



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
July 2026



July 3	Center Closed – Fourth of July	ALL DAY
July 8	*Presentation: Beat the Heat w/ Harvey Siberstein, Bergen County Division of Senior Services	10:00 AM
July 15	*Presentation: Fraud and Scams w/ Grace Jinyoung Lim, Princeton Bank	10:15 AM
July 17	*Class: Brain Health w/ Agata Halat, Bergen County Division of Senior Services	10:30 AM
July 20	*Art Time! w/ Agata Halat, Bergen County Division of Senior Services	10:30 AM
July 22	*Presentation: Reduce and Recycle w/ Laura Checki, Bergen County Department of Health Services, Division of Environmental Services	10:00 AM
July 24	*Presentation: Nutrition Matters w/ Janet Post, Holy Name Hospital	10:00 AM
July 31	*Hand Massage w/ Agata Halat, Bergen County Division of Senior Services	10:00 AM

Advanced registration for programs with * required.

To register please call **(201) 336-7495** or email **palisadesparkcenter@bergencountynj.gov** or visit the Palisades Park Senior Center Office.

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.

The Amphitheater at
Overpeck County Park

Bergen County's
Star-Spangled
Spectacular

FIREWORKS
FOOD TRUCKS
BEER & WINE GARDEN

July 4th 2PM
Rain Date: July 5th
LIVE MUSIC
CARNIVAL ATTRACTIONS
& MORE!

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 Chair Yoga 10:00 Guitar 12:30 Chorus 2:00 Reading Class 2:00 Ping Pong</p> <p>Chicken Florentine</p>	<p>2 9:00 Senior Fitness 10:00 ESL Class 12:30 Line Dance 12:30 Watercolor Class 2:00 Baduk & Chess 2:00 Couples Dance</p> <p>Hot Dogs</p>	<p>3 </p> <p>CENTER CLOSED</p>
<p>6 9:15 Line Dance 10:00 ESL Class 10:40 Strengthening Seniors 12:10 Essay Class 12:30 Ping Pong</p> <p>Cheeseburger w/ Lettuce and Tomato</p>	<p>7 9:00 Smartphone Class 10:00 Tai Chi 10:00 Addressing Diabetes 12:10 Korean Dance 2:10 Line Dance</p> <p>Roast Turkey & Swiss w/ Lettuce</p>	<p>8 9:00 Chair Yoga 10:00 Guitar 10:00 Presentation: Beat the Heat 12:30 Chorus 2:00 Reading Class 2:00 Ping Pong</p> <p>Stuffed Cabbage</p>	<p>9 9:00 Senior Fitness 10:00 ESL Class 12:30 Line Dance 12:30 Watercolor Class 2:00 Baduk & Chess 2:00 Couples Dance</p> <p>Korean BBQ Chicken Leg</p>	<p>10 9:00 Yoga 10:00 ESL 12:30 Korean Calligraphy 2:00 Baduk & Chess 2:00 Sketching</p> <p>Roast Pork Loin w/ Apple Cinnamon</p>
<p>13 9:15 Line Dance 10:00 ESL Class 10:40 Strengthening Seniors 12:10 Essay Class 12:30 Ping Pong</p> <p>Hawaiian Chicken</p>	<p>14 9:00 Smartphone Class 10:00 Tai Chi 10:00 Addressing Diabetes 12:10 Korean Dance 2:10 Line Dance</p> <p>Chef Salad w/ Diced Turkey</p>	<p>15 9:00 Chair Yoga 10:00 Guitar 10:00 Presentation: Fraud and Scam 12:30 Chorus 2:00 Reading Class 2:00 Ping Pong</p> <p>Chicken Parmesan</p>	<p>16 9:00 Senior Fitness 10:00 ESL Class 12:30 Line Dance 12:30 Watercolor Class 2:00 Baduk & Chess 2:00 Couples Dance</p> <p>Egg Salad with Lettuce/Tomato</p>	<p>17 9:00 Yoga 10:00 ESL 10:00 Class: Total Brain Health 12:30 Korean Calligraphy 2:00 Baduk & Chess 2:00 Sketching</p> <p>Teriyaki Glazed Salmon</p>
<p>20 9:15 Line Dance 10:00 ESL Class 10:30 Art Time 12:10 Essay Class 12:30 Ping Pong</p> <p>Cheese Omelet</p>	<p>21 9:00 Smartphone Class 10:00 Tai Chi 10:00 Addressing Diabetes 12:10 Korean Dance 2:00 Line Dance</p> <p>Italian Meatballs</p>	<p>22 9:00 Chair Yoga 10:00 Guitar 10:00 Presentation: Reduce and Recycle 12:30 Chorus 2:00 Reading Class 2:00 Ping Pong</p> <p>Seafood Salad on Spinach</p>	<p>23 9:00 Senior Fitness 10:00 ESL Class 12:30 Line Dance 12:30 Watercolor Class 2:00 Baduk & Chess 2:00 Couples Dance</p> <p>BBQ Pulled Pork Sandwich</p>	<p>24 9:00 Yoga 10:00 ESL 10:00 Presentation: Nutrition Matters 12:30 Korean Calligraphy 2:00 Baduk & Chess 2:00 Sketching</p> <p>Chicken Cordon Bleu</p>
<p>27 9:15 Line Dance 10:00 ESL Class 10:40 Strengthening Seniors 12:10 Essay Class 12:30 Ping Pong</p> <p>Roast Beef with Gravy</p>	<p>28 09:00 Smartphone Class 10:00 Tai Chi 10:00 Addressing Diabetes 12:10 Korean Dance 2:00 Line Dance</p> <p>Breaded Haddock</p>	<p>29 9:00 Chair Yoga 10:00 Guitar 12:30 Chorus 2:00 Reading Class 2:00 Ping Pong</p> <p>LS Ham Steak with Pineapple</p>	<p>30 9:00 Senior Fitness 10:00 ESL Class 12:30 Line Dance 12:30 Watercolor Class 2:00 Baduk & Chess 2:00 Couples Dance</p> <p>Chicken Piccata with Capers</p>	<p>31 9:00 Yoga 10:00 ESL 10:00 Hand Massage 12:30 Korean Calligraphy 2:00 Baduk & Chess 2:00 Sketching</p> <p>Stuffed Peppers</p>