

BERGEN NEW JERSEY *County*

James J. Tedesco III
County Executive

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DIVISION OF SENIOR SERVICES

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Director



On behalf of the County of Bergen, we thank you for your patience during the Covid-19 pandemic. At this time, the County has lifted most restrictions related to Covid-19, but will continue to require health screenings upon entrance to the centers. Masks are now optional throughout the centers. Masks are still required on the bus for those who are unvaccinated, although it is preferable for all to wear a mask when on the bus. Meals will return to congregate setting, and there will no longer be a Grab & Go option. We look forward to seeing you again as we resume all regular activities. If you have any questions, kindly contact your center directly at (201) 796-3342.

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

**ELMWOOD PARK SENIOR ACTIVITY
CENTER**

Cristine Cobb, Director
500 Mola Boulevard
Elmwood Park, NJ 07407

Phone: (201) 796-3342 • Fax (201) 475-9403

ElmwoodParkCenter@co.bergen.nj.us

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

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ELMWOOD PARK SENIOR ACTIVITY CENTER
Bergen County Department of Human Services
Division of Senior Services/ADRC
OLDER AMERICANS MONTH
MAY 2022

May 6	Act Now Foundation: Speaker Cary Lopez What to know about Alzheimer's Disease & Related Dementias	10:30
May 8	Mother's Day	
May 11	Mother's Day Ice Cream Social	12:30
May 17	Blood Pressure Screening w/B.C. Health Dept.	9:30-12:00
May 17	The Price Is Right Game! With Aggie Halat Must Pre-Register for this Event	12:45
May 25	May Bingo Bash! Must Pre-Register for this Event	12:45
May 30	Memorial Day-Center Closed	

The EP 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

<p>2 8:00 Continental Breakfast 10:00-11:30 Tai-Chi 12:00 Lunch 1:00 Exercise Program CHICKEN SALAD</p>	<p>3 8:00 Continental Breakfast 10:30 Movement To Dance 12:00 Lunch 12:45 (DVD) Exercise ITALIAN MEATBALLS</p>	<p>4 8:00 Continental Breakfast 10:45 Zumba 12:00 Lunch 12:30 In Between Club LEMON BAKED FISH</p>	<p>5 8:00 Continental Breakfast 9:30 Need-L-Wits 10:30 Movement To Dance 12:00 Lunch 12:45 Senior Fitness Program ROASTED PORK</p>	<p>6 8:00 Continental Breakfast 10:30 ACT NOW FOUNDATION What to Know About Alzheimer's Disease 12:00 Lunch 12:45 Cards UNBREADED CHICKEN PICCATA</p>
<p>9 8:00 Continental Breakfast 10:00-11:30 Tai-Chi 12:00 Lunch 1:00 Exercise Program CHEESE OMELET</p>	<p>10 8:00 Continental Breakfast 10:30 Movements To Dance 12:00 Lunch 12:45 (DVD) Exercise BBQ CHICKEN LEG</p>	<p>11 8:00 Continental Breakfast 10:45 Zumba 12:00 Lunch 12:30 In Between Club 12:45 Mother's Day Ice Cream Social VEGGIE BURGER</p>	<p>12 8:00 Continental Breakfast 9:30 Need-L-Wits 10:30 Movement to Dance 12:00 Lunch 12:45 Senior Fitness Program CHICKEN FLORENTINE</p>	<p>13 8:00 Continental Breakfast 12:00 Lunch 12:45 Cards POTATO CRUSTED FISH</p>
<p>16 8:00 Continental Breakfast 10:00-11:30 Tai-Chi 12:00 Lunch 1:00 Exercise Program TUNA SALAD</p>	<p>17 8:00 Continental Breakfast 9:30-12:00 B.P. Screening 10:30 Movements To Dance 12:00 Lunch 12:45 "The Price Is Right Game!" MEAT LASAGNA</p>	<p>18 8:00 Continental Breakfast 10:45 Zumba 12:00 Lunch 12:30 In Between Club HAWAIIAN CHICKEN BREAST</p>	<p>19 8:00 Continental Breakfast 9:30 Need-L-Wits 10:30 Movement To Dance 12:00 Lunch 12:45 Senior Fitness Program SALISBURY STEAK</p>	<p>20 8:00 Continental Breakfast 12:00 Lunch 12:45 Cards ROASTED TURKEY</p>
<p>23 8:00 Continental Breakfast 10:00-11:30 Tai-Chi 12:00 Lunch 1:00 Exercise Program BONELESS CHICKEN SCAMPI</p>	<p>24 8:00 Continental Breakfast 10:30 Movements To Dance 11:30 -12:30 Blood Pressure 12:00 Lunch 12:45 (DVD) Exercise PORK CHOP</p>	<p>25 8:00 Continental Breakfast 10:45 Zumba 12:00 Lunch 12:30 In Between Club 12:45 May Bingo Bash! PEPPER STEAK</p>	<p>26 8:00 Continental Breakfast 9:30 Need-L-Wits 10:30 Movement To Dance 12:00 Lunch 12:45 Senior Fitness Program SWEDISH MEATBALLS</p>	<p>27 8:00 Continental Breakfast 12:00 Lunch 12:45 Cards PENNE W/ PINK SAUCE & CHICKEN</p>
<p>30 MEMORIAL DAY CENTER CLOSED </p>	<p>31 8:00 Continental Breakfast 10:30 Movements To Dance 12:00 Lunch 12:45 (DVD) Exercise HAMBURGER</p>	<p>Older Americans Act Started July 14th 1965. It was the first Federal level initiative aimed at providing services for the Older Adults, 60 and older.</p>	