

ELMWOOD PARK SENIOR ACTIVITY CENTER

Cristine Cobb, Center Director

AUGUST 2019

(201) 796-3342

Monday	Tuesday	Wednesday	Thursday	Friday
WE WILL NOT BE ABLE TO GET BACK INTO THE GYM UNTIL SEPTEMBER 3RD. THE GYM FLOORS ARE GOING TO BE DONE.	SENIOR PICNIC IS SEPT. 5TH RAIN DATE IS SEPT. 12TH MUST SIGN-UP IN ADVANCE AND THE DEAD LINE IS AUGUST 23RD.	<u>SUGGESTED DONATION</u> \$1.25 PER MEAL MENU SUBJECT TO CHANGE WITHOUT NOTICE	1 8:00 Breakfast 9:30 Need-L-Wits 10:00 Tai-Chi 12:30 Sun Yoga CHICKEN SCAMPI	2 8:00 Breakfast 9:30 Exercise <u>11:45-1:45 August Birthday's & Bingo Party</u> EGG OMLET
5 8:00 Breakfast 9:30 Armchair Exercise 10:30 Yoga VEGETABLE LASAGNA	6 8:00 Breakfast 9:30 Zumba Gold 9:30 Ceramics 1:00 Golden Age Club BEEF TERIYAKI	7 8:00 Breakfast 9:30 Zumba Gold 1:00 In Between Club PARMESAN CRUSTED FISH	8 8:00 Breakfast 9:30 Need-L-Wits 10:00 Tai-Chi 12:30 Sun Yoga ROAST PORK WITH GRAVY	9 8:00 Breakfast 9:30 Exercise 12:30 Bingo/Games BREADED CHICKEN MILANESE
12 8:00 Breakfast 9:30 Armchair Exercise 10:30 Yoga BEER-BATTERED FISH	13 8:00 Breakfast 9:30 Zumba Gold 9:30 Ceramics 1:00 Golden Age Club CHICKEN STUFF WITH BROCCOLI	14 8:00 Breakfast 9:30 Zumba Gold <u>10:45 N.J. Foot & Ankle Center</u> 1:00 Between Club TURKEY & BEAN CHILI	15 8:00 Breakfast 9:30 Need-L-Wits 10:00 Tai-Chi 12:30 Sun-Yoga EGGPLANT ROLLATINI	16 8:00 Breakfast <u>8:30-3:00 AARP Driver's Class</u> <u>10:45 Managing Your Medications</u> 9:30 Exercise 12:30 Bingo/Games MEATLOAF WITH GRAVY
19 8:00 Breakfast 9:30 Armchair Exercise 10:30 Yoga CHINESE CHICKEN & BROCCOLI	20 8:00 Breakfast <u>9:30-12:00 Blood Pressure</u> 9:30 Zumba Gold 9:30 Ceramics 1:00 Golden Age Club RIGATONI AND TURKEY BOLOGNESE	21 8:00 Breakfast 9:30 Zumba Gold <u>10:00-1:00 Memory Screening</u> 1:00 In Between Club SWEET ITALIAN SAUSAGE	22 8:00 Breakfast 9:30 Need-L-Wits 10:00 Tai-Chi 12:30 Sun-Yoga ROAST TURKEY WITH GRAVY	23 8:00 Breakfast 9:30 Exercise <u>10:45 Summer Sweets</u> 12:30 Bingo/Games COCONUT CRUSTED HADDOCK
26 8:00 Breakfast 9:30 Armchair Exercise 10:30 Yoga BBQ BEEF RIB	27 8:00 Breakfast 9:30 Zumba Gold 9:30 Ceramics 1:00 Golden Age Club BREADED FLOUNDER	28 8:00 Breakfast 9:30 Zumba Gold 1:00 In Between Club CHICKEN PICCATA	29 8:00 Breakfast 9:30 Need-L-Wits 10:00 Tai-Chi 12:30 Sun-Yoga SWEDISH MEATBALLS	30 8:00 Breakfast 9:30 Exercise <u>10:00-12:00 SNAP Program</u> 12:30 Bingo/Games BAKED ZITI WITH RICOTTA

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

Melissa DeBartolo, Esq.
Acting Department 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
AUGUST 2019

AUGUST 2	AUGUST'S BIRTHDAY & BINGO PARTY	11:45-1:45
AUGUST 14	N.J. FOOT AND ANKLE CENTER SPEAKER: MAGALY LAMADRID	10:45
AUGUST 16	AARP SAFETY DRIVER'S COURSE	8:30-3:00
AUGUST 16	MANAGING YOUR MEDICATIONS SPEAKER: MICHAEL SIVLERMAN FROM BERGEN COUNTY PREVENTION COALITION	10:45
AUGUST 20	BLOOD PRESSURE SCREENING WITH BERGEN COUNTY HEALTH DEPARTMENT	9:30-12:00
AUGUST 21	MEMORY SCREENING WITH CARY LOPEZ FROM ACT NOW FOUNDATION	10:00-1:00
AUGUST 23	SUMMER SWEETS-DON'T GIVE ICE CREAM THE COLD SHOULDER! SPEAKER: JOANNAH KONECNY, RD	10:45
AUGUST 30	BOARD OF SOCIAL SERVICES-SNAP PROGRAM	10:00-12:00

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

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.



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