

ELMWOOD PARK SENIOR ACTIVITY CENTER

Cristine Cobb, Center Director

FEBRUARY 2020

(201) 796-3342

Monday	Tuesday	Wednesday	Thursday	Friday
<p>THE ELMWOOD PARK SENIOR ACTIVITY CENTER ACTIVITIES AND PROGRAMS ARE FUNDED BY THE BERGEN COUNTY, DIVISION OF SENIOR THROUGH THE OLDER AMERICAS ACT, AND ARE AVAILABLE AT NO CHARGE FOR BERGEN COUNTY RESIDENTS 60 YEARS OLD AND OVER.</p>	<p>IF THE WEATHER IS BAD... <u>BE SAFE!</u> AND IF YOU ARE IN DOUBT.... <u>DON'T GO OUT!</u></p>	<p>SUGGESTED DONATION \$1.25 PER MEAL</p> <p>MENU SUBJECT TO CHANGE WITHOUT NOTICE.</p>	<p><u>THINK SPRING!</u> <u>SPRING PARTY</u> WITH D.J. NICK APRIL 17TH -11:30-2:00</p>	<p>BLACK HISTORY MONTH AMERICAN HEART MONTH</p>
<p>3 8:00 Breakfast 9:30 Armchair Exercise 10:30 Yoga</p> <p>VEGETABLE LASAGNA</p>	<p>4 8:00 Breakfast 9:30 Zumba Gold 9:30 Ceramics 1:00 Golden Age Club</p> <p>CHICKEN SALAD PLATE</p>	<p>5 8:00 Breakfast 9:30 Zumba Gold <u>10:45 Scams Frauds, Staying Alert!</u> 1:00 In Between Club BBQ BEEF SANDWICH</p>	<p>6 8:00 Breakfast 9:30 Need-L-Wits 10:00 Tai-Chi 12:30 Sun Yoga</p> <p>HAWAIIAN CHICKEN</p>	<p>7 8:00 Breakfast 9:30 Exercise <u>10:45 Dispatch Health Visits</u> 12:30 Bingo/Games</p>
<p>10 8:00 Breakfast 9:30 Armchair Exercise 10:30 Yoga</p> <p>CHEESE OMLET</p>	<p>11 8:00 Breakfast 9:30 Zumba Gold 9:30 Ceramics 1:00 Golden Age Club CHICKEN SCAMPI</p>	<p>12 8:00 Breakfast 9:30 Zumba Gold 1:00 Between Club</p> <p>MEAT LASAGNA</p>	<p>13 8:00 Breakfast 9:30 Need-L-Wits 10:00 Tai-Chi 12:30 Sun-Yoga PORK CHOP WITH GRAVY</p>	<p>14 8:00 Breakfast 9:30 Exercise <u>11:45-1:45 February's Birthday & Valentine's Bingo Party</u> CHICKEN PARMESAN</p>
<p>17</p> <p><i>PRESIDENTS' DAY CENTER CLOSED</i></p>	<p>18 8:00 Breakfast <u>9:30-12:00 Blood Pressure</u> 9:30 Zumba Gold 9:30 Ceramics 1:00 Golden Age Club SHAVED PHILLY BEEF SANDWICH</p>	<p>19 8:00 Breakfast 9:30 Zumba Gold 1:00 In Between Club</p> <p>CHICKEN BREAST CHIPOTLE</p>	<p>20 8:00 Breakfast 9:30 Need-L-Wits 10:00 Tai-Chi 12:30 Sun-Yoga</p> <p>RIGATONI WITH BEEF BOLOGNESE</p>	<p>21 8:00 Breakfast 9:30 Exercise 10:00-12:00 SNAP Program <u>10:45 Wii Tournament</u> 12:30 Bingo/Games HEALTHY VEGETABLE ROTINI SALAD</p>
<p>24 8:00 Breakfast 9:30 Armchair Exercise 10:30 Yoga</p> <p>ROAST PORK WITH GRAVY</p>	<p>25 8:00 Breakfast 9:30 Zumba Gold 9:30 Ceramics</p> <p>STUFF CABBAGE</p>	<p>26 8:00 Breakfast 9:30 Zumba Gold <u>10:45 Healthy Eating Habits</u> 1:00 In Between Club</p> <p>BAKED PENNE WITH RICOTTA</p>	<p>27 8:00 Breakfast 9:30 Need-L-Wits 10:00 Tai-Chi 12:30 Sun-Yoga</p> <p>HOT ROAST BEEF SANDWICH</p>	<p>28 8:00 Breakfast 9:30 Exercise <u>10:00-12:00 SNAP Program</u> 12:30 Bingo/Games</p> <p>EGGPLANT ROLLATINI</p>

BERGEN NEW JERSEY County

James J. Tedesco III
Bergen County Executive

Board of Chosen Freeholders

Mary J. Amoroso
Chairwoman

Dr. Joan M. Voss
Vice Chairwoman

Steve A. Tanelli
Chair Pro Tempore

David L. Ganz

Germaine M. Ortiz

Thomas J. Sullivan

Tracy Silna Zur

DEPARTMENT OF HUMAN SERVICES

Melissa DeBartolo, Esq.
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 HEALTHY HEART MONTH FEBRUARY 2020

February 5	Scams Frauds, Staying Alert! Protecting Yourself In The Retail World. Speaker: Investigator Denis Niland	10:45
February 7	Dispatch Health Visits With Allisyn Vogel	10:45
February 14	February Birthdays & Valentine's Bingo Party	11:45-1:45
February 17	President's' Day-Center Closed	
February 18	Blood Pressure Screening With Bergen County Health Department	9:30-12:00
February 21	Wii Tournament With BC/BS Of NJ	10:45
February 26	Healthy Eating Habits For Senior With Patricia Nicholas, Clinical Nutrition Manager Bergen New Bridge Medical Center	10:45
February 28	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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