



**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  
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) 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**  
**April 2026**



<b>April 3</b>	<b>Center Closed – Good Friday</b>	
<b>April 2</b>	<b>Presentation: Depression and Isolation</b> w/ Carey Lopez, Act Now	<b>10:00AM</b>
<b>April 10</b>	<b>Presentation: All about Diabetes</b> w/ Lina Choi, Korean Community Service	<b>10:00AM</b>
<b>April 14</b>	<b>Drum Circle</b> w/ Agata Halat, Bergen County Division of Senior Services	<b>10:00AM</b>
<b>April 17</b>	<b>Presentation: Addressing Allergies</b> w/ Jillian Travilla from Bergen County Dept. of Health	<b>10:00AM</b>
<b>April 24</b>	<b>Class: Total Brain Health</b> w/ Agata Halat, Bergen County Division of Senior Services	<b>10:30AM</b>
<b>April 28</b>	<b>Presentation: Medical English</b> w/ Julie Lee, Korean Community Service	<b>10:00AM</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.

## Caregivers Conference

**Thursday, April 9, 2026**  
**5:00PM-9:00PM**  
(Registration will begin at 4:30PM)

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

Bergen County Administration Building  
Multi-Purpose Room - 1st Floor  
One Bergen County Plaza, Hackensack, NJ

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Suggested Lunch Donation:</b> \$1.25 Per Meal</p> <p><i>Please reserve lunch by 11:30AM the day before</i></p> <p>Lunch is served at 12:00PM daily</p>	<p><b>Continental Breakfast</b></p> <p><b>Served Daily</b> <b>8:30AM – 10:00AM</b></p> 	<p><b>1</b> 9:00 Chair Yoga 10:00 Guitar 10:00 Bingo 12:30 Chorus 2:00 Reading Class</p> <p><b>Cheese Omelet</b></p>	<p><b>2</b> 9:00 Senior Fitness <b>10:00 Presentation: Depression &amp; Isolation</b> 10:30 ESL 12:30 Line Dance 12:30 Watercolor 2:00 Baduk &amp; Chess 2:00 Couples Dance</p> <p><b>Cheeseburger</b></p>	<p><b>3</b></p>  <p><b>CENTER CLOSED</b></p>
<p><b>6</b> 9:30 Line Dance / Beginners Only 10:30 ESL 10:30 Strengthening Seniors 12:00 Essay Class 12:30 Zumba</p> <p><b>Korean BBQ Chicken Leg</b></p>	<p><b>7</b> 9:00 Ping Pong 10:00 Tai Chi 12:00 Korean Dance or Smartphone Class 1:00 Learning Foreign Languages through singing 2:00 Line Dance</p> <p><b>Eggplant, Peppers &amp; Mozzarella</b></p>	<p><b>8</b> 9:00 Chair Yoga 10:00 Guitar 10:00 Bingo 12:30 Chorus 2:00 Reading Class</p> <p><b>Chicken Florentine</b></p>	<p><b>9</b> 9:00 Senior Fitness 10:30 ESL 12:30 Line Dance 12:30 Watercolor 2:00 Baduk &amp; Chess 2:00 Couples Dance</p> <p><b>Stuffed Peppers</b></p>	<p><b>10</b> 9:00 Yoga <b>10:00 Presentation: All About Diabetes</b> 12:30 Korean Calligraphy 12:30 Ping Pong 2:00 Baduk &amp; Chess 2:00 Sketching</p> <p><b>Pork w/ Apple Cinnamon Glaze</b></p>
<p><b>13</b> 9:30 Line Dance / Beginners Only 10:30 ESL 10:30 Strengthening Seniors 12:00 Essay Class 12:30 Zumba</p> <p><b>Teriyaki Glazed Salmon</b></p>	<p><b>14</b> 9:00 Ping Pong <b>10:00 Drum Circle</b> 12:00 Korean Dance or Smartphone Class 1:00 Learning Foreign Languages through singing 2:00 Line Dance</p> <p><b>Homestyle Meatloaf w/ Gravy</b></p>	<p><b>15</b> 9:00 Chair Yoga 10:00 Guitar 10:00 Bingo 12:30 Chorus 2:00 Reading Class</p> <p><b>Chicken Cordon Bleu</b></p>	<p><b>16</b> 9:00 Senior Fitness 10:30 ESL 12:30 Line Dance 12:30 Watercolor 2:00 Baduk &amp; Chess 2:00 Couples Dance</p> <p><b>Tuna Salad Sandwich</b></p>	<p><b>17</b> 9:00 Yoga <b>10:00 Presentation: Addressing Allergies</b> 12:30 Korean Calligraphy 12:30 Ping Pong 2:00 Baduk &amp; Chess 2:00 Sketching</p> <p><b>Roast Turkey &amp; Cheddar</b></p>
<p><b>20</b> 9:30 Line Dance / Beginners Only 10:30 ESL 10:30 Strengthening Seniors 12:00 Essay Class 12:30 Zumba</p> <p><b>Ham Steak w/ Pineapple</b></p>	<p><b>21</b> 9:00 Ping Pong 10:00 Tai Chi 12:00 Korean Dance or Smartphone Class 1:00 Learning Foreign Languages through singing 2:00 Line Dance</p> <p><b>Roast Turkey w/ Gravy</b></p>	<p><b>22</b> 9:00 Chair Yoga 10:00 Guitar 10:00 Bingo 12:30 Chorus 2:00 Reading Class</p> <p><b>Swedish Meatballs</b></p>	<p><b>23</b> 9:00 Senior Fitness 10:30 ESL 12:30 Line Dance 12:30 Watercolor 2:00 Baduk &amp; Chess 2:00 Couples Dance</p> <p><b>Egg Salad on Spinach</b></p>	<p><b>24</b> 9:00 Yoga <b>10:00 Class: Total Brain Health</b> 12:30 Korean Calligraphy 12:30 Ping Pong 2:00 Baduk &amp; Chess 2:00 Sketching</p> <p><b>Chicken Parmesan</b></p>
<p><b>27</b> 9:30 Line Dance / Beginners Only 10:30 ESL 10:30 Strengthening Seniors 12:00 Essay Class 12:30 Zumba</p> <p><b>Stuffed Cabbage</b></p>	<p><b>28</b> 9:00 Ping Pong 10:00 Tai Chi <b>10:00 Presentation: Medical English</b> 12:00 Korean Dance or Smartphone Class 1:00 Learning Foreign Languages through singing 2:00 Line Dance</p> <p><b>Seafood Salad on Romaine</b></p>	<p><b>29</b> 9:00 Chair Yoga 10:00 Guitar 10:00 Bingo 12:30 Chorus 2:00 Reading Class</p> <p><b>Salisbury Steak w/ Gravy</b></p>	<p><b>30</b> 9:00 Senior Fitness 10:30 ESL 12:30 Line Dance 12:30 Watercolor 2:00 Baduk &amp; Chess 2:00 Couples Dance</p> <p><b>Chicken Cacciatore</b></p>	 <p><b>April 22</b></p>