p>	<p> Center Closed Holiday Luncheon Garfield Senior Center 10am-2pm</p>	<p>26 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 style="text-align: center;">Chicken Fettuccini Alfredo</p>	<p>27 8:30 BINGO 9:30 CHAIR EXERCISE 10:30 CIVIC CLASS 11:30 KOREAN CHECKERS COMPETITION 12:30 CHORUS II 2:10 KOREAN FOLK DANCE</p> <p style="text-align: center;">Homestyle Meatloaf w / Gravy</p>
<p>30 8:30 BINGO 9:30 LINE DANCE I (BEGINNER) 10:30 ESL CLASS I 12:30 ZUMBA CLASS 1:00 WATER PAINTING I 2:00 DIAMOND ART</p> <p style="text-align: center;">Tuna Salad Platter w / Romaine</p>	<p>31 10:00 TAI CHI BALANCE CLASS 10:30 ESL CLASS I 12:30 KOREAN FOLK DANCE I 1:00 KOREAN CHECKER'S 2:00 LINE DANCING II</p> <p style="text-align: center;">Roasted Chicken Leg</p>	<p> happy holidays!</p>	<p style="text-align: center;">Continental Breakfast</p> <p style="text-align: center;">Coffee and tea served daily at the center</p> <div style="text-align: right;">  </div>	<p style="text-align: center;">Suggested Lunch Donation: \$1.25 Per Meal Please reserve lunch by 11:30 AM the day before</p> <p style="text-align: center;">Lunch will Be Served at 11:30 Daily</p>