



James J. Tedesco, III
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Department of Human Services

Melissa H. DeBartolo, Esq.
Director

Division of Senior Services
Lorraine Joewono
Director

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) 366-7495 Fax (201) 944-2685
palisadesparkcenter@bergencountynj.gov
Open: Monday-Friday, 8:00 AM - 3:30 PM



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
February 2026

February 6	Pesentation: Liver Health w Lenora From Holy Name Hospital	9:30 am
February 13	Lunar New Year Celebration	10:00 am
February 26	Presentation: Social Isolation w Carey Lopez From ACT NOW	10:00 am
February 27	Presentation: Safe Seniors W Harvey Silverstein	10:00 am
February 16	Center Closed– Presidents Day	All Day

The Month of February

comes from the Latin word *februa*, which means “to cleanse.”

February is the shortest month, known for leap years, Presidents Day, Black History Month, Valentine's Day, Groundhog Day, and Lunar New Year. It also is a National Cherry and National Heart month.

It's the only month that can lack a full moon.
A birth stone for February is Amethyst. The traditional flower is Iris.







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>2</div> <div>9:30 Line Dance for Beginners only 10:30 ESL 12:00 Essay Class 1:00 Zumba</div> <div>Korean BBQ Chicken</div>	<div>3</div> <div>10:00 Happy Art 10:00 Tai Chi 12:00 Korean Dance 12:00 Smartphone 1:00 Learning Foreign Languages through Singing 2:00 Line Dance</div> <div>Ham Steak with Pineapple</div>	<div>4</div> <div>9:00 Chair Yoga 10:00 Guitar 12:30 Chorus 2:00 Couple Dance 2:00 Crochet</div> <div>Roast Turkey and Cheddar</div>	<div>5</div> <div>9:00 Ping Pong 10:30 ESL 12:30 Line Dance 12:30 Watercolour 2:00 Senior Fitness</div> <div>Italian Meatballs</div>	<div>6</div> <div>9:00 Yoga 9:30 Presentation: Liver Health w. Lenora from Holy Name 10:00 Arts and Craft 12:30 Korean Calligraphy 12:30 Ping Pong 2:00 Sketch</div> <div>Stuffed Cabbage</div>
<div>9</div> <div>9:30 Line Dance for Beginners only 10:30 ESL 12:00 Essay Class 1:00 Zumba</div> <div>Salisbury Steak</div>	<div>10</div> <div>10:00 Happy Art 10:00 Tai Chi 12:00 Korean Dance 12:00 Smartphone 1:00 Learning Foreign Languages through Singing 2:00 Line Dance</div> <div>Chicken Florentine</div>	<div>11</div> <div>9:00 Chair Yoga 10:00 Guitar 12:00 Chorus 2:00 Couple Dance 2:00 Crochet</div> <div>Chicken Cordon Bleu</div>	<div>12</div> <div>9:00 Ping Pong 10:30 ESL 12:30 Line Dance 12:30 Watercolour 2:00 Senior Fitness</div> <div>Egg Salad Platter</div>	<div>13</div> <div>9:00 Yoga 10:00 Lunar New year Celebration 12:30 Korean Calligraphy 12:30 Ping Pong 2:00 Sketch</div> <div>Chicken Parmesan</div>
<div>16</div> <div></div> <div>Center Closed</div>	<div>17</div> <div>10:00 Happy Art 10:00 Tai Chi 12:00 Korean Dance 12:00 Smartphone 1:00 Learning Foreign Languages through Singing 2:00 Line Dance</div> <div>Sesame Chicken</div>	<div>18</div> <div>9:00 Chair Yoga 10:00 Guitar 12:30 Chorus 2:00 Couple Dance 2:00 Crochet</div> <div>Cheese Omelet</div>	<div>19</div> <div>9:00 Ping Pong 10:30 ESL 12:30 Line Dance 12:30 Watercolour 2:00 Senior Fitness</div> <div>Cheeseburger</div>	<div>20</div> <div>9:00 Yoga 10:00 Arts and Craft 12:30 Korean Calligraphy 12:30 Ping Pong 2:00 Sketch</div> <div>Breaded Fish Filet</div>
<div>23</div> <div>9:30 Line Dance for Beginners only 10:30 ESL 12:00 Essay Class 1:00 Zumba</div> <div>Chicken Tikka Masala</div>	<div>24</div> <div>10:00 Happy Art 10:00 Tai Chi 12:00 Korean Dance 12:00 Smartphone 1:00 Learning Foreign Languages through Singing 2:00 Line Dance</div> <div>Stuffed Peppers</div>	<div>25</div> <div>9:00 Chair Yoga 10:00 Guitar 12:30 Chorus 2:00 Couple Dance 2:00 Crochet</div> <div>Sliced Pork Loin</div>	<div>26</div> <div>9:00 Ping Pong 10:00 Presentation: Social Isolation w.Carey Lopez from ACT Now 10:30 ESL 12:30 Line Dance 12:30 Watercolour 2:00 Senior Fitness</div> <div>Pot Roast</div>	<div>27</div> <div>9:00 Yoga 10:00 Arts and Craft 10:00 Presentation: Safe Seniors w. Harvey Silverstein 12:30 Korean Calligraphy 12:30 Ping Pong 2:00 Sketch</div> <div>Seafood Salad</div>
<div></div>	<div></div>	<div></div>	<div><div>Continental Breakfast</div><div></div></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>