



James J. Tedesco III
County Executive

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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
POLITICAL AWARENESS MONTH

October 1	Elmwood Park Celebrates Seniors With The Elmwood Park Board Of Health	11:00AM-3:00PM
October 4	Yom Kippur Begins at Sundown	
October 7	Breakfast With The Elmwood Park Police Department	9:00AM-11:00AM
October 10	Columbus Day-Center Closed	
October 14	Free Hand Massages With Jean Oviedo From Ascend Hospice	10:00AM-12:00PM
October 18	Blood Pressure Screening With Bergen County Health Department	9:30AM-12:30PM
October 19	Fall Craft-Must Register-Space Limited	12:45PM
October 21	AARP Driver's Safety Course	8:30AM-3:00PM
October 28	"Medicare Changes in 2023" With Miriam Taub, SHIP Volunteer	10:30AM
October 28	Halloween Bingo Bash!	12:45PM

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>3 8:00 Continental Breakfast 10:00-11:30 Tai-Chi 12:00 Lunch 1:00 Zumba Gold with Lourdes</p> <p>BONELESS CHICKEN BREAST W/ LEMON SAUCE</p>	<p>4 8:00 Continental Breakfast 10:30 Movements To Dance 12:00 Lunch 12:45 Billiards/Cards</p> <p>BEEF TACOS</p>	<p>5 8:00 Continental Breakfast 10:45 Zumba Gold with Lauren 12:00 Lunch 12:30 Ladies Get Together</p> <p>TURKEY BURGER W/ TOMATO & LETTUCE</p>	<p>6 8:00 Continental Breakfast 9:30 Need-L-Wits 10:30 Movements To Dance 12:00 Lunch 12:30 Senior Fitness</p> <p>POTATO CRUSTED FISH</p>	<p>7 9:00 Breakfast with the Elmwood Park Police Department 12:00 Lunch 12:45 Cards/Game/Billiards</p> <p>BRATWURST W/ SAUERKRAUT & SAUTEED ONIONS</p>
<p>10</p>  <p>CENTER CLOSED</p>	<p>11 8:00 Continental Breakfast 10:30 Movements To Dance 12:00 Lunch 12:45 Billiards/Cards</p> <p>SKINLESS EGGPLANT ROLLATINI</p>	<p>12 8:00 Continental Breakfast 10:45 Zumba Gold with Lauren 12:00 Lunch 12:30 Ladies Get Together</p> <p>BAKE FISH W/ DILL SAUCE</p>	<p>13 8:00 Continental Breakfast 9:30 Need-L-Wits 10:30 Movements to Dance 12:00 Lunch 12:30 Senior Fitness Program</p> <p>HERB ROASTED CHICKEN LEG QTR.</p>	<p>14 8:00 Continental Breakfast 10:00-12:00 FREE Hand Massages With Jean Oviedo From Ascend 12:00 Lunch 12:45 Cards/Games/Billiards</p> <p>SWEDISH MEATBALLS W/ GRAVY</p>
<p>17 8:00 Continental Breakfast 10:00-11:30 Tai-Chi 12:00 Lunch 1:00 Zumba Gold with Lourdes</p> <p>EGG SALAD ON ROMAINE LETTUCE</p>	<p>18 8:00 Continental Breakfast 9:30-12:30 Blood Pressure 10:30 Movements To Dance 12:00 Lunch 12:45 Billiards/Cards</p> <p>SHEPHERD'S PIE</p>	<p>19 8:00 Continental Breakfast 10:45 Zumba Gold with Lauren 12:00 Lunch 12:45 Fall Craft-Must Register Space is Limited</p> <p>CHICKEN CUTLET PARMESAN</p>	<p>20 8:00 Continental Breakfast 9:30 Need-L-Wits 10:30 Movements To Dance 12:00 Lunch 12:30 Senior Fitness Program SLICED TURKEY BREAST W/ GRAVY AND CRANBERRY</p>	<p>21 8:00 Continental Breakfast 8:30-3:00 AARP Safety Driver Class 12:00 Lunch 12:45 Cards/Games/Billiards PORK TENDERLOIN W/ GRAVY</p> <p>PORK TENDERLOIN W/ GRAVY</p>
<p>24 8:00 Continental Breakfast 10:00-11:30 Tai-Chi 12:00 Lunch 1:00 Zumba Gold with Lourdes</p> <p>HOMESTYLE MEATLOAF W/ GRAVY</p>	<p>25 8:00 Continental Breakfast 10:30 Movements To Dance 12:00 Lunch 12:45 Billiards/Cards</p> <p>BBQ PULLED PORK</p>	<p>26 8:00 Continental Breakfast 10:45 Zumba Gold with Lauren 12:00 Lunch 12:30 Ladies Get Together</p> <p>VEGETABLE LASAGNA</p>	<p>27 8:00 Continental Breakfast 9:30 Need-L-Wits 10:30 Movements To Dance 12:00 Lunch 12:30 Senior Fitness Program POT ROAST W/ GRAVY, POTATOES, CARROTS & CELERY</p>	<p>28 8:00 Continental Breakfast 10:30 Medicare For 2023 With Miriam Taub 12:00 Lunch 12:45 Halloween Bingo Bash!</p> <p>CHICKEN FLORENTINE</p>
<p>31 8:00 Continental Breakfast 10:00-11:30 Tai-Chi 12:00 Lunch 1:00 Zumba Gold with Lourdes</p> <p>CHICKEN CORDON BLEU</p>			<p>MENU SUBJECT TO CHANGE AT ANYTIME</p> <p>SUGGESTED DONATION \$ 1.25</p>	<p>CELEBRATE SENIORS OCTOBER 1ST 11:00-3:00 WITH THE ELMWOOD PARK BOARD OF HEALTH.</p> <p>OPEN TO ALL SENIORS AND FAMILIES. COME & ENJOY!</p>