

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

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PALISADES PARK SENIOR ACTIVITY CENTER **Bergen County Department of Human Services** **Division of Senior Services/ADRC** **April 2025**

April 7	Around the County: Passport Services & Golden Key Cards for Seniors w/ Bergen County Clerk's Office	10:30 AM
April 9	Presentation: Palisades Park Library w/ Esperanza, Director, Palisades Park Library	10:00 AM
April 10	Presentation: Alzheimer's and Depression w/ Cary Lopez, Act Now	10:30 AM
April 17	Presentation: Checks, Bills, and Finances w/ Alexandra Kritikes, LSW, Brightside	10:30 AM
April 18	Center Closed: Good Friday	All Day
April 28	Presentation: Understanding Medication Labels w/ Melissa, Braven Health	10:30 AM
April 30	Blood Pressure Screenings w/ Nurse Lisa, HMUC	10:00 AM

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>1 10:00 Tai Chi Balance Class 10:30 ESL Class 12:30 Korean Folk Dance 2:00 Line Dance</p> <p>Chicken Florentine</p>	<p>2 9:00 Zumba Class 12:30 Chorus I 2:10 Line Dance</p> <p>Tuna Salad Platter</p>	<p>3 9:30 Osteoporosis Exercise/ Zumba 1:00 Water Painting 1:00 Line Dance 2:00 Couple Dance</p> <p>Hungarian Goulash</p>	<p>4 8:30 Bingo 9:30 Chair Exercise 10:30 Civic Class 12:30 Chorus II</p> <p>Manicotti with Tomato Sauce</p>
<p>7 8:30 Bingo 9:30 Line Dancing 10:30 ESL Class 10:30 Presentation: Senior Golden Key Card & Passport Services 12:30 Zumba Class</p> <p>Jamaican Jerk Chicken</p>	<p>8 10:00 Tai Chi Balance Class 10:30 ESL Class 12:30 Korean Folk Dance 2:00 Line Dance</p> <p>Pork Loin with Gravy</p>	<p>9 9:00 Zumba Class 10:00 Presentation: Palisades Park Library 12:30 Chorus I 2:10 Line Dance</p> <p>Oven Roasted Turkey Breast</p>	<p>10 9:30 Osteoporosis Exercise/ Zumba 10:30 Presentation: Alzheimer's and Depression 1:00 Water Painting 1:00 Line Dancing 2:00 Couple Dance</p> <p>Chicken Parmesan</p>	<p>11 8:30 Bingo 9:30 Chair Exercise 10:30 Civic Class 12:30 Chorus II</p> <p>Seafood Salad Platter</p>
<p>14 8:30 Bingo 9:30 Line Dance 10:30 ESL Class 12:30 Zumba Class 2:00 Couple Dance</p> <p>Homestyle Meatloaf</p>	<p>15 10:00 Tai Chi Balance Class 10:30 ESL Class 12:30 Korean Folk Dance 2:00 Line Dance</p> <p>Roast Turkey with Swiss Cheese</p>	<p>16 9:00 Zumba Class 12:30 Chorus I 2:10 Line Dance</p> <p>Chicken Cordon Bleu</p>	<p>17 9:30 Osteoporosis Exercise/ Zumba 10:30 Presentation: Checks, Bills, & Finances 1:00 Water Painting 1:00 Line Dance 2:00 Couple Dance</p> <p>Beef Stir Fry</p>	 <p>Center Closed</p>
<p>21 8:30 Bingo 9:30 Line Dancing 10:30 ESL Class 12:30 Zumba Class</p> <p>Ham Steak with Pineapple</p>	<p>22 10:00 Tai Chi Balance Class 10:30 ESL Class 12:30 Korean Folk Dance 2:00 Line Dance</p> <p>Cheese Omelet</p>	<p>23 9:00 Zumba Class 12:30 Chorus I 2:10 Line Dance</p> <p>Meatballs with Marinara</p>	<p>24 9:30 Osteoporosis Exercise/ Zumba 1:00 Water Painting 1:00 Line Dance 2:00 Couple Dance</p> <p>Chef Salad</p>	<p>25 8:30 Bingo 9:30 Chair Exercise 10:30 Civic Class 12:30 Chorus II</p> <p>Korean BBQ Leg</p>
<p>28 8:30 Bingo 9:30 Line Dance 10:30 Presentation: Managing Medication 10:30 ESL Class 12:30 Zumba Class 2:00 Couple Dance</p> <p>Chicken Piccata</p>	<p>29 10:00 Tai Chi Balance Class 10:30 ESL Class 12:30 Korean Folk Dance 2:00 Line Dance</p> <p>Pot Roast</p>	<p>30 9:00 Zumba Class 10:30 Blood Pressure Screenings 12:30 Chorus I 2:10 Line Dance</p> <p>Egg Salad Platter</p>	<p>Continental Breakfast</p> <p>Served Daily</p> <p>Monday—Friday 8:00 am—10:00am</p> 	<p>Suggested Lunch Donation: \$1.25 Per Meal</p> <p>Please reserve lunch by 11:30 AM the day before</p> <p>Lunch will Be Served at 11:30 Daily</p>