

James J. Tedesco III
County Executive

#### **BOARD OF COUNTY COMMISSIONERS**

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DEPARTMENT OF HUMAN SERVICES Melissa H. DeBartolo, Esq. Director

DIVISION OF SENIOR SERVICES
Lorraine Joewono
Director



#### For Your Information...

### **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

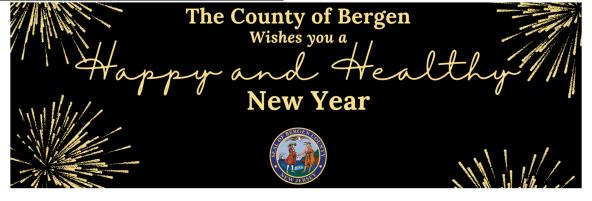
## PALISADES PARK SENIOR ACTIVITY CENTER

**300 Highland Avenue** 

Palisades Park , NJ, 07650 Phone: (201) 944-5616 • Fax (201) 944-2685

Palisades Park @bergencountynj.gov

Open: Monday - Friday, 8:00AM - 3:30PM





# PALISADES PARK SENIOR ACTIVITY CENTER Bergen County Department of Human Services Division of Senior Services/ADRC January 2025

January 1st	New Years Day- Center Closed	All Day	
January 8th	Presentation: Falls & Dementia w/ Katia from Act Now Foundation	10:30AM	
January 13th	Presentation: Bergen County Office of Food Security w/ Patrick Fallon	11:30AM	
January 15th	Blood Pressure Check w/ Palisades Park Health Department	10:30AM	
January 16th	Presentation: Memory & Winter Blues w/ Susan from Valley Hospital	10:30AM	
January 20th	Martin Luther King Day- Center Closed	All Day	
January 23rd	Presentation: Skin Cancer w/ Melissa from Braven Health	11:00AM	
January 24th	Winter Craft Door Hanger w/ Agata	12:30PM	
January 29th	Lunar New Year/ Chinese New Year	11:30AM	

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.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Suggested Lunch Donation: \$1.25 Per Meal Please reserve lunch by 11:30 AM the day before  Lunch will Be Served at 11:30 Daily	Continental Breakfast  Coffee and tea served daily at the center.	HAPPY  New Year  Center Closed	2 8:30 Bingo 9:30 Osteoporosis Exercise/Zumba 11:00 Chair Exercise 1:00 Water Painting 1:00 Line Dance 2:00 Couple Dance Chicken Cordon Bleu	3 8:30 Bingo 9:30 Chair Exercise 10:30 Civic Class 12:30 Chorus II 2:10 Korean Folk Dance  Stuffed Cabbage
		8 9:00 Zumba Class 10:30 Blood Pressure Check 10:30 Presentation: Falls & Dementia 12:30 Chorus I 1:00 Chess & Checkers 2:10 Line Dance		10 8:30 Bingo 9:30 Chair Exercise 10:30 Civic Class 12:30 Chorus II 2:10 Korean Folk Dance
Roast Turkey w/ Gravy	Salisbury Steak w/ Gravy	Chicken Marsala	Tuna Salad on Spinach	Turkey Chili
9:30 Line Dance	14 10:00 Tai Chi Balance Class 10:30 ESL Class 12:30 Korean Folk Dance 1:00 Korean Checker's 2:00 Line Dance  Roast Pork	15 9:00 Zumba Class 10:30 Blood Pressure Check 12:30 Chorus I 1:00 Chess & Checkers 2:10 Line Dance  Pot Roast w/ Gravy	16 8:30 Bingo 9:30 Osteoporosis Exercise/Zumba 10:30 Presentation: Winter Blues/w Susan 1:00 Water Painting 1:00 Line Dance 2:00 Couple Dance Fish w/ Lemon Pepper Sauce	17 8:30 Bingo 9:30 Chair Exercise 10:30 Civic Class 12:30 Chorus II 2:10 Korean Folk Dance  Chicken Parmesan
20 MARTIN LUTHER	21 10:00 Tai Chi Balance Class	22 9:00 Zumba Class		24 8:30 Bingo 9:30 Chair Exercise 10:30 Civic Class 12:30 Aggie/ Winter Craft 12:30 Chorus II 2:10 Korean Folk Dance Meatloaf w/ Gravy
27 8:30 Bingo 9:30 Line Dance 10:30 ESL Class 12:30 Zumba Class 1:00 Water Painting  Cheeseburger	28 10:00 Tai Chi Balance Class 10:30 ESL Class 12:30 Korean Folk Dance 1:00 Korean Checker's 2:00 Line Dance	9:00 Zumba Class 10:30 Blood Pressure Check	8:30 Bingo 9:30 Osteoporosis Exercise/Zumba 11:00 Chair Exercise	31 8:30 Bingo 9:30 Chair Exercise 10:30 Civic Class 12:30 Chorus II 2:10 Korean Folk Dance
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