

# BERGEN

NEW JERSEY County

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

### PALISADES PARK SENIOR ACTIVITY CENTER

Stacey Min, Director  
300 Highland Ave.  
Palisades Park, NJ 07650  
Phone: (201) 366-7495 • Fax (201) 944-2685

[palisadesparkcenter@bergencountynj.gov](mailto:palisadesparkcenter@bergencountynj.gov)

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

# BERGEN NEW JERSEY

County James J. Tedesco III, County Executive

## PALISADES PARK SENIOR ACTIVITY CENTER Bergen County Department of Human Services Division of Senior Services/ADRC JANUARY 2026

January 1	New Year's Day - Center Closed	Closed
January 5	<b>Presentation: Daily Money Management</b> w/ Alexandra, Brightside Family	10:30 am
January 12	<b>Presentation: Senior Reading</b> w/ Ella, Palisades Park Library	10:30am
January 16	<b>Hand Massages</b> w/ Agata, Bergen County Senior Services	10:30am
January 19	<b>Martin Luther King Jr. Day - Center Closed</b>	Closed
January 22	<b>Presentation: Bone Health &amp; Nutrition</b> w/ Vivian Hun, New Bridge Medical Center	11:00am
January 23	<b>Presentation: Aging Happily</b> w/ Francesca, HUMANA	10:00am
January 26	<b>Making Valentines Cards</b> w/ Agata, Bergen County Senior Services	10:30am

The County of Bergen

Wishes you a

Happy and Healthy  
New Year



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
<p><b>Suggested Lunch Donation: \$1.25 Per Meal</b>  <b>Please reserve lunch by 11:30 AM the day before</b>  <b>Lunch will Be Served at 11:30 Daily</b></p>			<b>1</b>  <b>Center Closed</b>	<b>2</b> 9:00 Yoga 10:00 Arts and Craft 12:30 Korean Calligraphy 12:30 Ping Pong 2:00 Sketch  <b>Stuffed Peppers</b>
<b>5</b> 9:30 Line Dance 10:30 ESL <b>10:30 Presentation: Daily Money Management</b> 12:00 Essay Class 12:30 Zumba  <b>Homestyle Meatloaf w/ Gravy</b>	<b>6</b> 10:00 Happy Art 10:00 Tai Chi 12:00 Korean Dance 1:00 Learning Foreign Languages through singing 2:00 Line Dance  <b>Sliced Pork Loin</b>	<b>7</b> 9:00 Chair Yoga 10:00 Guitar 12:00 Crochet 12:30 Chorus 2:00 Smartphone Class 2:00 Couple Dance  <b>Roast Turkey and Cheddar</b>	<b>8</b> 10:00 Ping Pong 10:30 ESL 12:30 Line Dance 12:30 Watercolor 2:00 Senior Fitness  <b>Chicken Parmesan</b>	<b>9</b> 9:00 Yoga 10:00 Arts and Craft 12:30 Korean Calligraphy 12:30 Ping Pong 2:00 Sketch  <b>Cheese Omelet</b>
<b>12</b> 9:30 Line Dance 10:30 ESL <b>10:30 Presentation: Senior Reading</b> 12:00 Essay Class 12:30 Zumba  <b>Stuffed Cabbage</b>	<b>13</b> 10:00 Happy Art 10:00 Tai Chi 12:00 Korean Dance 1:00 Learning Foreign Languages through singing 2:00 Line Dance  <b>Chicken Marsala</b>	<b>14</b> 9:00 Chair Yoga 10:00 Guitar 12:00 Crochet 12:30 Chorus 2:00 Smartphone Class 2:00 Couple Dance  <b>Ham and Swiss</b>	<b>15</b> 10:00 Ping Pong 10:30 ESL 12:30 Line Dance 12:30 Watercolor 2:00 Senior Fitness  <b>Chicken Fajitas w/ Onions &amp; Peppers</b>	<b>16</b> 9:00 Yoga 10:00 Arts and Craft <b>10:30 Hand Massages</b> 12:30 Korean Calligraphy 12:30 Ping Pong 2:00 Sketch  <b>Cheeseburger w/ Lettuce &amp; Tomato</b>
<b>19</b>  <b>Center Closed</b>	<b>20</b> 10:00 Happy Art 10:00 Tai Chi 12:00 Korean Dance 1:00 Learning Foreign Languages through singing 2:00 Line Dance  <b>Chicken Cordon Bleu</b>	<b>21</b> 9:00 Chair Yoga 10:00 Guitar 12:00 Crochet 12:30 Chorus 2:00 Smartphone Class 2:00 Couple Dance  <b>Salisbury Steak w/ Mushroom Gravy</b>	<b>22</b> 10:30 ESL 11:00 Presentation: Bone Health & Nutrition 12:30 Line Dance 12:30 Watercolor 2:00 Senior Fitness  <b>Seafood Salad Platter</b>	<b>23</b> 9:00 Yoga <b>10:00 Presentation: Aging Happily</b> 12:30 Korean Calligraphy 12:30 Ping Pong 2:00 Sketch  <b>Roast Pork</b>
<b>26</b> 9:30 Line Dance 10:30 ESL <b>10:30 Making Valentines Cards</b> 12:00 Essay Class 12:30 Zumba  <b>Roast Turkey w/ Gravy</b>	<b>27</b> 10:00 Happy Art 10:00 Tai Chi 12:00 Korean Dance 1:00 Learning Foreign Languages through singing 2:00 Line Dance  <b>Italian Beef Meatballs</b>	<b>28</b> 9:00 Chair Yoga 10:00 Guitar 12:00 Crochet 12:30 Chorus 2:00 Smartphone Class 2:00 Couple Dance  <b>Beer Battered Cod</b>	<b>29</b> 10:00 Ping Pong 10:30 ESL 12:30 Line Dance 12:30 Watercolor 2:00 Senior Fitness  <b>Korean BBQ Chicken Leg</b>	<b>30</b> 9:00 Yoga 10:00 Arts and Craft 12:30 Korean Calligraphy 12:30 Ping Pong 2:00 Sketch  <b>Pot Roast with Gravy</b>