



James J. Tedesco III
County Executive

BOARD OF COUNTY COMMISSIONERS

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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, 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
August 2025

August 1	Drum Circle w/ Agata	12:30pm
August 5	Presentation: Balance Aerobics w/ Bill, Bergen New Bridge Medical Center	10:30am
August 7	New Class Begins: Archery w/ Bergen Academy High School Archery Club	10:30am
August 7	August Birthday Party	11:30am
August 15	National Liberation Day of Korea Traditional food will be served & games will be played.	2:00pm
August 20	Crafts: Bubble Art w/ Agata	10:15am
August 21	Presentation: Memory Screening w/ Linda, Act Now Foundation	10:30am
August 26	Class: Total Brain Health w/ Agata	1:30pm
August 27	Hand Massages w/ Agata	10:30am








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></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>	<div></div>	<div></div>	<div>1 10:00 Yoga/ Stretching 12:30 Calligraphy Class 12:30 Drum Circle 2:00 Music Class</div> <div>Eggplant Rollatini</div>
<div>4 9:30 ESL 10:30 Mobility Workshop 12:30 Zumba Class 12:30 Watercolor Class</div> <div>Roast Turkey with Gravy</div>	<div>5 9:30 ESL 10:30 Presentation: Balance Aerobics 12:30 Korean Dancing 1:30 Workout with Music</div> <div>Ham Steak with Pineapple</div>	<div>6 9:30 Civic Class 10:15 Smartphone Class 10:30 Blood Pressure Screenings 12:30 Chorus 2:10 Line Dancing</div> <div>Chicken Parmesan</div>	<div>7 9:30 Chair Exercise 10:30 Archery Class 11:30 Birthday Celebration 12:30 Watercolor Class 1:00 Line Dancing 2:10 Couples Dancing</div> <div>Roast Turkey with Swiss</div>	<div>8 10:00 Yoga/ Stretching 12:30 Calligraphy Class 2:00 Music Class</div> <div>Lemon Caper Fish</div>
<div>11 9:30 ESL 10:30 Mobility Workshop 12:30 Zumba Class 12:30 Watercolor Class</div> <div>Herbed Chicken Leg</div>	<div>12 9:30 ESL 10:30 Arts and Crafts 12:30 Korean Dancing 1:30 Workout with Music</div> <div>Stuffed Peppers</div>	<div>13 9:30 Civic Class 10:15 Smartphone Class 10:30 Blood Pressure Screenings 12:30 Chorus 2:10 Line Dancing</div> <div>Korean Beef</div>	<div>14 9:30 Chair Exercise 10:30 Archery Class 12:30 Watercolor Class 1:00 Line Dancing 2:10 Couples Dancing</div> <div>Egg Salad with Spinach</div>	<div>15 10:00 Yoga/ Stretching 12:30 Calligraphy Class 2:00 Celebration: National Liberation Day of Korea</div> <div>BBQ Pork Sandwich</div>
<div>18 9:30 ESL 10:30 Mobility Workshop 12:30 Zumba Class 12:30 Watercolor Class</div> <div>Italian Beef Meatballs</div>	<div>19 9:30 ESL 10:30 Arts and Crafts 12:30 Korean Dancing 1:30 Workout w Music</div> <div>Seafood Salad</div>	<div>20 9:30 Civic Class 10:15 Smartphone Class 10:15 Bubble Art Class 10:30 Blood Pressure Screenings 12:30 Chorus 2:10 Line Dancing</div> <div>Sesame Chicken</div>	<div>21 9:30 Chair Exercise 10:30 Presentation: Memory Screening 12:30 Watercolor Class 1:00 Line Dancing 2:10 Couples Dancing</div> <div>Pot Roast with Gravy</div>	<div>22 10:00 Yoga/ Stretching 12:30 Calligraphy Class 2:00 Music Class</div> <div>Stuffed Cabbage</div>
<div>25 9:30 ESL 10:30 Mobility Workshop 12:30 Zumba Class 12:30 Watercolor Class</div> <div>Chicken Cordon Bleu</div>	<div>26 9:30 ESL 10:30 Arts and Crafts 12:30 Korean Dancing 1:30 Total Brain Health Class</div> <div>Cheeseburger</div>	<div>27 9:30 Civic Class 10:15 Smartphone Class 10:30 Blood Pressure Screenings 10:30 Hand Massages 12:30 Chorus 2:10 Line Dancing</div> <div>Tuna Noodle Salad</div>	<div>28 9:30 Chair Exercise 10:30 Archery Class 12:30 Watercolor 1:00 Line Dancing 2:10 Couples Dancing</div> <div>Beef Hot Dogs</div>	<div>29 10:30 Yoga/ Stretching 12:30 Calligraphy Class 2:00 Music Class</div> <div>Crab Cakes</div>