

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. Meals have returned 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

ELMWOOD PARK SENIOR ACTIVITY CENTER
Bergen County Department of Human Services
Division of Senior Services/ADRC
February 2023

February 1	Memory Screenings with Act Now Foundation, Carey Lopez	9:30AM-2:00PM
February 3-24	Wise Program (every Friday)	10:30AM-12:30PM
February 3-24	Physical Therapist, Alita Reyna From Allied Rehab Care Specialists	9:30AM-11:30AM
February 8	Arosa Care Center Donating Today's Lunch To all Our Seniors-Must Register	12:00PM
February 14	Valentine's Bingo Bash!	12:45PM
February 20	Presidents' Day-Center Closed	
February 21	Crafts with The Visiting Angels	12:45PM
February 27	Foot Care with Dr. Freundlich, Podiatrist & Medical Supplies With Genao's Supply	10:00AM-12:30PM

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>1 8:00 Continental Breakfast 10:00-2:00 Memory Screenings w/ Act Now Foundation 10:45 Zumba Gold with Lauren 12:00 Lunch 12:45 Billiards/Cards BAKED FISH W/ GARLIC LEMON SAUCE</p>	<p>2 8:00 Continental Breakfast 9:30 Need-L-Wits 10:30 Movements To Dance 12:00 Lunch 12:30 Senior Fitness Program SLICED ROAST BEEF W/ GRAVY</p>	<p>3 8:00 Continental Breakfast 9:30 Physical Therapist 10:30 WISE Program 12:00 Lunch 1:00 Exercise With Donna TURKEY AND BLACK BEAN CHILI</p>
<p>6 8:00 Continental Breakfast 10:00 Tai-Chi 12:00 Lunch 1:00 Zumba Gold with Lourdes BBQ BEEF RIBQUE (PATTY)</p>	<p>7 8:00 Continental Breakfast 10:30 Movements To Dance 12:00 Lunch 12:45 Billiards/Cards CHICKEN CACCIATORE</p>	<p>8 8:00 Continental Breakfast 10:45 Zumba Gold with Lauren 12:00 Lunch Donated Today by Arosa Care 12:45 Billiards/Cards ITALIAN MEATBALLS</p>	<p>9 8:00 Continental Breakfast 9:30 Need-L-Wits 10:30 Movements to Dance 12:00 Lunch 12:30 Senior Fitness Program BEEF AND BROCCOLI</p>	<p>10 8:00 Continental Breakfast 10:30 WISE Program 12:00 Lunch 1:00 Exercise with Donna CHICKEN CORDON BLEU</p>
<p>13 8:00 Continental Breakfast 10:00 Tai-Chi 12:00 Lunch 1:00 Zumba Gold with Lourdes MEATLOAF W/ BROWN GRAVY</p>	<p>14 8:00 Continental Breakfast 10:30 Movements To Dance 12:00 Lunch 12:45 Valentine Bingo Bash! BBQ CHICKEN LEG</p> 	<p>15 8:00 Continental Breakfast 10:45 Zumba Gold with Lauren 12:00 Lunch 12:45 Billiards/Cards SLICED TURKEY W/ GRAVY</p>	<p>16 8:00 Continental Breakfast 9:30 Need-L-Wits 10:30 Movements To Dance 12:00 Lunch 12:30 Senior Fitness Program SWEET AND SOUR MEATBALLS</p>	<p>17 8:00 Continental Breakfast 9:30 Physical Therapist 10:30 WISE Program 1:00 Exercise with Donna SLICED PORK TENDERLOIN W/ APPLESAUCE</p>
<p>20 CENTER CLOSED</p> 	<p>21 8:00 Continental Breakfast 9:30-12:30 Blood Pressure 10:30 Movements To Dance 12:00 Lunch 12:45 Craft With Visiting Angels SALISBURY STEAK W/ GRAVY</p>	<p>22 8:00 Continental Breakfast 10:45 Zumba Gold with Lauren 12:00 Lunch 12:45 Billiards/Cards LEMON-PEPPER BAKED FISH</p>	<p>23 8:00 Continental Breakfast 9:30 Need-L-Wits 10:30 Movements To Dance 12:00 Lunch 12:30 Senior Fitness Program CHICKEN MARSALA</p>	<p>24 8:00 Continental Breakfast 9:30 Physical Therapist 10:30 WISE Program 12:00 Lunch 1:00 Exercise with Donna MINI CHEESE RAVIOLI</p>
<p>27 8:00 Continental Breakfast 10:00 "Foot Care" 10:00 Tai-Chi 12:00 Lunch 1:00 Zumba Gold with Lourdes BAKED CHICKEN PICCATA</p>	<p>28 8:00 Continental Breakfast 10:30 Movements to Dance 12:00 Lunch 12:45 Billiards/Cards BAKED MACARONI AND CHEESE</p>	<p>MENU SUBJECT TO CHANGE WITHOUT NOTICE SUGGESTED DONATION \$1.25</p>	<p>MUST PRE-REGISTER FOR MEMORY SCREENING 2/1/23 AND FREE LUNCH 2/8/23 AND FOOT CARE WITH DR. WILLIAM FREUNDLICH 2/27/23</p>	