



James J. Tedesco, III
County Executive

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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

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
August 2026



August 7	Presentation: Understanding Your Brain w/ Sharon Guerrero, Hackensack University Medical Center	10:00 AM
August 7	Archery Workshop w/ Aim for Unity	12:30 PM
August 14	Class: Total Brain Health w/Agata Halat, Bergen County Division of Senior Services	10:00 AM
August 17	Presentation: Depression Myths – Part I Traveling Talks w/ Harvey Silberstein, Bergen County Division of Senior Services	12:30 PM
August 19	Senior Citizen Day Celebration Healthy Breakfast & Games w/ Senior Activity Center Staff	12:00 PM
August 21	Hand Massage w/Agata Halat, Bergen County Division of Senior Services	10:30 AM
August 26	Recognition of Women's Equality Day Watch Youtube : Fighting for the Vote: Women's Suffrage in America Historical Documentary and have Quiz Time	12:30 PM
August 28	Presentation: Nutrition Tips w/Julieann Gallo, ShopRite of Lodi	10:00 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.

RSVP

Or visit <https://forms.office.com/g/xLLWgs2cv6>

**SENIOR FESTIVAL**
THURSDAY, SEPTEMBER 24
(RAIN DATE TUESDAY, SEPTEMBER 29)
VAN SAUN COUNTY PARK

For more INFO
transport: **(201) 368-5955**
general questions: **(201) 336-7417**
email: **seniors@Bergencountynj.gov**

PALISADES PARK SENIOR ACTIVITY CENTER

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
3 9:00 Line Dance 10:00 ESL Class 10:40 Strengthening Seniors 12:10 Essay Class 12:30 Smartphone Assistance (Samsung only) 1:30 Ping Pong Chicken Scampi		4 9:00 Smartphone Assistance (iPhone only) 10:00 Tai Chi 10:00 Addressing Diabetes 12:10 Korean Dance 2:00 Class: Medical English 2:10 Line Dance Pork Loin w/ Apple Cinnamon Glaze		5 9:00 Chair Yoga 10:00 Guitar Class 12:30 Chorus 2:00 Reading Class 2:00 Ping Pong Vegetable Lasagna		6 9:00 Senior Fitness 10:00 ESL Class 12:30 Line Dance 12:30 Watercolor Class 2:00 Baduk & Chess 2:00 Couples Dance Roast Turkey & Cheddar Cheese		7 9:00 Yoga 10:00 Presentation: Understanding Your Brain 10:00 ESL Class 12:30 Archery Workshop 2:00 Baduk & Chess 2:00 Ping Pong Homestyle Meatloaf w/ Gravy	
10 9:00 Line Dance 10:00 ESL Class 10:40 Strengthening Seniors 12:10 Essay Class 12:30 Smartphone Assistance (Samsung only) 1:30 Ping Pong Stuffed Cabbage		11 9:00 Smartphone Assistance (iPhone only) 10:00 Tai Chi 10:00 Addressing Diabetes 12:10 Korean Dance 2:00 Class: Medical English 2:10 Line Dance Chicken Tikka Masala		12 9:00 Chair Yoga 10:00 Guitar Class 12:30 Chorus 2:00 Reading Class 2:00 Ping Pong Roast Beef & Provolone		13 9:00 Senior Fitness 10:00 ESL Class 12:30 Line Dance 12:30 Watercolor Class 2:00 Baduk & Chess 2:00 Couples Dance Ham Steak w/ Pineapple		14 9:00 Yoga 10:00 Class: Total Brain Health 10:00 ESL Class 2:00 Baduk & Chess 2:00 Ping Pong BBQ Chicken Leg	
17 9:00 Line Dance 10:00 ESL Class 10:40 Strengthening Seniors 12:30 Smartphone Assistance (Samsung only) 12:30 Presentation: Depression Myths – Part I 1:30 Ping Pong Stuffed Peppers		18 9:00 Smartphone Assistance (iPhone only) 10:00 Tai Chi 10:00 Addressing Diabetes 12:10 Korean Dance 2:10 Line Dance Egg Salad w/ Lettuce & Tomato		19 9:00 Chair Yoga 10:00 Guitar Class 12:00 Senior Citizen Day Celebration 2:00 Reading Class 2:00 Ping Pong Beer Battered Cod		20 9:00 Senior Fitness 10:00 ESL Class 12:30 Line Dance 12:30 Watercolor Class 2:00 Baduk & Chess 2:00 Couples Dance Beef & Broccoli		21 9:00 Yoga 10:30 Hand Massage 10:00 ESLClass 12:30 Korean Calligraphy Class 2:00 Baduk & Chess 2:00 Sketching Class 2:00 Ping Pong Chicken Cordon Bleu	
24 9:00 Line Dance 10:00 ESL Class 10:40 Strengthening Seniors 12:10 Essay Class 12:30 Smartphone Assistance (Samsung only) 1:30 Ping Pong Pot Roast w/ Gravy		25 9:00 Smartphone Assistance (iPhone only) 10:00 Tai Chi 10:00 Addressing Diabetes 12:10 Korean Dance 2:10 Line Dance Chicken Parmesan		26 9:00 Chair Yoga 10:00 Guitar Class 12:30 Chorus 12:30 Recognition of Women's Equality Day 2:00 Reading Class 2:00 Ping Pong Baked Herbed Chicken		27 9:00 Senior Fitness 10:00 ESL Class 12:30 Line Dance 12:30 Watercolor Class 2:00 Baduk & Chess 2:00 Couples Dance Tuna Salad w/ Lettuce & Tomato		28 9:00 Yoga 10:00 Presentation: Nutrition Tips 10:00 ESLClass 12:30 Korean Calligraphy Class 2:00 Baduk & Chess 2:00 Sketching Class 2:00 Ping Pong Beef Hot Dog	
31 9:00 Line Dance 10:00 ESL Class 10:40 Strengthening Seniors 12:10 Essay Class 12:30 Smartphone Assistance (Samsung only) 1:30 Ping Pong Cheeseburger w/ Lettuce & Tomato		Continental Breakfast Monday-Friday 8:30AM - 10:00AM 		Suggested Lunch Donation: \$1.25 Per Meal Please reserve lunch by 11:30AM the day before Lunch is served at 11:30AM daily					