



POST STROKE AND DISABLED ADULT SUPPORT GROUP PROGRAM

Program Description: The Post Stroke and Disabled Adult Support Group Program sponsors four support groups that meet weekly. Program functions include group discussions; activities geared to promote personal fitness; arts & crafts; ceramics; trivia games; exercises; physical therapy; and occasional leisure (i.e., recreational) outings. No fee is charged to participate.

Locations, Days, and Time of Support Group Meetings:

- EAST RUTHERFORD
- ENGLEWOOD
- MAYWOOD
- RIDGEWOOD

How to Apply:

If interested in joining one of the groups, please contact the Division on Disability Services at (201) 336-6504 for further information.

East Rutherford:

Thursday, 11:30 a.m. - 2:00 p.m. Southwest Bergen Health & Senior Center, 147 Hackensack Street, East Rutherford

Englewood:

Friday, 9:30 a.m. - 1:00 p.m., Southeast Center for Independent Living, 228 Grand Avenue, Englewood

Maywood:

Thursday, 9:30 a.m. - 12:30 p.m., Maywood Senior Center, 145 West Magnolia Avenue, Maywood

Ridgewood:

Tuesday, 12:30 p.m. - 2:30 p.m. Senior Lounge, 1st Floor, Village Hall, 131 North Maple Avenue, Ridgewood