



James J. Tedesco, III
County Executive

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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

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
May 2026



May 1, 8, 29	Get Connected Program – 3 Week Course w/ Rosemary Marchetto, The Center for Alcohol & Drug Resources	10:00 AM
May 5	Presentation: Healthy Eating, Healthy Life w/ Tess Tomasi, Bergen County Division of Senior Services	10:00 AM
May 8	Hand Massage w/ Agata Halat, Bergen County Division of Seniors	10:30 AM
May 13	Presentation: Scams and Fraud w/ Capt. James Rotundo, Palisades Park Police	10:00 AM
May 15	Celebration: Older American Month Fun day with games and treats	10:00 AM
May 22	Presentation: What's New at Palisades Park Library w/ Ella Chorong Lee, Palisades Park Library	10:00 AM
May 22	Class: Total Brain Health w/ Agata Halat, Bergen County Division of Seniors	10:30 AM
May 25	Center Closed – Memorial Day	
May 26	Presentation: Mental Health w/ Harvey Siblestein, Bergen County Division of Senior Services	11:00 AM

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.



Bergen County Administration
Building
Commissioners Public Meeting
Room – 5th Floor
One Bergen County Plaza,
Hackensack, NJ

Public Hearing
on the
Needs of Older Adults

Tuesday, May 12, 2026
8:30 AM - 11:30 AM

To RSVP Call
201-336-7400

or email
seniors@bergencountynj.gov

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
				<p>Continental Breakfast</p> <p>Monday-Friday 8:30AM - 10:00AM</p>		<p>Suggested Lunch Donation: \$1.25 Per Meal</p> <p><i>Please reserve lunch by 11:30AM the day before</i></p> <p>Lunch is served at 11:30AM daily</p>		<p>1 9:00 Yoga 10:00 Program: Get Connected 12:30 Korean Calligraphy 12:30 Ping Pong 2:00 Baduk & Chess 2:00 Sketching</p> <p>Pot Roast w/ Gravy</p>	
<p>4 9:30 Line Dance 10:30 ESL Class 10:30 Strengthening Seniors 12:00 Essay Class 1:00 Zumba</p> <p>Egg Salad w/ Spinach</p>	<p>5 9:00 Ping Pong 10:00 Presentation: Health Eating, Healthy Life 10:00 Class: Medical Terms in English 12:00 Korean Dance or Smartphone Class 1:00 Learning Languages through song 2:00 Line Dance</p> <p>Chicken Fajitas</p>	<p>9:00 Chair Yoga 10:00 Guitar Class 10:00 Bingo 12:30 Chorus 2:00 Reading Class</p> <p>Stuffed Peppers</p>	<p>7 9:00 Senior Fitness 10:30 ESL Class 12:20 Line Dance 12:30 Watercolor 2:00 Baduk & Chess 2:00 Couples Dance</p> <p>Salmon w/ Creamy Dill Sauce</p>	<p>8 9:00 Yoga 10:00 Program: Get Connected 10:30 Hand Massage 12:30 Korean Calligraphy 12:30 Ping Pong 2:00 Baduk & Chess 2:00 Sketching</p> <p>Chicken Florentine</p>					
<p>11 9:30 Line Dance 10:30 ESL Class 10:30 Strengthening Seniors 12:00 Essay Class 1:00 Zumba</p> <p>Cheese Omelette</p>	<p>12 9:00 Ping Pong 10:00 Tai Chi or 10:00 Class: Medical Terms in English 12:00 Korean Dance or Smartphone Class 1:00 Learning Foreign Languages through singing 2:00 Line Dance</p> <p>Meatloaf w/ Mushroom Gravy</p>	<p>13 9:00 Chair Yoga 10:00 Presentation: Scams and Fraud 10:00 Guitar Class 10:00 Bingo 12:30 Chorus 2:00 Reading Class</p> <p>Italian Meatballs</p>	<p>14 9:00 Senior Fitness 10:30 ESL Class 12:30 Line Dance 12:30 Watercolor 2:00 Baduk & Chess 2:00 Couples Dance</p> <p>Chicken w/ Broccoli & Cheese</p>	<p>15 9:00 Yoga 10:00 Celebration: Older Americans Month 2:00 Baduk & Chess 2:00 Sketching</p> <p>Tuna Noodle Salad</p>					
<p>18 9:30 Line Dance 10:30 ESL Class 10:30 Strengthening Seniors 12:00 Essay Class 1:00 Zumba</p> <p>Pork w/ Apple Cinnamon Glaze</p>	<p>19 9:00 Ping Pong 10:00 Tai Chi 10:00 Class: Medical Terms in English 12:00 Korean Dance or Smartphone Class 1:00 Learning Foreign Languages through singing 2:00 Line Dance</p> <p>Chicken Tikka Masala</p>	<p>20 9:00 Chair Yoga 10:00 Guitar Class 10:00 Bingo 12:30 Chorus 2:00 Reading Class</p> <p>Korean BBQ Chicken Leg</p>	<p>21 9:00 Senior Fitness 10:30 Class: Total Brain Health 10:30 ESL Class 12:20 Line Dance 12:30 Watercolor 2:00 Baduk & Chess 2:00 Couples Dance</p> <p>Roast Turkey & Swiss Cheese</p>	<p>22 9:00 Yoga 10:00 Presentation: What's new at the Palisades Park Library 12:30 Korean Calligraphy 12:30 Ping Pong 2:00 Baduk & Chess 2:00 Sketching</p> <p>Cheeseburger</p>					
<p>25</p> <p>Happy Memorial Day</p> <p>CENTER CLOSED</p>	<p>26 9:00 Ping Pong 10:00 Tai Chi 10:00 Class: Medical Terms in English 11:00 Presentation: Mental Health 12:00 Korean Dance or Smartphone Class 1:00 Learning Foreign Languages through singing 2:00 Line Dance</p> <p>Stuffed Cabbage</p>	<p>27 9:00 Chair Yoga 10:00 Guitar Class 10:00 Bingo 12:30 Chorus 2:00 Reading Class</p> <p>Hawaiian Chicken</p>	<p>28 9:00 Senior Fitness 10:30 ESL Class 12:20 Line Dance 12:30 Watercolor 2:00 Baduk & Chess 2:00 Couples Dance</p> <p>Roast Beef & Provolone</p>	<p>29 9:00 Yoga 10:00 Program: Get Connected 12:30 Korean Calligraphy 12:30 Ping Pong 2:00 Baduk & Chess 2:00 Sketching</p> <p>Roast Turkey w/ Gravy</p>					