

BERGEN NEW JERSEY *County*

James J. Tedesco III
County Executive

BOARD OF COUNTY COMMISSIONERS

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DEPARTMENT OF HUMAN SERVICES
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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

ELMWOOD PARK SENIOR ACTIVITY CENTER

Cristine Cobb, Director
500 Mola Boulevard
Elmwood Park, NJ, 07407
Phone: 201-796-3342 #2 • Fax (201) 475-9403

ccobb@co.bergen.nj.us

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

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THE ELMWOOD SENIOR ACTIVITY CENTER Bergen County Department of Human Services Division of Senior Services/ADRC July 2024

July 3 & 10	Presentation: "Take Control of Your Health" w/ Agata & Dorene	9:30AM- 11:30AM
July 3	4th of July Lunch Performance w/ Maggie Wolark	12:00PM
July 4	Independence Day-Center Closed	ALL DAY
July 12	Craft w/ Pat Registration Required Space is Limited (201) 796- 3342	9:45AM
July 16	Blood Pressure Screening	9:30AM- 12:30PM
July 17	Presentation by Bergen County Health Services w/ Marta Sujdak	12:30PM
July 18	Bingo Bash!	12:45PM
July 19	AARP Safety Driver's Course	8:30AM- 3:00AM
July 24	Demonstration: "New Orleans Style Bread Pudding" w/ Executive Chef Cardie Mortimer	12:30PM
July 31	Presentation: "Sleep & Dementia" w/ Act Now Foundation	12:30PM

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.

Save the Date

Senior Festival


September 12, 2024

Rain Date: Tuesday September 17, 2024

10AM - 2PM

Van Saun County Park, Paramus

Registration Recommended: Call: 201-336-7417 or Email: seniors@co.bergen.nj.us

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 10:00 Tai-Chi w/ James 1:00 Zumba Gold w/ Lourdes 1:00 Diamond Art Stuffed Peppers	2 10:30 Movements To Dance w/ Gerri 1:00 Yoga & Meditation w/ Maggie Home Style Meatloaf	3 9:30 Presentation: Take Control of Your Health 12:00 Lunch Performance 10:45 Zumba Gold w/ Lauren Hawaiian Chicken	 Center Closed	5 10:30 Line Dance w/ Sasha 1:00 Exercise to Dance w/ Donna Roasted Turkey w/ Swiss
8 10:00 Tai-Chi w/ James 1:00 Zumba Gold w/ Lourdes 1:00 Diamond Art Chicken Marsala	9 10:30 Movements To Dance w/ Gerri 1:00 Yoga & Meditation w/ Maggie Pork Loin w/ Gravy	10 9:30 Presentation: Take Control of Your Health 10:45 Zumba Gold w/ Lauren 12:30 Diamond Art Roast Beef w/ Gravy	11 9:30 Need-L-Wits 10:30 Movements To Dance w/ Gerri 12:30 Senior Fitness w/ Lisa BBQ Chicken Leg	12 9:45 Craft 10:30 Line Dance w/ Sasha 1:00 Exercise to Dance w/ Donna Cheeseburger
15 10:00 Tai-Chi w/ James 1:00 Zumba Gold w/ Lourdes 1:00 Diamond Art Sweet Chicken Sausage	16 9:30-12:30 Blood Pressure Screening With Bergen County Health Dept. 10:30 Movements To Dance w/ Gerri 1:00 Yoga & Meditation w/ Maggie Stuffed Cabbage	17 10:45 Zumba Gold w/ Lauren 12:30 Presentation by Bergen County Health Services Ziti & Meatballs	18 9:30 Need-L-Wits 10:30 Movements To Dance w/ Gerri 12:45 Bingo Bash! Chef Salad-Diced Turkey, Sliced Egg, Diced Swiss Cheese w/ Mixed Greens	19 8:30 AARP Safety Driver's Course 10:30 Line Dance w/ Sasha 1:00 Exercise to Dance w/ Donna Chicken Cordon Bleu
22 10:00 Tai-Chi w/ James 1:00 Zumba Gold w/ Lourdes 1:00 Diamond Art Roasted Turkey w/ Gravy	23 10:30 Movements To Dance w/ Gerri 1:00 Yoga & Meditation w/ Maggie Swedish Meatballs w/ Gravy	24 9:30 Hand Massages w/ Agata & Dorene (Must Register) 10:45 Zumba Gold w/ Lauren 12:30 Executive Chef Demonstration Beef & Cheese Lasagna	25 9:30 Need-L-Wits 10:30 Movements To Dance w/ Gerri 12:30 Senior Fitness w/ Lisa Balsamic Chicken w/ Roasted Red Peppers	26 10:30 Line Dance w/ Sasha 1:00 Exercise to Dance w/ Donna Egg Salad Platter
29 10:00 Tai-Chi w/ James 1:00 Zumba Gold w/ Lourdes 1:00 Diamond Art Herbed Chicken Leg	30 10:30 Movements To Dance w/ Gerri 1:00 Yoga & Meditation w/ Maggie Cheese Omelet	31 10:45 Zumba Gold w/ Lauren 12:30 Presentation: "Sleep & Dementia" Salisbury Steak w/ Gravy	Suggested Lunch Donation: \$1.25 Per Meal Please reserve lunch by 12:30 AM the day before Lunch will Be Served at 11:30 Daily	
Continental Breakfast Monday –Friday 8:00am– 11:00am Please Note- We Will Be Serving Lunch at 11:30 in The Summer.				