

ELMWOOD PARK SENIOR ACTIVITY CENTER

Cristine Cobb, Center Director

JUNE 2019

(201) 796-3342

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3 8:00 Breakfast 9:30 Armchair Exercise 10:00 Line Dance 10:30 Yoga <u>10:45-11:30 Fall Prevention Class</u> MEATBALLS WITH MUSHROOM GRAVY</p>	<p>4 8:00 Breakfast 9:30 Zumba Gold 9:30 <u>NO</u> Ceramics 1:00 Golden Age Club BREADED FLOUNDER</p>	<p>5 8:00 Breakfast 9:30 Zumba Gold <u>10:30-2:00 Memory Screening</u> 1:00 In Between Club PENNE WITH TURKEY BOLOGNESE</p>	<p>6 8:00 Breakfast 9:30 Need-L-Wits 10:00 Tai-Chi 12:30 Sun Yoga CHICKEN PICCATA UNBREADED</p>	<p>7 8:00 Breakfast 9:30 Exercise <u>10:45 Stay Cool This Summer!</u> 12:30 Bingo/Games BBQ BEEF RIB</p>
<p>10 8:00 Breakfast 9:30 Armchair Exercise 10:00 Line Dance 10:30 Yoga <u>10:45-11:30 Fall Prevention Class</u> TORTILLA CRUSTED FISH</p>	<p>11 8:00 Breakfast 9:30 Zumba Gold 9:30 Ceramics 1:00 Golden Age Club TURKEY BURGER</p>	<p>12 8:00 Breakfast 9:30 Zumba Gold 1:00 In Between Club PORK CHOP WITH GRAVY</p>	<p>13 8:00 Breakfast 9:30 Need-L-Wits 10:00 Tai-Chi 12:30 Sun Yoga MEAT LASAGNA</p>	<p>14 8:00 Breakfast 9:30 Exercise <u>11:45-1:45 June's Birthdays & Bingo Party</u> BALSAMIC BREADED CHICKEN</p>
<p>17 8:00 Breakfast 9:30 Armchair Exercise 10:00 Line Dancing 10:30 Yoga <u>10:45-11:30 Fall Prevention Class</u> EGG OMELET AND SAUSAGE</p>	<p>18 8:00 Breakfast <u>9:30-12:00 Blood Pressure</u> 9:30 Zumba Gold 9:30 Ceramics 1:00 Golden Age Club CHICKEN SCAMPI</p>	<p>19 8:00 Breakfast 9:30 Zumba Gold <u>11:30-1:00 Farmers Market</u> <u>Coupons Available Today Only</u> 1:00 Between Club TUNA SALAD SANDWICH</p>	<p>20 8:00 Breakfast 9:30 Need-L-Wits 10:00 Tai-Chi 12:30 Sun-Yoga HOT ROAST BEEF SANDWICH</p>	<p>21 8:00 Breakfast <u>8:30-3:00 AARP Driver's Class</u> 9:30 Exercise 12:30 Bingo/Games PENNE WITH ITALIAN MEATBALLS</p>
<p>24 8:00 Breakfast 9:30 Armchair Exercise 10:00 Line Dance 10:30 Yoga <u>10:45-11:30 Fall Prevention Class</u> ROAST PORK WITH GRAVY</p>	<p>25 8:00 Breakfast 9:30 Zumba Gold 9:30 Ceramics 1:00 Golden Age Club VEGETABLE LASAGNA</p>	<p>26 8:00 Breakfast 9:30 Zumba Gold <u>10:45 Brain Games</u> 1:00 In Between Club BREADED CHICKEN MILAN- ESE</p>	<p>27 8:00 Breakfast 9:30 Need-L-Wits 10:00 Tai-Chi 12:30 Sun-Yoga PARMESAN CRUSTED FISH</p>	<p>28 8:00 Breakfast 9:30 Exercise <u>10:00-12:00 Snap Program</u> 12:30 Bingo/Games SALISBURY STEAK WITH GRAVY</p>
<p>JUNE 24TH-CAMP BEGINS ALL PROGRAMS WILL BE HELD ON THE SENIOR CENTER SIDE UNTIL AUGUST 26TH</p>	<p>SUGGESTED DONATION \$1.25 PER PERSON MENU SUBJECT TO CHANGE WITHOUT NOTICE!</p>	<p>MUST REGISTER FOR THE FALL PREVENTION 4 WEEK PROGRAM STARTING JUNE 3RD TO 24TH. GREAT PROGAM!</p>	<p>FARMERS MARKET COUPONS JUNE 19TH ONLY-11:30-1:00 THIS IS THE ONLY TIME YOU WILL BE ABLE TO OBTAIN THE COUPONS AT THE SENIOR CENTER..... SEE FLYER FOR DETAILS.</p>	<p>AS SUMMER NEARS AND THE WEATHER GETS HOTTER... REMEMBER TO DRINK PLENTY OF WATER AND PROTECT YOUR SKIN WITH SUN SCREEN.</p>

BERGEN NEW JERSEY County

James J. Tedesco III
Bergen County Executive

Board of Chosen Freeholders

Germaine M. Ortiz
Chairwoman
Mary J. Amoroso
Vice Chairwoman
Joan M. Voss
Chair Pro Tempore

David L. Ganz
Thomas J. Sullivan
Steven A. Tanelli
Tracy Silnar Zur

DEPARTMENT OF HUMAN SERVICES

Michael Bellucci
Acting Director
Division Of Senior Services
Lorraine Joewono
Director

Division of Senior Services/ADRC



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 on Disability Services
201-336-6500

Bergen County
Board of Social Services
201-368-4200

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 NATIONAL FRESH FRUITS AND VEGETABLE MONTH JUNE 2019

JUNE 3-24	FALL PREVENTION 4 WEEK PROGRAM GIVEN BY: SETON HALL UNIVERSITY	10:45-11:30
JUNE 5	MEMORY SCREENING WITH ACT NOW FOUNDATION	10:30-1:00
JUNE 7	STAY COOL THIS SUMMER! SPEAKER: JACLYN MURPHY VALLEY HOSPITAL	10:45
JUNE 12	TRANSPORTATION HEARING -ONE BERGEN COUNTY PLAZA	9:30-11:30
JUNE 14	JUNE'S BIRTHDAY & BINGO PARTY	11:45-1:45
JUNE 16	FATHER'S DAY	
JUNE 17	ICE CREAM SOCIAL TO CELEBRATE FATHER'S DAY	12:30
JUNE 18	BLOOD PRESSURE SCREENING WITH B.C. HEALTH DEPT.	9:30-12:30
JUNE 19	FARMERS MARKET COUPONS-TODAY ONLY	11:30-1:00
JUNE 21	FIRST DAY OF SUMMER	
JUNE 26	BRAIN GAMES GIVEN BY: HORIZON BLUE CROSS BLUE SHIELD OF NEW JERSEY	10:45
JUNE 28	BOARD OF SOCIAL SERVICES-SNAP	10:00-12:00

Bergen County Division of Senior Services supports and promotes diverse and inclusive communities, and does not discriminate based on age, creed, gender, gender identity, mental or physical disability, national origin, political affiliation, race, or sexual orientation in its provision of services or employment practices.

ELMWOOD PARK SENIOR ACTIVITY CENTER

500 Mola Boulevard
Elmwood Park, NJ 07407
Phone: (201) 796-3342 • Fax (201) 475-9403
Open: Monday - Friday, 8:00AM - 3:30PM
ElmwoodParkCenter@co.bergen.nj.us



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