



James J. Tedesco III
County Executive

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DEPARTMENT OF HUMAN SERVICES
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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

Stacey Min, Director
300 Highland Avenue
Palisades Park , NJ, 07650
Phone: (201) 944-5616 • Fax (201) 944-2685

PalisadesParkCenter@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
July 2025

July 3	Presentation: Arm Chair Exercise w/ Bill, Bergen New Bridge Medical Center	10:30am
July 3	July Birthday Celebration	11:30am
July 4	CENTER CLOSED - 4th of JULY	CLOSED
July 8	Presentation: Digital Literacy w/ Melissa, Braven Health	10:30am
July 17	Presentation: Healthy Eating w/ Janet, Holy Name Hospital	11:00am
July 22	Total Brain Health Class w/ Agata	1:30pm



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>Continental Breakfast</div> <div>Served Daily 8:00am– 11:00am</div> <div></div>	<div>1 9:30 ESL 12:30 Korean Dance 2:00 Tai Chi</div> <div>Egg Salad Platter with Spinach</div>	<div>2 9:30 Civic Class 10:30 Smartphone Class 10:30 Blood Pressure Screenings 12:30 Chorus 2:10 Line Dance</div> <div>Roast Turkey with Gravy</div>	<div>3 10:30 Presentation: Arm Chair Exercise 11:30 July Birthday Celebration 12:30 Watercolor 1:00 Line Dance 2:10 Couples Dance Class</div> <div>Beef Hot Dogs</div>	<div>4 </div> <div>Center Closed</div>
<div>7 10:30 Mobility Workshop 12:30 Zumba 12:30 Watercolor</div> <div>Hawaiian Chicken</div>	<div>8 9:30 ESL 10:30 Presentation: Digital Literacy 12:30 Korean Dance 2:00 Tai Chi</div> <div>Stuffed Peppers</div>	<div>9 9:30 Civic Class 10:30 Smartphone Class 10:30 Blood Pressure Screenings 12:30 Chorus 2:10 Line Dance</div> <div>Tuna Noodle Salad over Spinach</div>	<div>10 9:30 Chair Exercise 12:30 Watercolor 1:00 Line Dance 2:10 Couples Dance Class</div> <div>Stuffed Shells</div>	<div>11 10:30 Yoga/ Stretching 12:30 Calligraphy 2:00 Singa-long</div> <div>Cheeseburger</div>
<div>14 10:30 Mobility Workshop 12:30 Zumba 12:30 Watercolor</div> <div>Chicken Cordon Bleu</div>	<div>15 9:30 ESL 12:30 Korean Dance 2:00 Tai Chi</div> <div>Salisbury Steak with Gravy</div>	<div>16 9:30 Civic Class 10:30 Smartphone Class 10:30 Blood Pressure Screenings 12:30 Chorus 2:10 Line Dance</div> <div>BBQ Pulled Pork Sandwich</div>	<div>17 9:30 Chair Exercise 10:30 Presentation: Healthy Eating 12:30 Watercolor 1:00 Line Dance 2:10 Couples Dance Class</div> <div>Chicken Parmesan</div>	<div>18 10:30 Yoga/ Stretching 12:30 Calligraphy 2:00 Singa-long</div> <div>Seafood Salad with Mixed Greens</div>
<div>21 10:30 Mobility Workshop 12:30 Zumba 12:30 Watercolor</div> <div>Homestyle Meatloaf with Gravy</div>	<div>22 9:30 ESL 12:30 Korean Dance 1:30 Total Brain Health Class 2:00 Tai Chi</div> <div>Cheese Omelet</div>	<div>23 9:30 Civic Class 10:30 Smartphone Class 10:30 Blood Pressure Screenings 12:30 Chorus 2:10 Line Dance</div> <div>Eggplant Rollatini</div>	<div>24 9:30 Chair Exercise 12:30 Watercolor 1:00 Line Dance 2:10 Couples Dance Class</div> <div>Turkey and Swiss</div>	<div>25 10:30 Yoga/ Stretching 12:30 Calligraphy 2:00 Singa-long</div> <div>Korean BBQ Chicken Leg</div>
<div>28 10:30 Mobility Workshop 12:30 Zumba 12:30 Watercolor</div> <div>Beer Battered Fish</div>	<div>29 9:30 ESL 10:30 Arts and Crafts 12:30 Korean Dance 2:00 Tai Chi</div> <div>Chicken Florentine</div>	<div>30 9:30 Civic Class 10:30 Smartphone Class 10:30 Blood Pressure Screenings 12:30 Chorus 2:10 Line Dance</div> <div>Chef Salad</div>	<div>31 9:30 Chair Exercise 12:30 Watercolor 1:00 Line Dance 2:10 Couples Dance Class</div> <div>Roast Pork with Gravy</div>	<div>Suggested Lunch Donation: \$1.25 Per Meal Please reserve lunch by 11:30 AM the day before</div> <div>Lunch will Be Served at 11:30 Daily</div>