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

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.

SAFE ZONE

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.

BERGEN County NEW JERSEY

James J. Tedesco III, County Executive

Palisades Park Senior Activity Center
Bergen County Department of Human Services
Division of Senior Services/ADRC
November 2026

Nov 3	**Election Day – Center Closed**	**ALL DAY**
Nov 2	**Presentation: Exploring the Myths of Aging – Part II** w/ Harvey Siberstein, Bergen County Division of Senior Services	**12:30 AM**
Nov 4	**Presentation: Scams and Fraud** w/ Sungmin Kim, Metro Citi Bank	**10:00 AM**
Nov 10	**Movie: *An Old-Fashioned Thanksgiving*** w/ Popcorn and soda pop!	**10:00 AM**
Nov 10, 17, 24	**Class: Artificial Intelligence for Seniors (every Tuesday)** w/ Robert R. Torres, Easterseals	**12:30 PM**
Nov 11	**Veterans Day – Center Closed**	**ALL DAY**
Nov 13	**Presentation: Nutrition Needs in Winter** w/ Debbie Babseen, Holy Name Hospital	**10:00 AM**
Nov 17	**Thanksgiving Bingo** w/ Palisades Park staff, with free give away goodies!	**10:00 AM**
Nov 18	**Class: Dementia Workout – Mental & Physical** w/ Sungwon Choi, TKM Wellness	**10:00 AM**
Nov 26, 27	**Thanksgiving Break – Center Closed**	**ALL DAY**
Nov 30	**Presentation: Vision Loss or Blindness** w/ Trisha Ebel, Vision Loss Alliance	**12:00 PM**

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

(201) 336-7495, Stacey Min, Director

PALISADES PARK SENIOR ACTIVITY CENTER

November 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 9:00 Line Dance 10:00 ESL Class 10:40 Strengthening Seniors 12:00 Essay Class **12:00 Presentation: Exploring the Myths of Aging – Part II** 12:30 Smartphone Assistance (Samsung only) Stuffed Cabbage	**3**  CENTER CLOSED	**4** 9:00 Chair Yoga 10:00 Guitar Class **10:00 Presentation: Scams & Fraud** 12:30 Chorus 12:30 Diamond Art Club 2:00 Reading Class 2:00 Ping Pong Club Homestyle Meatloaf w/ Mushroom Gravy	**5** 9:00 Senior Fitness 9:00 Learning Languages through Singing 10:00 ESL Class 12:30 Line Dance 12:30 Watercolor Class 2:00 Baduk & Chess Club 2:00 Ping Pong Club Tuna Salad Sandwich	**6** 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 Florentine
9 9:00 Line Dance 10:00 ESL Class 10:40 Strengthening Seniors 12:00 Essay Class 12:30 Smartphone Assistance (Samsung only) 1:30 Ping Pong Sliced Pork Loin w/ Apple Cinnamon Glaze	**10** 9:00 Smartphone Assistance (iPhone only) 10:00 TaiChi **10:00 Movie: *An Old-Fashioned Thanksgiving*** 12:30 Ping Pong Club **12:30 Class: Artificial Intelligence for Seniors** 2:10 Line Dance Chicken Fajitas	**11**  CENTER CLOSED	**12** 9:00 Senior Fitness 9:00 Learning Languages through Singing 10:00 ESL Class 12:30 Line Dance 12:30 Watercolor Class 2:00 Baduk & Chess Club 2:00 Ping Pong Club Baked Herbed Chicken Leg	**13** 9:00 Yoga 10:00 ESL Class **10:00 Presentation: Nutrition Needs in Winter** 12:30 Korean Calligraphy / Ping Pong Club 2:00 Baduk & Chess Club 2:00 Watercolor (beginners only) 2:00 Line Dance (beginners only) Turkey and Swiss Cheese
16 9:00 Line Dance 10:00 ESL Class 10:40 Strengthening Seniors 12:00 Essay Class 12:30 Smartphone Assistance (Samsung only) Chicken Parmesan	**17** 9:00 Smartphone Assistance (iPhone only) 10:00 Tai Chi **10:00 Thanksgiving Bingo** 12:30 Ping Pong Club **12:30 Class: Artificial Intelligence for Seniors** 2:10 Line Dance Egg Salad with Lettuce & Tomato	**18** 9:00 Chair Yoga 10:00 Guitar Class **10:00 Class: Dementia Workout – Mental & Physical** 12:30 Chorus 12:30 Diamond Art Club 2:00 Reading Class 2:00 Ping Pong Club Lemon Pepper Tilapia	**19** 9:00 Senior Fitness 9:00 Learning Languages through Singing 10:00 ESL Class 12:30 Line Dance 12:30 Watercolor Class 2:00 Baduk & Chess Club 2:00 Ping Pong Club Sweet & Sour Chicken	**20** 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) Cheeseburger w/ Lettuce and Tomato
23 9:00 Line Dance 10:00 ESL Class 10:40 Strengthening Seniors 12:00 Essay Class 12:30 Smartphone Assistance (Samsung only) 1:30 Ping Pong Korean BBQ Chicken Leg	**24** 9:00 Smartphone Assistance (iPhone only) 10:00 Tai Chi 12:30 Ping Pong Club **12:30 Class: Artificial Intelligence for Seniors** 2:10 Line Dance Cheese Omelet	**25** 9:00 Chair Yoga 10:00 Guitar Class 12:30 Chorus 12:30 Diamond Art Club 2:00 Reading Class 2:00 Ping Pong Club Ham Steak w/ Pineapple	**27** *Thanksgiving Luncheon* GARFIELD SENIOR ACTIVITY CENTER 10AM-2PM REGISTRATION REQUIRED PLEASE CALL (973) 478-0502 CENTER CLOSED	 CENTER CLOSED
30 9:00 Line Dance 10:00 ESL Class 10:40 Strengthening Seniors 12:00 Essay Class **12:00 Presentation: Vision Loss or Blindness** 1:00 Smartphone Assistance (Samsung only) 1:30 Ping Pong Eggplant Rollatini w/ Italian Meatballs	National Alzheimer's Disease Awareness Month 		**Suggested Lunch Donation:** **$1.25 Per Meal** ***Please reserve lunch by 11:30AM the day before*** **Lunch is served at 11:30AM daily**	**Continental Breakfast** **Monday-Friday** **8:30AM - 10:00AM** 