



James J. Tedesco III
County Executive

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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

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

PalisadesPark@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
October 2025

October 1	Presentation: Safe Driving David Stamberg, Senior Care Authority	10:30am
October 6	Celebrating Korean Thanksgiving / Chusuk	All Day
October 8,22,29	Blood Pressure Screenings	10:30am
October 13	Center Closed- Columbus/ Indigenous Peoples' Day	All Day
October 15	Craft: Make Pumpkins w/ Agata Halat, Bergen County Senior Services	10:30am
October 20	Presentation: Success in Aging w/ Carey Lopez, Act Now	10:30am
October 24	Presentation: Bergen Bites Back w/ Laura Jean Checki, Bergen County Health Services	10:30am
October 27	Presentation: Embracing Endings w/ Claire Brinkman	2:00pm

Bergen County Department of Human Services,
Division of Senior Services

Caregivers Conference

Saturday, October 4th, 2025
9:00 AM - 2:00 PM

Public Meeting Room (5th floor)
Bergen County Administration Building
One Bergen County Plaza, Hackensack, NJ 07601

To RSVP Call 201-336-7400 or
Email seniors@bergencountynj.gov



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
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	Birthstones: Tourmaline & Opal Birth flower Calendula. 	1 9:00 Chair Yoga 10:00 Guitar for Beginners 10:30 Presentation: Safe Driving 12:30 Chorus 2:00 Couple Dance Eggplant Parmesan	2 9:30 ESL 10:00 Watercolor Class 12:30 Line Dance 2:00 Zumba Ham and Cheddar	3 9:30 Yoga 12:30 Calligraphy 2:00 Knitting & Crocheting 2:00 Drawing Class Salisbury Steak
6 Celebrating Korean Thanksgiving / Chusuk 9:30 ESL 10:30 Arts and Crafts 12:30 Learn Foreign Languages w/ Singing Stuffed Cabbage	7 9:30 Smartphone Class 10:00 Tai Chi 12:30 Korean Dance 2:00 Line Dance Tuna Noodle Salad	8 9:00 Chair Yoga 10:00 Guitar for Beginners 10:30 Blood Pressure Screenings 12:30 Chorus 2:00 Couple Dance Chicken Florentine	9 9:30 ESL 10:00 Watercolor Class 12:30 Line Dance 2:00 Zumba BBQ Pulled Pork Sandwich	10 9:30 Yoga 12:30 Calligraphy 2:00 Knitting & Crocheting 2:00 Drawing Class Roast Turkey with Gravy
13 CENTER CLOSED  Columbus Day	14 9:30 Smartphone Class 10:00 Tai Chi 12:30 Korean Dance 2:00 Line Dance Turkey Tacos	15 9:00 Chair Yoga 10:00 Guitar for Beginners 10:30 Pumpkin Crafts 12:30 Chorus 2:00 Couple Dance Lemon Caper Fish	16 9:30 ESL 10:00 Watercolor Class 12:30 Line Dance 2:00 Zumba Chicken Parmesan	17 9:30 Yoga 12:30 Calligraphy 2:00 Knitting & Crocheting 2:00 Drawing Class Egg Salad Platter
20 9:30 ESL 10:30 Arts and Crafts 10:30 Presentation: Success in Aging 12:30 Learn Foreign Languages w/ Singing Hungarian Goulash	21 9:30 Smartphone Class 10:00 Tai Chi 12:30 Korean Dance 2:00 Line Dance Ham Steak with Pineapple	22 9:00 Chair Yoga 10:00 Guitar for Beginners 10:30 Blood Pressure Screenings 12:30 Chorus 2:00 Couple Dance Italian Meatballs	23 9:30 ESL 10:00 Watercolor Class 12:30 Line Dance 2:00 Zumba Korean BBQ Chicken Leg	24 9:30 Yoga 10:30 Presentation: Bergen Bites Back 12:30 Calligraphy 2:00 Knitting & Crocheting 2:00 Drawing Class Seafood Salad
27 9:30 ESL 10:30 Arts and Crafts 12:30 Learn Foreign Languages w/ Singing 2:00 Presentation: Embracing Endings Pork Tenderloin with Gravy	28 9:30 Smartphone Class 10:00 Tai Chi 12:30 Korean Dance 2:00 Line Dance Bratwurst	29 9:00 Chair Yoga 10:00 Guitar for Beginners 10:30 Blood Pressure Screenings 12:30 Chorus 2:00 Couple Dance Korean Beef	30 9:30 ESL 10:00 Watercolor Class 12:30 Line Dance 2:00 Zumba Chicken Cordon Bleu	31 9:30 Yoga 12:30 Calligraphy 2:00 Knitting & Crocheting 2:00 Drawing Class Stuffed Peppers