

# ELMWOOD PARK SENIOR ACTIVITY CENTER

Cristine Cobb, Center Director

DECEMBER 2019

(201) 796-3342

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> 8:00 Breakfast 9:30 Armchair Exercise 10:00 Line Dance 10:30 Yoga  CHICKEN PICATTA	<b>3</b> 8:00 Breakfast 9:30 Zumba Gold 9:30 Ceramics <u>10:30-12:30 Wise Program</u> 1:00 Golden Age Club SALISBURY STEAK WITH GRAVY	<b>4</b> 8:00 Breakfast 9:30 Zumba Gold <u>10:45 Holiday Healthy Eating</u> 1:00 In Between Club  LEMON PEPPER FISH	<b>5</b> 8:00 Breakfast 9:30 Need-L-Wits 10:00 Tai-Chi 12:30 Yoga  CHICKEN SALAD	<b>6</b> 8:00 Breakfast 9:30 Exercise <u>10:45 Scams and Frauds</u> 12:30 Bingo/Games  VEGETABLE LASAGNA
<b>9</b> 8:00 Breakfast 9:30 Armchair Exercise 10:00 Line Dance 10:30 Yoga  BREADED FISH SANDWICH	<b>10</b> 8:00 Breakfast 9:30 Zumba Gold 9:30 Ceramics <u>10:30-12:30 Wise Program</u> 1:00 Golden Age ROAST PORK WITH GRAVY	<b>11</b> 8:00 Breakfast 9:30 Zumba Gold <u>10:00-12:00 Balance Screening</u> 1:00 In Between Club  EGGPLANT ROLLATINI	<b>12</b> 8:00 Breakfast 9:30 Need-L-Wits 10:00 Tai-Chi 12:30 Yoga  MEATLOAF WITH GRAVY	<b>13</b> 8:00 Breakfast 9:30 Exercise-In Senior Center <u>11:30-2:00 HOLIDAY PARTY</u> WITH TOMMY DEE  CHICKEN SCAMPI
<b>16</b> 8:00 Breakfast 9:30 Armchair Exercise 10:00 Line Dance  ROAST TURKEY SANDWICH	<b>17</b> 8:00 Breakfast 9:30 Zumba Gold 9:30 Ceramics <u>9:30-12:00 Blood Pressure</u> <u>10:30-12:30 Wise Program</u> 1:00 Golden Age Club CHICKEN PARMESAN	<b>18</b> 8:00 Breakfast 9:30 Zumba Gold <u>9:30-1:00 Holiday Jewelry Show</u> 1:00 Between Club  HAMBURGER	<b>19</b> 8:00 Breakfast 9:30 Need-L-Wits 10:00 Tai-Chi 12:30 Yoga  HAWAIIAN BONELESS PORK	<b>20</b> 8:00 Breakfast 9:30 Exercise 12:30 Bingo/Games  BAKED FISH FILET WITH LEMON SAUCE
<b>23</b> 8:00 Breakfast 9:30 Armchair Exercise 10:00 Line Dance 10:30 Yoga SWEET & SOUR MEATBALLS	<b>24</b> 8:00 Breakfast 9:30 Zumba Gold 9:30 NO Ceramics 1:00 NO Golden Age Club  TUNA SALAD	<b>25</b> <b>MERRY CHRISTMAS            CENTER CLOSED</b>	<b>26</b> 8:00 Breakfast 9:30 Need-L-Wits 10:00 Tai-Chi 12:30 Yoga  ROASTED CHICKEN LEG	<b>27</b> 8:00 Breakfast 9:30 Exercise <u>10:00-12:00 SNAP Program</u> 12:30 Bingo/Games BONELESS BBQ RIB
<b>30</b> 8:00 Breakfast 9:30 Armchair Exercise 10:00 Line Dance 10:30 Yoga  PORK CHOP WITH GRAVY	<b>31</b> 8:00 Breakfast 9:30 Zumba Gold 9:30 NO Ceramics <u>11:30 Brunch For New Year's</u> 1:00 NO Golden Age Club  CHEESE OMLET	<u>JANUARY 1ST 2020</u> <b>HAPPY NEW YEAR!</b> <b>MAY IT BE A HAPPY AND</b> <b>HEALTHY ONE FOR ALL!</b> <b><u>CENTER CLOSED</u></b>	<b>SUGGESTED DONATION</b> <b>\$ 1.25 PER PERSON</b> <b>MENU SUBJECT TO</b> <b>CHANGE WITHOUT</b> <b>NOTICE!</b>	<b><u>PLEASE NOTE:</u></b> <b>ON DECEMBER 31</b> <b>WE WILL BE SERVING</b> <b>BRUNCH AT 11:30</b>

# BERGEN NEW JERSEY County

James J. Tedesco III  
Bergen County Executive

## Board of Chosen Freeholders

Germaine M. Ortiz  
Chairwoman  
Mary J. Amoroso  
Vice Chairwoman  
Joan M. Voss  
Chair Pro Tempore

David L. Ganz  
Thomas J. Sullivan  
Steven A. Tanelli  
Tracy Silnar Zur

DEPARTMENT OF HUMAN SERVICES  
Melissa DeBartolo, Esq.  
Acting Department Director

Division Of Senior Services  
Lorraine Joewono  
Director

Division of Senior Services/ADRC



## 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 on Disability Services  
201-336-6500

Bergen County  
Board of Social Services  
201-368-4200

# BERGEN NEW JERSEY County

James J. Tedesco III, County Executive

## ELMWOOD PARK SENIOR ACTIVITY CENTER Bergen County Department of Human Services Division of Senior Services/ADRC SEASON'S GREETINGS DECEMBER 2019

December 2	NJ Snap-Ed-Make A Change!	10:45-11:45
December 3, 10 & 17	Wise Program With Shyra Aultmon Wellness Initiative For Senior Education	10:30-12:30
December 4	Holiday Healthy Eating! With Regent Care Center	10:45
December 6	Scams and Frauds With Investigator Denis Niland	10:45
December 11	Free Balance Screening-Must Register For This Program Given By Balance & Dizziness Center	10:00-12:00
December 13	HOLIDAY PARTY WITH TOMMY DEE	11:30-2:00
December 17	Blood Pressure Screening With B.C. Health Dept.	9:30-12:00
December 18	Holiday Jewelry Show With Janet Calvitti	9:30-1:30
December 22	Hanukkah Begins At Sundown First Day Of Winter	
December 25	Christmas Day-CENTER CLOSED	
December 25	Christmas Dinner At Garfield Senior Center	10:00-1:30
December 26	Kwanzaa Begins	
December 27	Board Of Social Services-SNAP Program	10:00-12:00

## ELMWOOD PARK SENIOR ACTIVITY CENTER

500 Mola Boulevard  
Elmwood Park, NJ 07407  
Phone: (201) 796-3342 • Fax (201) 475-9403  
Open: Monday - Friday, 8:00AM - 3:30PM  
ElmwoodParkCenter@co.bergen.nj.us

Bergen County Division of Senior Services supports and promotes diverse and inclusive communities, and does not discriminate based on age, creed, gender, gender identity, mental or physical disability, national origin, political affiliation, race, or sexual orientation in its provision of services or employment practices.



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