

# ELMWOOD PARK SENIOR ACTIVITY CENTER

**Cristine Cobb, Center Director**

**MAY 2019**

**(201) 796-3342**

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<p><b>COMING IN JUNE...3RD-24TH A 4 WEEK PROGRAM ON FALL PREVENTION. MUST SIGN-UP IN ADVANCE.</b></p>	<p><b>MAY IS OLDER AMERICAN MONTH.. CONNECT WITH FRIENDS, FAMI- LY AND SERVICES THAT SUPPORT PARTICIPATION..... MAY 20TH WE WILL BE HOSTING AN OPEN HOUSE FOR NEW COMERS IN ELMWOOD PARK AND OTHER TOWNS AROUND US.</b></p>	<p><b>1 8:00 Breakfast 9:30 Zumba Gold 10:00 CTC Visits 1:00 In Between Club BAKED FISH</b></p>	<p><b>2 8:00 Breakfast 9:30 Need-L-Wits 10:00 CTC Visits 10:00 Tai-Chi 12:30 Sun Yoga PORK CHOP WITH GRAVY</b></p>	<p><b>3 8:00 Breakfast 9:30 Exercise 12:30 Bingo/Games</b></p> <p style="text-align: center;">TURKEY &amp; BEAN CHILI</p>
<p><b>6 8:00 Breakfast 9:30 Armchair Exercise 10:00 Line Dance 10:30 Yoga</b></p> <p style="text-align: center;">FISH &amp; CHIPS</p>	<p><b>7 8:00 Breakfast 9:30 Zumba Gold 9:30 Ceramics 1:00 Golden Age Club</b></p> <p style="text-align: center;">ZITI AND MEATBALLS</p>	<p><b>8 8:00 Breakfast 9:30 Zumba Gold 1:00 In Between Club</b></p> <p style="text-align: center;">CHICKEN SALAD</p>	<p><b>9 8:00 Breakfast 9:30 Need-L-Wits 10:00 Tai-Chi 12:30 Sun Yoga</b></p> <p style="text-align: center;">ROAST TURKEY WITH GRAVY</p>	<p><b>10 8:00 Breakfast 9:30 Exercise 10:45 Hidden Veggie Recipes 11:45-1:45 May's Birthdays &amp; Bingo Party CHICKEN FAJITAS</b></p>
<p><b>13 8:00 Breakfast 9:30 Armchair Exercise 10:00 Line Dancing 10:30 Yoga</b></p> <p style="text-align: center;">OMELET &amp; BREAKFAST SAUSAGE</p>	<p><b>14 8:00 Breakfast 9:30 Zumba Gold 9:30 Ceramics 1:00 Golden Age Club</b></p> <p style="text-align: center;">CHICKEN MILANESE</p>	<p><b>15 8:00 Breakfast 9:30 Zumba Gold 10:45 When Life Gives Us A Lemon!</b></p> <p style="text-align: center;">SALISBURY STEAK WITH GRAVY</p>	<p><b>16 8:00 Breakfast 9:30 Need-L-Wits 10:00 Tai-Chi 12:30 Sun-Yoga</b></p> <p style="text-align: center;">VEGETABLE LASAGNA</p>	<p><b>17 8:00 Breakfast 8:30-3:00 AARP Driver's Class 9:30 Exercise 12:30 Bingo/Games</b></p> <p style="text-align: center;">COCONUT CRUSTED FISH</p>
<p><b>20 8:00 Breakfast 9:30 Armchair Exercise 10:00 Line Dance 10:30 Yoga</b></p> <p style="text-align: center;">BONELESS CHICKEN SCAMPI</p>	<p><b>21 8:00 Breakfast 9:00-12:00 Blood Pressure 9:30 Zumba Gold 9:30 Ceramics 1:00 Golden Age Club HOT ROAST BEEF SANDWICH</b></p>	<p><b>22 8:00 Breakfast 9:30 Zumba Gold 10:45 Medicare Fraud 1:00 In Between Club ZITI WITH PORK SAUSAGE</b></p>	<p><b>23 8:00 Breakfast 9:30 Need-L-Wits 10:00 Tai-Chi 12:30 Sun-Yoga</b></p> <p style="text-align: center;">ASIAN STYLE CHICKEN &amp; BROCCOLI</p>	<p><b>24 8:00 Breakfast 9:30 Exercise 10:00-12:00 Snap Program 12:30 Bingo/Games</b></p> <p style="text-align: center;">HAMBURGER</p>
<p><b>27</b></p> <p style="text-align: center;"><b>MEMORIAL DAY CENTER CLOSED</b></p>	<p><b>28 8:00 Breakfast 9:30 Zumba Gold 9:30 Ceramics 1:00 Golden Age Club</b></p> <p style="text-align: center;">PARMESAN CRUSTED FISH</p>	<p><b>29 8:00 Breakfast 9:30 Zumba Gold 1:00 In Between Club</b></p> <p style="text-align: center;">ROAST TURKEY WRAP</p>	<p><b>30 8:00 Breakfast 9:30 Need-L-Wits 10:00 Tai-Chi 12:30 Sun-Yoga</b></p> <p style="text-align: center;">EGGPLANT ROLLATINI</p>	<p><b>31 8:00 Breakfast 9:30 Exercise 12:30 Bingo/Games</b></p> <p style="text-align: center;">HAWAIIAN BONELESS CHICKEN</p>

# 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  
Michael Bellucci  
Acting 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 OLDER AMERICANS MONTH MAY 2019

May 1 & 2	CTC Visits The Senior Center	10:30
May 2	Public Hearing-County Administration Building One Bergen County Plaza-5th Floor -Hackensack, NJ	9:00
May 10	“Hidden Veggie Recipes” With Joannah Konecny , RD From Fairlawn Shop Rite	10:45
May 10	May’s Birthday & Bingo Party	11:45-1:45
May 12	Mother’s Day	
May 13	Mother’s Day Celebration-Pancake Breakfast	9:30-11:00
May 15	Positive Thinking: When Life Gives Us Lemons! Speaker: Ann Marie Banout , From Humana	10:45
May 20	Open House For The Elmwood Park Senior Center	8:00-3:30
May 22	Senior Medicare Patrol, Medicare Fraud-With Angela Ellerbe	10:45
May 24	Board Of Social Services-SNAP	10:00-12:00
May 27	Memorial Day Observance-CENTER CLOSED	

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.

## 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



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