



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 Ave.
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
September 2025

September 1	Labor Day– Center Closed	ALL DAY
September 4	POW/ MIA Recognition Ceremony w/ Bergen County Veterans Services	11:15am
September 8	Presentation: Scams & Frauds w/ Dennis Niland, Division of Consumer Affairs	2:00pm
September 11	Presentation: Emergency Preparedness w/ Agata, Bergen County Division of Senior Services	12:15pm
September 18	Annual Senior Festival Registration Required. Please call (201) 944-5616	10:00am- 2:00pm
September 19	National Senior Center Month Celebration	10:30am
September 22	Presentation: Services for Seniors w/ Luana, Bergen County	2:00pm
September 29	Presentation: Safe Seniors w/ Harvey Silverstein, Bergen County Senior Services	2:00pm
September 8	*New Class* Learn Foreign Languages w/ Singing	12:30pm
September 10	*New Class* Beginner Guitar Cord Lessons	10:00am
September 12	*New Class* Knitting & Crocheting	2:00pm




Senior Festival

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



When traveling to the Senior Festival we encourage everyone to carpool or use Bergen County Community Transportation.

For more information, please contact
Community Transportation at
(201) 368-5955.

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>1</div> <div></div> <div>Center Closed</div>	<div>2</div> <div>9:30 Smartphone Class 10:00 Tai Chi 12:30 Korean Dance 2:00 Line Dance</div> <div>Stuffed Cabbage</div>	<div>3</div> <div>9:00 Chair Yoga 10:00 Guitar for Beginners 12:30 Chorus 2:00 Couple Dance</div> <div>Korean BBQ Chicken Leg</div>	<div>4</div> <div>9:30 ESL 10:00 Watercolor Class 11:15 POW/ MIA Recognition Ceremony 12:30 Zumba 2:00 Line Dance</div> <div>Tuna Noodle Salad</div>	<div>5</div> <div>9:30 Yoga 12:30 Calligraphy 2:00 Knitting & Crocheting 2:00 Drawing Class</div> <div>Salisbury Steak</div>
<div>8</div> <div>9:30 ESL 10:30 Arts and Crafts 12:30 Learn Foreign Languages w/ Singing 2:00 Presentation: Scams& Frauds</div> <div>Chicken Stir Fry w/ Peppers & Onions</div>	<div>9</div> <div>9:30 Smartphone Class 10:00 Tai Chi 12:30 Korean Dance 2:00 Line Dance</div> <div>Pork Tenderloin w/ Gravy</div>	<div>10</div> <div>9:00 Chair Yoga 10:00 Guitar for Beginners 12:30 Chorus 2:00 Couple Dance</div> <div>Lemon Caper Fish</div>	<div>11</div> <div>9:30 ESL 10:00 Watercolor Class 12:30 Zumba 2:00 Line Dance</div> <div>Roast Turkey & Swiss</div>	<div>12</div> <div>9:30 Yoga 12:30 Calligraphy 2:00 Knitting & Crocheting 2:00 Drawing Class</div> <div>Italian Meatballs w/ Tomato Sauce</div>
<div>15</div> <div>9:30 ESL 10:30 Arts and Crafts 12:30 Learn Foreign Languages w/ Singing</div> <div>BBQ Pulled Pork Sandwich</div>	<div>16</div> <div>9:30 Smartphone Class 10:00 Tai Chi 12:30 Korean Dance 2:00 Line Dance</div> <div>Cheese Omelet</div>	<div>17</div> <div>9:00 Chair Yoga 10:00 Guitar for Beginners 12:30 Chorus 2:00 Couple Dance</div> <div>Beef Teriyaki</div>	<div>18</div> <div>Annual Senior Festival 9:30 ESL 10:00 Watercolor Class 12:30 Zumba 2:00 Line Dance</div> <div>Cheese Ravioli</div>	<div>19</div> <div>9:30 Yoga 10:30 National Senior Center Month Celebration 12:30 Calligraphy 2:00 Knitting & Crocheting</div> <div>Chicken Piccata</div>
<div>22</div> <div>9:30 ESL 10:30 Arts and Crafts 12:30 Learn Foreign Languages w/ Singing 2:00 Presentation: Resources for Seniors</div> <div>Homestyle Meatloaf</div>	<div>21</div> <div>9:30 Smartphone Class 10:00 Tai Chi 12:30 Korean Dance 2:00 Line Dance</div> <div>Egg Salad over Spinach</div>	<div>22</div> <div>9:00 Chair Yoga 10:00 Guitar for Beginners 12:30 Chorus 2:00 Couple Dance</div> <div>Stuffed Peppers</div>	<div>23</div> <div>9:30 ESL 10:00 Watercolor Class 12:30 Zumba 2:00 Line Dance</div> <div>Cheeseburger</div>	<div>24</div> <div>9:30 Yoga 12:30 Calligraphy 2:00 Knitting & Crocheting 2:00 Drawing Class</div> <div>Korean Beef</div>
<div>29</div> <div>9:30 ESL 10:30 Arts and Crafts 12:30 Learn Foreign Languages w/ Singing 2:00 Presentation: Safe Seniors</div> <div>Chicken Fajitas</div>	<div>30</div> <div>9:30 Smartphone Class 10:00 Tai Chi 12:30 Korean Dance 2:00 Line Dance</div> <div>Chicken Cordon Bleu</div>	<div>When traveling to the Senior Festival we encourage everyone to carpool or use Bergen County Community Transportation. For more information, please contact Community Transportation at (201) 368-5955.</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>	<div>Continental Breakfast <i>Served Daily Monday-Friday</i> </div>