

BERGEN NEW JERSEY County

James J. Tedesco III
County Executive

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DEPARTMENT OF HUMAN SERVICES
Melissa H. DeBartolo, Esq.
Director

DIVISION OF SENIOR SERVICES
Lorraine Joewono
Director



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

THE ELMWOOD PARK SENIOR CENTER SENIOR ACTIVITY CENTER

Cristine Cobb, Director
500 Mola Boulevard
Elmwood Park, NJ, 07407
Phone: (201-796-3342 • Fax (201) 475-9403

ccobb@co.bergen.nj.us

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

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THE ELMWOOD PARK SENIOR ACTIVITY CENTER

Bergen County Department of Human Services
Division of Senior Services/ADRC



May 1	Presentation by Bergen County Health Services w/ Speaker Marta Sujdak R.N.	12:15PM
May 2	Hand massages w/ Aggie & Dorene Registration Required please call (201) 796- 3342	9:30AM- 11:30AM
May 9	OPEN HOUSE! Must Pre-Register For more information call (201) 796- 3342	9:30AM 2:00PM
May 15	Armchair Aerobics w/ Bill Wright, CTRS from New Bridge Medical Center	12:30PM- 1:30PM
May 16	Farmer's Market QR Codes Today Only! Registration Forms Available Now-Please Register Early For more information call (201) 796- 3342	9:30AM 11:30AM
May 17	AARP Safety Driver's Course	8:30AM- 3:00PM
May 21	Blood Pressure Screenings w/ Bergen County Health Services	9:30AM- 12:30PM
May 21	Lunch Time Presentation: Still Going Strong! w/ Speaker Claudia Goetz R.N. from Bergen County Health Services	12:15PM
May 29	Spring Bingo Bash!	12:45PM
May 31	Pancake Breakfast w/ Aggie & Dorene	8:30AM- 10:30AM

Open House

Please join us at one of the 24
Senior Activity Centers or Nutrition Sites in
Bergen County to celebrate
Older Americans Month

For More Information Email:
seniors@co.bergen.nj.us



Senior Festival

September 12, 2024

Rain Date: Tuesday September 17, 2023

10AM - 2PM







Van Saun County Park, Paramus

To RSVP Call 201-336-7417 or
Email seniors@co.bergen.nj.us

The 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>Suggested Lunch Donation: \$1.25 Per Meal Please reserve lunch by 11:30 AM the day before</p> <p>Lunch will Be Served at 11:45 Daily</p>	<p><i>Continental Breakfast Monday-Friday 8:00am to 11:00am</i></p>	<p>1 9:45 Diamond Art w/ Aggie & Dorene 10:45 Zumba Gold w/ Lauren 12:15 Presentation</p> <p>Roasted Turkey w/ Gravy</p>	<p>2 9:30 Needle-L-Wits 9:30-11:30 Hand Massages 10:30 Movements to Dance w/ Gerri 12:30 Senior Fitness w/ Lisa</p> <p>Chef Salad</p>	<p>3 10:30 Line Dance w/ Sasha 1:00 Exercise To Dance w/ Donna</p> <p>Chicken Fajitas w/ Onions & Peppers</p>
<p>6 10:00 Tai-Chi w/ James 1:00 Zumba Gold</p>  <p>Stuffed Cabbage</p>	<p>7 10:30 Movements To Dance w/ Gerri 1:00 Yoga & Meditation w/ Maggie</p> <p>Chicken Cordon Bleu</p>	<p>8 9:45 Diamond Art w/ Aggie & Dorene 10:45 Zumba Gold w/ Lauren 12:45 DVD Exercise-Sun Yoga</p> <p>Pepper Steak w/ Onions & Peppers</p>	<p>9 OPEN HOUSE 9:00 Continental Breakfast in the Gym 10:00 Exercise Demos 11:45 E.P. Police will serve Lunch 1:00 Exercise Demos & Craft</p> <p>Balsamic Chicken w/ Roasted Peppers</p>	<p>10 10:30 Line Dance w/ Sasha 1:00 Exercise To Dance w/ Donna</p>  <p>Egg Plant Rollatini</p>
<p>13 10:00 Tai-Chi w/ James 1:00 Zumba Gold</p> <p>Chicken Piccata</p>	<p>14 10:30 Movements To Dance w/ Gerri 1:00 Yoga & Meditation w/ Maggie</p> <p>Stuffed Peppers</p>	<p>15 9:45 Diamond Art w/ Aggie & Dorene 10:45 Zumba Gold w/ Lauren 12:30 Armchair Aerobics</p>  <p>Korean BBQ Leg</p>	<p>16 9:30 Needle-L-Wits 930 Farmers' Market Applications 10:30 Movements To Dance w/ Gerri 12:30 Senior Fitness w/ Gerri</p> <p>Homestyle Meatloaf w/ Gravy</p>	<p>17 10:30 Line Dance w/ Sasha 1:00 Exercise To Dance w/ Donna</p> <p>Chicken Parmesan</p>
<p>20 10:00 Tai-Chi w/ James 1:00 Zumba Gold</p>  <p>Pork Loin w/ Gravy</p>	<p>21 9:30 Blood Pressure Screening 10:30 Movement to Dance w/ Gerri 12:15 Presentation: Still Going Strong! 1:00 Yoga & Meditation w/ Maggie</p> <p>Tuna Platter on Romaine</p>	<p>22 9:45 Diamond Art w/ Aggie & Dorene 10:45 Zumba Gold w/ Lauren 12:30 Total Brain Health</p> <p>Baked Ziti & Meatballs w/ marinara Sauce</p>	<p>23 9:30 Needle-L-Wits 10:30 Movements To Dance w/ Gerri 12:30 Senior Fitness w/ Gerri</p> <p>Cheeseburger</p>	<p>24 8:30 AARP Driving Course 10:30 Line Dance w/ Sasha 1:00 Exercise To Dance w/ Donna</p> <p>Turkey w/ Swiss Cheese</p>
<p>27</p>  <p>CENTER CLOSED</p>	<p>28 10:30 Movements To Dance w/ Gerri 1:00 Yoga & Meditation w/ Maggie</p> <p>Hawaiian Chicken</p>	<p>29 9:45 Diamond Art w/ Aggie & Dorene 10:45 Zumba Gold w/ Lauren 12:45 Spring Bingo Bash!</p> <p>Egg Salad Platter on Spinach</p>	<p>30 9:30 Needle-L-Wits 10:30 Movements To Dance w/ Gerri 12:30 Senior Fitness w/ Gerri</p> <p>Beer Battered Fish</p>	<p>31 8:30 Pancake Breakfast 10:30 Line Dance w/ Sasha 1:00 Exercise To Dance w/ Donna</p>  <p>Salisbury Steak w/ Gravy</p>