

# 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*



## KEY TELEPHONE NUMBERS

**Division of Senior Services**  
**Bergen ADRC (formerly NJ EASE)**  
(201) 336-7400  
(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) 336-7495 • 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**  
**March 2026**



<b>March 5</b>	<b>Presentation: Walking And Driving Safety</b> w/ Chris Nowell, E-Z Ride	<b>9:30AM</b>
<b>March 6</b>	<b>Presentation: Maintaining A Healthy Lifestyle</b> w/ Branka Lulic, Palisades Park Health Department	<b>10:00AM</b>
<b>March 11</b>	<b>Presentation: Safe Homes</b> w/ Jeff Rosenfeld, Parsons School of Design	<b>10:00AM</b>
<b>March 13</b>	<b>Hand Massage</b> w/ Agata Halat, Bergen County Senior Services	<b>10:30AM</b>
<b>March 20</b>	<b>Presentation: Tax Frauds &amp; Scams</b> w/ Jill Maniacci, IRS	<b>10:00AM</b>
<b>March 27</b>	<b>Workshop: Total Brain Health</b> w/ Agata Halat, Bergen County Senior Services	<b>10:30AM</b>
	<b>*New Programs*</b>	
<b>Mondays</b>	<b>Strengthening Seniors – Until June 29</b> w/ Katie Dangadze, YWCA	<b>10:30AM</b>
<b>Thursdays</b>	<b>Senior Fitness</b> w/ Kyungsook Hwang, Instructor	<b>9:00AM</b>
<b>Thursdays &amp; Fridays</b>	<b>Baduk &amp; Chess: Play Two of the World's Most Ancient and Complex Strategy Games</b>	<b>2:00PM</b>

*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.

**Spring Luncheon**  
**Sunday April 5th, 10AM-2PM**  
**Garfield Senior Activity Center, 480 Midland Avenue, Garfield NJ 07026**  
**RSVP by Monday March 30th to your Senior Activity Center Director**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>2</b> 9:30 Line Dance / Beginners Only 10:30 ESL <u>10:30 Strengthening Seniors</u> 12:00 Essay Class 12:00 Ping Pong 1:00 Zumba</p>  <p><b>Stuffed Cabbage</b></p>	<p><b>3</b> 9:00 Ping Pong 10:00 Tai Chi 12:00 Korean Dance 12:00 Smartphone 1:00 Learning Foreign Languages through Singing 2:00 Line Dance</p> <p><b>Tuna Salad w/ Romaine</b></p>	<p><b>4</b> 9:00 Chair Yoga 10:00 Guitar 10:00 Ping Pong 12:30 Chorus <u>2:00 Baduk &amp; Chess</u> 2:00 Reading Club</p> <p><b>Roast Turkey w/ Gravy</b></p>	<p><b>5</b> <u>9:00 Senior Fitness</u> <u>9:30 Presentation: Walking and Driving Safety</u> 10:30 ESL 12:30 Line Dance 12:30 Watercolor <u>2:00 Baduk &amp; Chess</u> 2:00 Couples Dance</p> <p><b>Korean BBQ Chicken Leg</b></p>	<p><b>6</b> 9:00 Yoga <u>10:00 Presentation: Maintaining A Healthy Lifestyle</u> 12:30 Korean Calligraphy 12:30 Ping Pong <u>2:00 Baduk &amp; Chess</u> 2:00 Sketching</p> <p><b>Cheese Omelet</b></p>
<p><b>9</b> 9:30 Line Dance / Beginners Only 10:30 ESL <u>10:30 Strengthening Seniors</u> 12:00 Essay Class 1:00 Zumba</p> <p><b>Cheeseburger w/ Lettuce &amp; Tomato</b></p>	<p><b>10</b> 9:00 Ping Pong 10:00 Tai Chi 12:00 Korean Dance 12:00 Smartphone 1:00 Learning Foreign Languages through Singing 2:00 Line Dance</p> <p><b>Chicken Salad Platter over Greens</b></p>	<p><b>11</b> 9:00 Chair Yoga 10:00 Guitar <u>11:00 Presentation: Safe Homes</u> 12:30 Chorus 2:00 Ping Pong 2:00 Reading Club</p>  <p><b>Pork Tenderloin w/ Apple Cinnamon Glaze</b></p>	<p><b>12</b> <u>9:00 Senior Fitness</u> 10:30 ESL 12:30 Line Dance 12:30 Watercolor <u>2:00 Baduk &amp; Chess</u> 2:00 Couples Dance</p> <p><b>Chicken Florentine</b></p>	<p><b>13</b> 9:00 Yoga <u>10:00 Hand Massage</u> 12:30 Korean Calligraphy 12:30 Ping Pong <u>2:00 Baduk &amp; Chess</u> 2:00 Sketching</p> <p><b>Stuffed Shells w/ Marinara</b></p>
<p><b>16</b> 9:30 Line Dance / Beginners Only 10:30 ESL <u>10:30 Strengthening Seniors</u> 12:00 Essay Class 1:00 Zumba</p> <p><b>Fish Filet with Lemon Sauce</b></p>	<p><b>17</b> 9:00 Ping Pong 10:00 Tai Chi 12:00 Korean Dance 12:00 Smartphone 1:00 Learning Foreign Languages through Singing 2:00 Line Dance</p> <p><b>Corned Beef</b></p>	<p><b>18</b> 9:00 Chair Yoga 10:00 Guitar 12:30 Chorus 2:00 Ping Pong 2:00 Reading Club</p> <p><b>Chicken Parmesan</b></p>	<p><b>19</b> <u>9:00 Senior Fitness</u> 10:30 ESL 12:30 Line Dance 12:30 Watercolor <u>2:00 Baduk &amp; Chess</u> 2:00 Couples Dance</p> <p><b>Meatloaf w/ Mushroom Gravy</b></p>	<p><b>20</b> 9:00 Yoga <u>10:00 Presentation: Tax Frauds &amp; Scams</u> 12:30 Korean Calligraphy 12:30 Ping Pong <u>2:00 Baduk &amp; Chess</u> 2:00 Sketching</p>  <p><b>Egg Salad Platter on Spinach</b></p>
<p><b>23</b> 9:30 Line Dance / Beginners Only 10:30 ESL <u>10:30 Strengthening Seniors</u> 12:00 Essay Class 1:00 Zumba</p>  <p><b>Stuffed Peppers</b></p>	<p><b>24</b> 9:00 Ping Pong 10:00 Tai Chi 12:00 Korean Dance 12:00 Smartphone 1:00 Learning Foreign Languages through Singing 2:00 Line Dance</p> <p><b>LS Ham Steak w/ Pineapple</b></p>	<p><b>25</b> 9:00 Chair Yoga 10:00 Guitar 12:30 Chorus 2:00 Ping Pong 2:00 Reading Club</p> <p><b>Pot Roast w/ Gravy</b></p>	<p><b>26</b> <u>9:00 Senior Fitness</u> 10:30 ESL 12:30 Line Dance 12:30 Watercolor <u>2:00 Baduk &amp; Chess</u> 2:00 Couples Dance</p> <p><b>Seafood Salad on Spinach</b></p>	<p><b>27</b> 9:00 Yoga 10:00 Arts and Craft <u>10:30 Presentation: Total Brain Health</u> 12:30 Korean Calligraphy 12:30 Ping Pong <u>2:00 Baduk &amp; Chess</u> 2:00 Sketching</p> <p><b>Manicotti w/ Marinara</b></p>
<p><b>30</b> 9:30 Line Dance / Beginners Only 10:30 ESL <u>10:30 Strengthening Seniors</u> 12:00 Essay Class 1:00 Zumba</p> <p><b>Sweet Chicken Sausage</b></p>	<p><b>31</b> 9:00 Ping Pong 10:00 Tai Chi 12:00 Korean Dance 12:00 Smartphone 1:00 Learning Foreign Languages through Singing 2:00 Line Dance</p> <p><b>Roast Turkey &amp; Cheddar w/ Lettuce &amp; Tomato</b></p>	<p style="text-align: center;"><b>Happy</b> INTERNATIONAL <i>Women's</i> <b>day</b></p> <p style="text-align: center;"><b>March 8</b></p> <p style="text-align: center;"><b>Suggested Lunch Donation:</b> \$1.25 Per Meal</p> <p style="text-align: center;"><i>Please reserve lunch by 11:30AM the day before</i></p> <p style="text-align: center;"><b>Lunch is served at 11:30AM daily</b></p>		<p style="text-align: center;"><b>Continental Breakfast</b></p> <p style="text-align: center;"><b>Served Daily</b> <b>8:30AM – 10:00AM</b></p> 