



James J. Tedesco, III
County Executive

Board of County Commissioners

Steven A. Tanelli
Chairman

Tracy Silna Zur
Vice Chairwoman

Dr. Joan M. Voss
Chair Pro Tempore

Mary J. Amoroso

Rafael Marte

Germaine M. Ortiz

Thomas J. Sullivan

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
October 2026

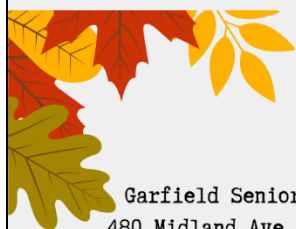


Oct 5	Presentation: Beat the Cold w/Harvey Siberstein, Bergen County Division of Senior Services	12:30 PM
Oct 7	Presentation: How to Stay Sharp w/Linda Lembo, ACT Now Foundation	10:00 AM
Oct 12	Indigenous Peoples' Day & Columbus Day – Center Closed	ALL DAY
Oct 19	Presentation: Senior Security w/ Denis Niland, Bergen County Division of Consumer Affairs	2:00 PM
Oct 20	Class: Total Brain Health w/Agata Halat, Bergen County Division of Senior Services	12:30 PM
Oct 27	Hand Massage w/Agata Halat, Bergen County Division of Senior Services	12:30 PM
Oct 29	Movie: <i>The Giver</i>	2:00 PM

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.



Thanksgiving Luncheon

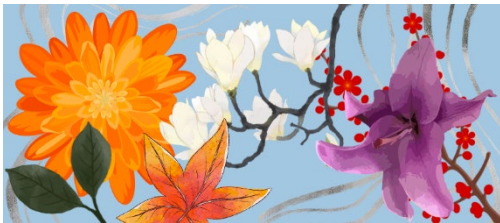
THURSDAY, NOV. 26, 2026
10:00AM - 2:00PM
(RSVP BY NOV. 19)

Garfield Senior Activity Center
480 Midland Ave, Garfield NJ 07026

To RSVP call (973) 478-0502
or email seniors@bergencountynj.gov

PALISADES PARK SENIOR ACTIVITY CENTER

October 2026

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
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				19:00 Senior Fitness 9:00 Learning Foreign Languages w/ songs 10:00 ESL Class 12:30 Line Dance 12:30 Watercolor Class 2:00 Baduk & Chess Club 2:00 Ping Pong Club Eggplant Rollatini w/ Meatballs		29:00 Yoga 10:00 ESL Class 12:30 Korean Calligraphy 12:30 Line Dance (beginners only) 2:00 Baduk & Chess Club 2:00 Watercolor (beginners only) 2:00 Ping Pong Bratwurst w/ Sauerkraut	
59:30 Line Dance 10:00 ESL Class 10:40 Strengthening Seniors 12:10 Essay Class 12:30 Smartphone Assistance (Samsung only) 12:30 Presentation: Beat the Cold Fish w/ Lemon Caper Sauce		69:00 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		79:00 Chair Yoga 10:00 Guitar Class 10:00 Presentation: How to Stay Sharp 12:30 Chorus 12:30 Diamond Art Club 2:00 Reading Class 2:00 Ping Pong Club Italian Turkey Sausage		89:00 Senior Fitness 9:00 Learning Foreign Languages w/ songs 10:30 ESL Class 12:30 Line Dance 12:30 Watercolor Class 2:00 Baduk & Chess Club 2:00 Ping Pong Club Seafood Salad Platter w/ Spinach		99:00 Yoga 10:00 ESL Class 12:30 Korean Calligraphy 12:30 Line Dance (beginners only) 2:00 Baduk & Chess Club 2:00 Watercolor (beginners only) 2:00 Ping Pong Ginger Soy Chicken	
12 CENTER CLOSED		139:00 Smartphone Assistance (iPhone only) 10:00 Tai Chi 10:00 Addressing Diabetes 12:30 Ping Pong Club 2:10 Line Dance Homestyle Meatloaf w/ Gravy		149:00 Chair Yoga 10:00 Guitar Class 12:30 Chorus 12:30 Diamond Art Club 2:00 Reading Class 2:00 Ping Pong Club Chicken Tikka Masala		159:00 Senior Fitness 9:00 Learning Foreign Languages w/ songs 10:30 ESL Class 12:30 Line Dance 12:30 Watercolor Class 2:00 Baduk & Chess Club 2:00 Ping Pong Club Tuna Noodle Salad over Romaine		169:00 Yoga 10:00 ESL Class 12:30 Korean Calligraphy 12:30 Line Dance (beginners only) 2:00 Baduk & Chess Club 2:00 Watercolor (beginners only) 2:00 Ping Pong Korean BBQ Chicken Leg	
199:30 Line Dance 10:30 ESL Class 10:30 Strengthening Seniors 12:00 Essay Class 12:30 Smartphone Assistance (Samsung only) 2:00 Presentation: Senior Security Roast Turkey w/ Gravy		209:00 Smartphone Assistance (iPhone only) 10:00 Tai Chi 10:00 Addressing Diabetes 12:30 Ping Pong Club 12:30 Class: Total Brain Health 2:10 Line Dance Chicken Marsala		219:00 Chair Yoga 10:00 Guitar Class 12:30 Chorus 12:30 Diamond Art Club 2:00 Reading Class 2:00 Ping Pong Club Breaded Pork Chop w/ Gravy		229:00 Senior Fitness 9:00 Learning Foreign Languages w/ songs 10:30 ESL Class 12:30 Line Dance 12:30 Watercolor Class 2:00 Baduk & Chess Club 2:00 Ping Pong Club Stuffed Cabbage		239:00 Yoga 10:00 ESL Class 12:30 Korean Calligraphy 12:30 Line Dance (beginners only) 2:00 Baduk & Chess Club 2:00 Watercolor (beginners only) 2:00 Ping Pong Egg Salad Sandwich	
269:30 Line Dance 10:30 ESL Class 10:30 Strengthening Seniors 12:00 Essay Class 12:30 Smartphone Assistance (Samsung only) Cheese Omelet		279:00 Smartphone Assistance (iPhone only) 10:00 Tai Chi 10:00 Addressing Diabetes 12:30 Hand Massage 12:30 Ping Pong Club 2:10 Line Dance Beef Chili Con Carne		289:00 Chair Yoga 10:00 Guitar Class 12:30 Chorus 12:30 Diamond Art Club 2:00 Reading Class 2:00 Ping Pong Club Turkey and Swiss w/ Lettuce & Tomato		299:00 Senior Fitness 9:00 Learning Foreign Languages w/ songs 10:30 ESL Class 12:30 Line Dance 12:30 Watercolor Class 2:00 Movie: The Giver 2:00 Ping Pong Club Chicken Cordon Bleu		309:00 Yoga 10:00 ESL Class 12:30 Korean Calligraphy 12:30 Line Dance (beginners only) 2:00 Baduk & Chess Club 2:00 Watercolor (beginners only) 2:00 Ping Pong Chicken Parmesan	