



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

**PALISADE PARK  
SENIOR ACTIVITY CENTER**

Stacey Min, Director  
300 Highland Avenue  
Palisade Park, NJ, 07650  
Phone: (201) 944-5616 • Fax (201) 944-2685  
[Palisade Park@bergencountynj.gov](mailto:PalisadePark@bergencountynj.gov)

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



James J. Tedesco III, County Executive

**Palisade Park Senior Activity Center  
Bergen County Department of Human Services  
Division of Senior Services/ADRC  
June 2025**

June 3	<b>Total Brain Health Class</b> w/ Agata	<b>10:30pm</b>
June 4	<b>JEOPARDY</b> w/ Agata	<b>1:30pm</b>
June 5	<b>June Birthday Party Celebration</b>	<b>10:30pm</b>
June 10	<b>Center Closed-</b> Election	<b>CLOSED</b>
June 20	<b>Center Closed–</b> Juneteenth Day Observed	<b>CLOSED</b>
June 25	<b>Hand Massages</b> w/ Agata	<b>10:00am</b>
June 30	<b>Memory Games</b> w/ Agata	<b>10:30am</b>



**Senior Festival**






**Thursday, September 18, 2025**  
Rain Date: Thursday, September 25, 2025  
**10:00AM - 2:00PM**  
**Van Saun County Park, Paramus**



*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
<div>2</div> <div>9:30 ESL 10:30 Mobility Workshop 12:30 Zumba 12:30 Watercolor</div> <div>Roast Turkey with Swiss Cheese</div>	<div>3</div> <div>9:30 ESL 12:30 Korean Dance 1:30 Total Brain Health Class 2:00 Tai Chi</div> <div>Hawaiian Chicken</div>	<div>4</div> <div>9:30 Civic Class 10:30 Smartphone Class 10:30 JEOPARDY 12:30 Chorus 2:10 Line Dance</div> <div>Pork Tenderloin with Gravy</div>	<div>5</div> <div>9:30 Chair Exercise 12:30 Watercolor 1:00 Line Dance 2:10 Couples Dance Class</div> <div>Seafood Salad Platter</div>	<div>6</div> <div>10:30 Yoga/ Stretching 12:30 Calligraphy 2:00 Singa-long</div> <div>Chicken Cordon Bleu</div>
<div>9</div> <div>9:30 ESL 10:30 Mobility Workshop 12:30 Zumba 12:30 Watercolor</div> <div>Stuffed Peppers</div>	<div>10</div> <div></div> <div>Center Closed</div>	<div>11</div> <div>9:30 Civic Class 10:30 Smartphone Class 10:30 Blood Pressure Screenings 12:30 Chorus 2:10 Line Dance</div> <div>Turkey Tacos</div>	<div>12</div> <div>9:30 Chair Exercise 12:30 Watercolor 1:00 Line Dance 2:10 Couples Dance Class</div> <div>Chicken Florentine</div>	<div>13</div> <div>10:30 Yoga/ Stretching 12:30 Calligraphy 2:00 Singa-long</div> <div>Eggplant Parmesan</div>
<div>16</div> <div>9:30 ESL 10:30 Mobility Workshop 12:30 Zumba 12:30 Watercolor</div> <div>Chicken Fettucine Alfredo</div>	<div>17</div> <div>9:30 ESL 12:30 Korean Dance 2:00 Tai Chi</div> <div>Homestyle Meatloaf with Gravy</div>	<div>18</div> <div>9:30 Civic Class 10:30 Smartphone Class 10:30 Blood Pressure Screenings 12:30 Chorus 2:10 Line Dance</div> <div>Jamaican Jerk Chicken Leg</div>	<div>19</div> <div>9:30 Chair Exercise 12:30 Watercolor 1:00 Line Dance 2:10 Couples Dance Class</div> <div>BBQ Pulled Pork Sandwich</div>	<div>20</div> <div></div> <div>Center Closed</div>
<div>23</div> <div>9:30 ESL 10:30 Mobility Workshop 12:30 Zumba 12:30 Watercolor</div> <div>Stuffed Cabbage</div>	<div>24</div> <div>9:30 ESL 12:30 Korean Dance 2:00 Tai Chi</div> <div>Ham Steak with Pineapple</div>	<div>25</div> <div>9:30 Civic Class 10:30 Hand Massages w/ Agata 10:30 Blood Pressure Screenings 12:30 Chorus 2:10 Line Dance</div> <div>Chicken Parmesan</div>	<div>26</div> <div>9:30 Chair Exercise 12:30 Watercolor 1:00 Line Dance 2:10 Couples Dance Class</div> <div>Chef Salad</div>	<div>27</div> <div>10:30 Yoga/ Stretching 12:30 Calligraphy 2:00 Singa-long</div> <div>Pot Roast with Gravy</div>
<div>30</div> <div>9:30 ESL 10:30 Mobility Workshop 12:30 Zumba 12:30 Watercolor</div> <div>Korean BBQ Chicken Leg</div>	<div></div>	<div></div>	<div><div>Continental Breakfast</div><div>Served Daily 8:00am– 11:00am</div><div></div></div>	<div>Suggested Lunch Donation: \$1.25 Per Meal Please reserve lunch by 11:30 AM the day before  Lunch will Be Served at 11:30 Daily</div>