



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
September 2026



Sept 7	Labor Day – Center Closed	ALL DAY
Sept 9	Presentation: Senior Safety and Security – Home Safety & Security, Personal Safety, Fire Safety, Delivery & Package Scams w/ Officer Willie Garcia, Bergen County Sheriff's Office	10:30 AM
Sept 11	9/11 Moment of Silence A brief moment of silence will be observed in remembrance of 9/11 to honor the lives lost and the heroes of that day	9:00 AM
Sept 17	Presentation: Every Day is Earth Day w/ Laura Jean Checki, Environmental Specialist, Bergen County Department of Health Services	2:00 PM
Sept 22	Chuseok Celebration – Korean Thanksgiving Experience K-Culture! Enjoy traditional foods & learn about traditional games, songs and Korean dress (Hanbok)	12:30 PM
Sept 24	Annual Senior Festival at Van Saun Park Rain Date: Tuesday, Sept 29 Registration required by Sept 11	10:00 AM
Sept 28	Presentation: Depression Myths w/ Harvey Siberstein, Bergen County Division of Senior Services	12:30 PM

The Senior Activity Center will hold an event in honor of POW/MIA on a date to be announced.

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

(SCAN)

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

SENIOR FESTIVAL

THURSDAY, SEPTEMBER 24

(RAIN DATE TUESDAY, SEPTEMBER 29)

VAN SAUN COUNTY PARK

transport: **(201) 368-5955**

general questions: **(201) 336-7417**

email: **seniors@Bergencountynj.gov**

For more INFO

Contact

PALISADES PARK SENIOR ACTIVITY CENTER

September 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Suggested Lunch Donation: \$1.25 Per Meal <i>Please reserve lunch by 11:30AM the day before</i> Lunch is served at 11:30AM daily	1 9:00 Smartphone Assistance (iPhone only) 10:00 Tai Chi 10:00 Addressing Diabetes 12:30 Ping Pong Club 2:10 Line Dance Ham Steak w/ Pineapple	2 9:00 Chair Yoga 10:00 Guitar Class 12:30 Chorus 12:30 Diamont Art Club 2:00 Reading Club 2:00 Ping Pong Club Korean BBQ Chicken Leg	3 9:00 Senior Fitness 10:00 ESL Class 12:30 Line Dance 12:30 Watercolor 2:00 Baduk & Chess Club 2:00 Ping Pong Club 2:30 Learning Foreign Languages through Singing Seafood Salad over Spinach	4 9:00 Yoga 10:00 ESL Class 12:30 Korean Calligraphy 12:30 Ping Pong Club 2:00 Baduk & Chess Club 2:00 Watercolor / Beginners only 2:00 Line Dance / Beginners Only Roast Turkey w/ Gravy
7  CENTER CLOSED	8 9:00 Smartphone Assistance (iPhone only) 10:00 Tai Chi 10:00 Addressing Diabetes 12:30 Ping Pong Club 2:10 Line Dance Stuffed Cabbage	9 9:00 Chair Yoga 10:00 Guitar Class 10:30 Presentation: Senior Safety and Security 12:30 Chorus 12:30 Diamond Art Club 2:00 Reading Club 2:00 Ping Pong Club Italian Meatballs	10 9:00 Senior Fitness 10:00 ESL Class 12:30 Line Dance 12:30 Watercolor 2:00 Baduk & Chess Club 2:00 Ping Pong Club 2:30 Learning Foreign Languages through Singing Tuna Noodle Salad over Romaine	11 9:00 9/11 Moment of Silence 9:00 Yoga 10:00 ESL Class 12:30 Korean Calligraphy 12:30 Ping Pong Club 2:00 Baduk & Chess Club 2:00 Watercolor / Beginners only 2:00 Line Dance / Beginners Only Chicken with Pineapple
14 9:00 Line Dance 10:00 ESL Class 10:40 Strengthening Seniors 12:10 Essay 12:30 Smartphone Assistance (Samsung only) BBQ Pulled Pork Sandwich	15 9:00 Smartphone Assistance (iPhone only) 10:00 Tai Chi 10:00 Addressing Diabetes 12:30 Ping Pong Club 2:10 Line Dance Fish w/ Lemon Dill Sauce	16 9:00 Chair Yoga 10:00 Guitar Class 12:30 Chorus 12:30 Diamond Art Club 2:00 Reading Club 2:00 Ping Pong Club Egg Salad Sandwich	17 9:00 Senior Fitness 10:00 ESL Class 12:30 Line Dance 12:30 Watercolor 2:00 Presentation: Every Day Is Earth Day 2:30 Learning Foreign Languages through Singing Homestyle Meatloaf w/ Gravy	18 9:00 Yoga 10:00 ESL Class 12:30 Korean Calligraphy 12:30 Ping Pong Club 2:00 Baduk & Chess Club 2:00 Watercolor / Beginners only 2:00 Line Dance / Beginners Only Sweet & Sour Chicken
21 9:00 Line Dance 10:00 ESL Class 10:40 Strengthening Seniors 12:10 Essay 12:30 Smartphone Assistance (Samsung only) Roast Beef w/ Gravy	22 9:00 Smartphone Assistance (iPhone only) 10:00 Tai Chi 10:00 Addressing Diabetes 12:30 Chuseok Celebration – Korean Thanksgiving Cheese Omelet	23 9:00 Chair Yoga 10:00 Guitar Class 12:30 Chorus 12:30 Diamond Art Club 2:00 Reading Club 2:00 Ping Pong Club Chicken Cacciatore	24 9:00 Senior Fitness 10:00 ESL Class 12:30 Line Dance OR Watercolor 2:00 Baduk & Chess Club 2:00 Ping Pong Club 2:30 Learning Foreign Languages through Singing Annual Senior Festival at Van Saun Park Cheeseburger w/ Lettuce & Tomato	25 9:00 Yoga 10:00 ESL Class 12:30 Korean Calligraphy 12:30 Ping Pong Club 2:00 Baduk & Chess Club 2:00 Watercolor / Beginners only 2:00 Line Dance / Beginners Only Chicken Salad Sandwich
28 9:30 Line Dance 10:00 ESL Class 10:40 Strengthening Seniors 12:10 Essay 12:30 Presentation: Depression Myths 12:30 Smartphone Assistance (Samsung only) Chicken Florentine	29 9:00 Smartphone Assistance (iPhone only) 10:00 Tai Chi 10:00 Addressing Diabetes 12:30 Ping Pong Club 2:10 Line Dance Stuffed Peppers	30 9:00 Chair Yoga 10:00 Guitar Class 12:30 Chorus 12:30 Diamond Art Club 2:00 Reading Club 2:00 Ping Pong Club Roast Beef w/ Provolone	 HISPANIC HERITAGE MONTH	Continental Breakfast Monday-Friday 8:30AM - 10:00AM 