



**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

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.

### 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



**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**

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

### 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.



.HAPPY.  
**Valentine's Day**

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
2 9:30 Line Dance for Beginners only 10:30 ESL 12:00 Essay Class 1:00 Zumba  Korean BBQ Chicken	3 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  Ham Steak with Pineapple	4 9:00 Chair Yoga 10:00 Guitar 12:30 Chorus 2:00 Couple Dance 2:00 Crochet  Roast Turkey and Cheddar	5 9:00 Ping Pong 10:30 ESL 12:30 Line Dance 12:30 Watercolour 2:00 Senior Fitness  Italian Meatballs	6 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  Stuffed Cabbage					
9 9:30 Line Dance for Beginners only 10:30 ESL 12:00 Essay Class 1:00 Zumba  Salisbury Steak	10 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  Chicken Florentine	11 9:00 Chair Yoga 10:00 Guitar 12:00 Chorus 2:00 Couple Dance 2:00 Crochet  Chicken Cordon Bleu	12 9:00 Ping Pong 10:30 ESL 12:30 Line Dance 12:30 Watercolour 2:00 Senior Fitness  Egg Salad Platter	13 9:00 Yoga 10:00 Lunar New year Celebration 12:30 Korean Calligraphy 12:30 Ping Pong 2:00 Sketch  Chicken Parmesan					
16  Center Closed	17 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  Sesame Chicken	18 9:00 Chair Yoga 10:00 Guitar 12:30 Chorus 2:00 Couple Dance 2:00 Crochet  Cheese Omelet	19 9:00 Ping Pong 10:30 ESL 12:30 Line Dance 12:30 Watercolour 2:00 Senior Fitness  Cheeseburger	20 9:00 Yoga 10:00 Arts and Craft 12:30 Korean Calligraphy 12:30 Ping Pong 2:00 Sketch  Breaded Fish Filet					
23 9:30 Line Dance for Beginners only 10:30 ESL 12:00 Essay Class 1:00 Zumba  Chicken Tikka Masala	24 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  Stuffed Peppers	25 9:00 Chair Yoga 10:00 Guitar 12:30 Chorus 2:00 Couple Dance 2:00 Crochet  Sliced Pork Loin	26 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  Pot Roast	27 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  Seafood Salad					
 HAPPY VALENTINE'S DAY			<b>Continental Breakfast</b> 	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					