



POST STROKE AND DISABLED ADULT SUPPORT GROUP PROGRAM

Program Description: The Post Stroke and Disabled Adult Support Group Program sponsors four (4) support groups that meet weekly. Program functions include socialization; group discussions; activities geared to promote personal fitness; arts & crafts; ceramics; trivia games; exercises; physical therapy (limited); music & reminiscence sessions; guest speakers; and occasional leisure (i.e., recreational) outings. No fee is charged to participate.

Location, Days, and Time of Support Group Meetings:

ENGLEWOOD	Friday, 9:30 AM - 1:00 PM Southeast Center for Independent Living 228 Grand Avenue • Englewood
ENGLEWOOD	MS Support Group 3rd Saturday of each month, 10:00 AM – 12:00 PM Ebenezer Baptist Church 216 4th Street • Englewood
MAYWOOD	Thursday, 9:30 AM - 12:30 PM Maywood Senior Center 45 West Magnolia Avenue • Maywood
RIDGEWOOD	Tuesday, 10:00 AM - 12:00 PM Village Hall I - Town Hall Council conference room (4 th Floor) 131 North Maple Ave. • Ridgewood.
How to Apply:	If interested in joining one of the groups, please contact Daniel S. Kotkin at the Division on Disability Services at (201) 336-6504 for further information.

Program funding provided by the Bergen County Division of Senior Services, and services are available at no cost to the participant.