

ELMWOOD PARK SENIOR ACTIVITY CENTER

Cristine Cobb, Center Director

MARCH 2020

(201) 796-3342

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 8:00 Breakfast 9:30 Armchair Exercise 10:00 Line Dance 10:30 Yoga</p> <p style="text-align: center;">CHICKEN FLORENTINE</p>	<p>3 8:00 Breakfast 9:30 Zumba Gold 9:30 Ceramics 1:00 Golden Age</p> <p style="text-align: center;">EGGPLANT ROLLATINI</p>	<p>4 8:00 Breakfast 9:30 Zumba Gold 1:00 In Between Club</p> <p style="text-align: center;">CHICKEN SALAD SANDWICH</p>	<p>5 8:00 Breakfast 9:30 Need-L-Wits 10:00 Tai-Chi 12:30 Yoga</p> <p style="text-align: center;">MEATLOAF WITH GRAVY</p>	<p>6 8:00 Breakfast 9:30 Exercise <u>10:45 "10 Common Senior Nutrition Myths"</u> 12:30 Bingo/Games TUNA & BOWTIE SALAD</p>
<p>9 8:00 Breakfast 9:30 Armchair Exercise 10:00 Line Dance 10:30 Yoga</p> <p style="text-align: center;">BBQ BEEF SANDWICH</p>	<p>10 8:00 Breakfast 9:30 Zumba Gold 9:30 Ceramics 1:00 Golden Age</p> <p style="text-align: center;">CHICKEN PICTTA</p>	<p>11 8:00 Breakfast 9:30 Zumba Gold 1:00 In Between Club</p> <p style="text-align: center;">HAMBURGER</p>	<p>12 8:00 Breakfast 9:30 Need-L-Wits 10:00 Tai-Chi 12:30 Yoga</p> <p style="text-align: center;">CHICKEN WITH LEMON & OREGANO</p>	<p>13 8:00 Breakfast 9:30 Exercise <u>10:30 Foot Care</u> <u>11:45-1:45 Birthday & Bingo Party</u></p> <p style="text-align: center;">POTATO CRUSTED FISH</p>
<p>16 8:00 Breakfast 9:30 Armchair Exercise 10:00 Line Dance 10:30 Yoga</p> <p style="text-align: center;">ROAST BEEF & GRAVY</p>	<p>17 8:00 Breakfast <u>9:30-12:00 Blood Pressure</u> 9:30 Zumba Gold 9:30 Ceramics 1:00 Golden Age Club CORNEED BEEF</p>	<p>18 8:00 Breakfast 9:30 Zumba Gold 1:00 In Between Club</p> <p style="text-align: center;">IRISH BANGERS & MASH</p>	<p>19 8:00 Breakfast 9:30 Need-L-Wits 10:00 Tai-Chi 12:30 Yoga</p> <p style="text-align: center;">ROAST TURKEY & GRAVY</p>	<p>20 8:00 Breakfast 9:30 Exercise <u>8:30-3:00 AARP Driver's Course</u> 12:30 Bingo/Games</p> <p style="text-align: center;">VEGGIE BURGER</p>
<p>23 8:00 Breakfast 9:30 Armchair Exercise 10:00 Line Dance 10:30 Yoga</p> <p style="text-align: center;">KOREAN BBQ CHICKEN</p>	<p>24 8:00 Breakfast 9:30 Zumba Gold 9:30 Ceramics 1:00 Golden Age Club</p> <p style="text-align: center;">SALISBURY STEAK WITH GRAVY</p>	<p>25 8:00 Breakfast 9:30 Zumba Gold <u>10:45 Family Of Caring</u> 1:00 In Between Club</p> <p style="text-align: center;">BALSAMIC BREADED CHICKEN</p>	<p>26 8:00 Breakfast 9:30 Need-L-Wits 10:00 Tai-Chi 12:30 Yoga</p> <p style="text-align: center;">PORK CHOP</p>	<p>27 8:00 Breakfast 9:30 Exercise <u>10:00-12:00 SNAP Program</u> 12:30 Bingo/Games</p> <p style="text-align: center;">PENNE WITH RICOTTA</p>
<p>30 8:00 Breakfast 9:30 Armchair Exercise 10:00 Line Dance 10:30 Yoga</p> <p style="text-align: center;">PHILLY BEEF & CHEESE SANDWICH</p>	<p>31 8:00 Breakfast 9:30 Zumba Gold 9:30 Ceramics <u>10:30-12:30 Veteran Services</u> 1:00 Golden Age Club CHICKEN TERIYAKI</p>	<p style="text-align: center;">SUGGESTED DONATION \$1.25 PER MEAL</p> <p style="text-align: center;">MENU SUBJECT TO CHANGE WITHOUT NOTICE</p>	<p style="text-align: center;"><u>SUMMER PARTY!</u> WITH D.J. NICK JUNE 12TH 11:30-2:00 SIGN-UPS WILL BEGIN MAY 4TH</p>	<p style="font-size: small;">THE ELMWOOD PARK SENIOR ACTIVITY CENTER ACTIVITIES AND PROGRAMS ARE FUNDED BY THE BERGEN COUNTY DIVISION OF SENIOR SERVICES THROUGH THE OLDER AMERICAN ACT, THEY ARE AVAILABLE AT NO CHARGE FOR BERGEN COUNTY RESIDENTS, 60 YEARS OLD AND OVER.</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 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
NATIONAL NUTRITION MONTH
MARCH 2020

March 6	“10 Common Senior Nutrition Myths” Speaker: Nicole Fuller, RD From Valley Hospital	10:45
March 8	Daylight Saving Time Begins	
March 13	“Foot Care” With Dr. Eric Rosen Dr. Rosen Will See You One On One After Presentation	10:30-1:00
March 13	March’s Birthday & Bingo Party	11:45-1:45
March 17	Blood Pressure Screening With Bergen County Health Dept.	9:30-12:30
March 17	St. Patrick’s Day	
March 20	AARP Safety Driver’s Course	8:30-3:00
March 20	First Day Of Spring	
March 25	Family Of Caring Visits With Nancy Windecker	10:45
March 27	Board Of Social Services-SNAP Program	10:00-12:00
March 31	Division Of Veteran Services With A.J. Luna	10:30-12:30

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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