



**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**  
**June 2026**



<b>June 2</b>	<b>Center Closed – Primary Elections</b>	<b>ALL DAY</b>
<b>June 5</b>	<b>Get Connected Program</b> w/ Rosemary Marchetto, The Center for Alcohol and Drug Resources	<b>10:00 AM</b>
<b>June 9, 16, 23, 30</b>	<b>Addressing Diabetes – 5 Week Course</b> w/ Chunhee Choi, Korean Community Services	<b>10:00 AM</b>
<b>June 10</b>	<b>Farmers' Market Voucher Distribution</b> w/ Adam Wolak, Bergen County Division of Senior Services	<b>9:00 AM</b>
<b>June 11</b>	<b>Presentation: Safe Seniors</b> w/ Harvey Siberstein, Bergen County Division of Senior Services	<b>9:30 AM</b>
<b>June 11</b>	<b>Hand Massages</b> w/ Agata Halat, Bergen County Division of Senior Services	<b>2:00 PM</b>
<b>June 12</b>	<b>Presentation: All About Alzheimer's Disease</b> w/ Barbra Ortiz, Alzheimer's Association	<b>10:00 AM</b>
<b>June 19</b>	<b>Center Closed – Juneteenth</b>	<b>ALL DAY</b>
<b>June 23</b>	<b>Presentation: All About Sleep</b> w/ Carry Lopez, ACT Now	<b>11:00 AM</b>
<b>June 24</b>	<b>Movie: Face/Off</b> w/ Popcorn, Peanuts and Soda!	<b>2:00 PM</b>
<b>June 26</b>	<b>Class: Total Brain Health</b> w/ Agata Halat, Bergen County Division of Senior Services	<b>10:00 AM</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.

**SAVE THE DATE**

**SENIOR FESTIVAL**

**THURSDAY, SEPTEMBER 24**  
**(RAIN DATE TUESDAY, SEPTEMBER 29)**

**VAN SAUN COUNTY PARK**

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
1	9:30 Line Dance 10:30 ESL Class 10:30 Strengthening Seniors 12:00 Essay Class 12:30 Zumba  <b>Pot Roast w/ Gravy</b>	2	 <b>CENTER CLOSED</b>	3	9:00 Chair Yoga 10:00 Guitar 12:30 Chorus 2:00 Reading Class  <b>Turkey Tacos</b>	4	9:00 Senior Fitness 10:30 ESL Class 12:30 Line Dance 12:30 Watercolor Lesson 2:00 Baduk & Chess 2:00 Couples Dance  <b>Salisbury Steak w/ Mushroom Gravy</b>	5	9:00 Yoga <b>10:00 Program: Get Connected</b> 12:30 Korean Calligraphy 12:30 Ping Pong 2:00 Baduk & Chess 2:00 Sketching Class  <b>Cheese Omelet</b>
8	9:30 Line Dance 10:30 ESL Class 10:30 Strengthening Seniors 12:00 Essay Class 12:30 Zumba  <b>Stuffed Peppers</b>	9	10:00 Ping Pong 10:00 Tai Chi <b>10:00 Course: Addressing Diabetes</b> 12:00 Korean Dance 12:00 Smartphone Class 1:00 Learning Foreign Languages through singing 2:00 Line Dance  <b>Pork Tenderloin</b>	10	9:00 Chair Yoga <b>9:00 Farmers' Market Voucher Distribution</b> 10:00 Guitar 12:30 Chorus 2:00 Reading Class  <b>Korean BBQ Chicken Leg</b>	11	9:00 Senior Fitness <b>9:30 Presentation: Safe Seniors</b> 10:30 ESL Class 12:30 Line Dance 12:30 Watercolor Lesson 2:00 Baduk & Chess <b>2:00 Hand Massage</b> 2:00 Couples Dance  <b>Seafood Salad w/ Romaine</b>	12	9:00 Yoga <b>10:00 Presentation: All About Alzheimer's Disease</b> 12:30 Korean Calligraphy 12:30 Ping Pong 2:00 Baduk & Chess 2:00 Sketching Class  <b>Chicken Marsala w/ Mushrooms</b>
15	9:30 Line Dance 10:30 ESL Class 10:30 Strengthening Seniors 12:00 Essay Class 12:30 Zumba  <b>Italian Meatballs</b>	16	10:00 Ping Pong 10:00 Tai Chi <b>10:00 Course: Addressing Diabetes</b> 12:00 Korean Dance 12:00 Smartphone Class 1:00 Learning Foreign Languages through singing 2:00 Line Dance  <b>Egg Salad w/ Spinach &amp; Tomato</b>	17	9:00 Chair Yoga 10:00 Guitar 12:30 Chorus 2:00 Reading Class  <b>Beef Stroganoff</b>	18	9:00 Senior Fitness 10:30 ESL Class 12:30 Line Dance 12:30 Watercolor Lesson 2:00 Baduk & Chess 2:00 Couples Dance  <b>Hawaiian Chicken</b>	19	  <b>CENTER CLOSED</b>
22	9:30 Line Dance 10:30 ESL Class 10:30 Strengthening Seniors 12:00 Essay Class 12:30 Zumba  <b>Ham Steak w/ Pineapple</b>	23	10:00 Ping Pong 10:00 Tai Chi <b>10:00 Course: Addressing Diabetes</b> <b>11:00 Presentation: All About Sleep</b> 12:00 Korean Dance or Smartphone Class 1:00 Learning Foreign Languages through singing 2:00 Line Dance  <b>Stuffed Cabbage</b>	24	9:00 Chair Yoga 10:00 Guitar 12:30 Chorus 2:00 Reading Class <b>2:00 Movie: Face/Off</b>  <b>Tuna Salad w/ Lettuce &amp; Tomato Wrap</b>	25	9:00 Senior Fitness 10:30 ESL Class 12:30 Line Dance 12:30 Watercolor Lesson 2:00 Baduk & Chess 2:00 Couples Dance  <b>Chicken Parmesan</b>	26	9:00 Yoga <b>10:00 Class: Total Brain Health</b> 12:30 Korean Calligraphy 12:30 Ping Pong 2:00 Baduk & Chess 2:00 Sketching Class  <b>Baked Stuffed Flounder w/ Broccoli</b>
29	9:30 Line Dance 10:30 ESL Class 10:30 Strengthening Seniors 12:00 Essay Class 12:30 Zumba  <b>Ham and Swiss w/ Lettuce &amp; Tomato</b>	30	10:00 Ping Pong 10:00 Tai Chi <b>10:00 Course: Addressing Diabetes</b> 12:00 Korean Dance 12:00 Smartphone Class 1:00 Learning Foreign Languages through singing 2:00 Line Dance  <b>BBQ Pulled Pork Sandwich</b>	<b>Continental Breakfast</b> <b>Monday-Friday</b> <b>8:30AM - 10:00AM</b> 		<b>Suggested Lunch Donation:</b> \$1.25 Per Meal <i>Please reserve lunch by 11:30AM the day before</i> <b>Lunch is served at 11:30AM daily</b>		<b>World Elder Abuse Awareness Day</b> June 15 	