

# BERGEN NEW JERSEY County

James J. Tedesco III  
County Executive

## BOARD OF COUNTY COMMISSIONERS

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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 ACTIVITY CENTER

Cristine Cobb, Director  
500 Mola Boulevard  
Elmwood Park, NJ, 07407  
Phone: 201-797-3342 • Fax (201) 475-9403

[ccobb@co.bergen.nj.us](mailto:ccobb@co.bergen.nj.us)

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

# BERGEN NEW JERSEY County

James J. Tedesco III, County Executive

## ELMWOOD PARK SENIOR ACTIVITY CENTER Bergen County Department of Human Services Division of Senior Services/ADRC April 2024

April 3	Presentation: "Foot Care" w/ Dr. Freundlich	10:00AM
April 9	Memory Screening w/ Act Now	9:30AM-12:30PM
April 10	Gardening Craft w/ Aggie & Dorene <i>Must Register- Space is Limited</i>	12:45PM
April 12	Spring Wreath Craft w/ Aggie & Dorene <i>Must Register- Space is Limited</i>	9:45AM
April 16	Total Brain Health- Part 5	12:15PM
April 16	Blood Pressure Screenings w/ Bergen County Health Services	9:30AM-12:30PM
April 17	Presentation: "Benefits Of Eggs" w/ Kristiana Rufo, RD, ShopRite of Fairlawn	12:15PM
April 24	Music & Drum Circle w/ Aggie & Zrinka <i>Must Register- Space is Limited</i>	1:00PM
April 25	Celebrating Our Volunteers At Lunch Please Join Us To Thank Them For All They Do!	11:45AM

## Caregivers Conference

Thursday, April 11th  
5:00 PM - 9:00 PM  
Bergen County Administration Building  
Multi-Purpose Room



To RSVP Call 201-336-7400 or  
Email [seniors@co.bergen.nj.us](mailto:seniors@co.bergen.nj.us)

**SAVE THE DATE**

## Public Hearing on the Needs of Older Adults

Tuesday, April 30th  
8:30 AM - 11:30 AM  
Bergen County Administration Building  
Public Meeting Room (5th floor)

To RSVP Call 201-336-7417 or  
Email [seniors@co.bergen.nj.us](mailto: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.

**Lunch Served Daily at 11:45**

**ELMWOOD PARK SENIOR ACTIVITY CENTER**

**April 2024**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>1</b> 10:00 Tai-Chi w/ James 1:00 Zumba Gold w/ Lourdes</p> <p><b>Pork Loin w/ Gravy</b></p>	<p><b>2</b> 10:00 Movements to Dance w/ Gerri 1:00 Yoga &amp; Meditation w/ Maggie</p> <p><b>Chicken Cordon Bleu</b></p>	<p><b>3</b> 9:45 Diamond Art w/ Aggie &amp; Dorene 10:00 Presentation: Foot Care w/ Dr. Fredundlich 10:45 Zumba Gold w/ Lauren 1:00 DVD Exercise: Sun Yoga</p> <p><b>Homestyle Meatloaf w/ Gravy</b></p>	<p><b>4</b> 9:30 Need-L-Wits 10:00 Movements to Dance w/ Gerri 12:30 Senior Fitness w/ Lisa</p> <p><b>Stuffed Cabbage</b></p>	<p><b>5</b> 10:30 Line Dance w/ Sasha 1:00 Exercise to Dance w/ Donna</p> <p><b>Turkey &amp; Swiss</b></p>
<p><b>8</b> 10:00 Tai-Chi w/ James 1:00 Zumba Gold w/ Lourdes</p> <p><b>Korean BBQ Chicken Leg</b></p>	<p><b>9</b> 9:30 Memory Screening w/ Act Now 10:00 Movements to Dance w/ Gerri 1:00 Yoga &amp; Meditation w/ Maggie</p> <p><b>Egg Salad</b></p>	<p><b>10</b> 9:45 Diamond Art w/ Aggie &amp; Dorene 10:45 Zumba Gold w/ Lauren 12:45 Gardening Craft</p> <p><b>LS Ham Steak</b></p>	<p><b>11</b> 9:30 Need-L-Wits 10:00 Movements to Dance w/ Gerri 12:30 Senior Fitness</p> <p><b>Salisbury Steak</b></p>	<p><b>12</b> 9:45 Spring Craft 10:30 Line Dance w/ Sasha 1:00 Exercise to Dance w/ Donna</p> <p><b>Chicken Parmesan</b></p>
<p><b>15</b> 10:00 Tai-Chi w/ James 1:00 Zumba Gold w/ Lourdes</p> <p><b>Stuffed Peppers (Turkey)</b></p>	<p><b>16</b> 9:00 Blood Pressure Screening 10:00 Movements to Dance w/ Gerri 12:15 Total Brain Health Part 5 1:00 Yoga &amp; Meditation w/ Maggie</p> <p><b>Roast Beef w/ Gravy</b></p>	<p><b>17</b> 9:45 Diamond Art w/ Aggie &amp; Dorene 10:45 Zumba Gold w/ Lauren 12:15 Lunch Time Presentation w/ ShopRite</p> <p><b>Tuna Salad Platter</b></p>	<p><b>18</b> 9:30 Need-L-Wits 10:00 Movements to Dance w/ Gerri 12:30 Senior Fitness</p> <p><b>Cheeseburger</b></p>	<p><b>19</b> 10:30 Line Dance w/ Sasha 1:00 Exercise to Dance w/ Donna</p> <p><b>Eggplant Rollatini</b></p>
<p><b>22</b> 10:00 Tai-Chi w/ James 1:00 Zumba Gold w/ Lourdes</p> <p><b>Herb Roasted Chicken Leg</b></p>	<p><b>23</b> 10:00 Movements to Dance w/ Gerri 1:00 DVD Exercise : Swing &amp; Sway</p> <p><b>Cheese Omelet</b></p>	<p><b>24</b> 9:45 Diamond Art w/ Aggie &amp; Dorene 10:45 Zumba Gold w/ Lauren 1:00 Music &amp; Drum Circle</p> <p><b>Baked Ziti w/ Meatballs</b></p>	<p><b>25</b> 9:30 Need-L-Wits 10:00 Movements to Dance w/ Gerri 11:45 Volunteer Lunch 12:30 Senior Fitness</p> <p><b>Chicken Piccata</b></p>	<p><b>26</b> 10:30 Line Dance w/ Sasha 1:00 Exercise to Dance w/ Donna</p> <p><b>Swedish Meatballs</b></p>
<p><b>29</b> 10:00 Tai-Chi w/ James 1:00 Zumba Gold w/ Lourdes</p> <p><b>Chicken Cacciatore</b></p>	<p><b>30</b> 10:00 Movements to Dance w/ Gerri 1:00 Yoga &amp; Meditation w/ Maggie</p> <p><b>Beer Battered Fish</b></p>		<p><b>Suggested Lunch Donation: \$1.25 Per Meal</b> Please reserve lunch by 11:30 AM the day before</p> <p><b>Lunch will Be Served at 11:45 Daily</b></p>	<p><b>Continental Breakfast Monday-Friday 8:00AM to 11:00AM</b></p>