

# BERGEN NEW JERSEY *County*

James J. Tedesco III  
County Executive

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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

### ELMWOOD PARK SENIOR ACTIVITY CENTER

500 Mola Boulevard  
Elmwood Park, NJ 07407

Phone: (201) 796-3342 • Fax (201) 475-94

[ElmwoodParkCenter@co.bergen.nj.us](mailto:ElmwoodParkCenter@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 November 2021

<b>NOVEMBER 2</b>	<b>ELECTION DAY CENTER CLOSED</b>	
<b>NOVEMBER 5</b>	<b>HEALTHY HOLIDAY CHOICES WITH ERIKA LANNAMAN FROM SHOPRITE OF FAIRLAWN</b>	<b>10:30</b>
<b>NOVEMBER 7</b>	<b>DAYLIGHT SAVINGS ENDS</b>	
<b>NOVEMBER 11</b>	<b>VETERANS DAY CENTER CLOSED</b>	
<b>NOVEMBER 12</b>	<b>"TAKING CARE OF YOURSELF" WITH MELISSA LARDIERE FROM HACKENSACK MERDIAN HEALTH NURSING &amp; REHAB</b>	<b>10:30</b>
<b>NOVEMBER 25 &amp; NOVEMBER 26</b>	<b>THANKSGIVING DAY &amp; OBSERVANCE DAY CENTER CLOSED</b>	
<b>NOVEMBER 28</b>	<b>HANUKKAH BEGINS</b>	<b>SUNDOWN</b>

*The EP 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.*

Thank you for your patience and understanding as we continue to navigate necessary COVID-19 protocols and preventative measures at our Senior Activity Centers. These protocols are intended to further ensure the health and safety of everyone at the center. Our senior activity center staff are diligently working to bring safe, but fun and enjoyable activities and programming to our centers. At this time, we ask that you please continue to pre-register for morning or afternoon sessions, as well as, for to-go lunches. Please know that your cooperation during these challenging times is very much appreciated. If you have any questions, kindly contact your center directly at (201) 796-3342.



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.

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

<p><b>1</b> 10:00 Smile &amp; Sway (DVD) 11:45 Grab &amp; Go Lunch <u>1:00 Chair Zumba with Lourdes</u></p> <p>TURKEY &amp; SWISS CHEESE SANDWICH</p>	<p><b>2</b> <b>ELECTION DAY CENTER CLOSED</b></p>	<p><b>3</b> <u>10:45 Chair Zumba with Lourdes</u> 11:45 Grab &amp; Go Lunch 12:45 Simply Seated (DVD)</p> <p>BREADED CHICKEN CUTLET</p>	<p><b>4</b> 9:15 Need-L-Wits 11:45 Grab &amp; Go Lunch 12:45 Smile &amp; Sway (DVD)</p> <p>SHAVED BEEF STROGANOFF</p>	<p><b>5</b> 9:30 Smile &amp; Sway (DVD) <u>10:30 Healthy Holidays Choices with Erika Lannaman from ShopRite</u> 11:45 Grab &amp; Go Lunch 12:45 Simply Seated (DVD)</p> <p>BROCCOLI STUFFED CHICKEN</p>
<p><b>8</b> 10:00 Smile &amp; Sway (DVD) 11:45 Grab &amp; Go Lunch <u>1:00 Chair Zumba with Lourdes</u></p> <p>CHICKEN SALAD SANDWICH</p>	<p><b>9</b> <u>10:30 Tai Chi with Pete</u> 11:45 Grab &amp; Go Lunch 12:45 Smile &amp; Sway (DVD)</p> <p>BBQ PULLED PORK</p>	<p><b>10</b> <u>10:45 Chair Zumba with Lourdes</u> 11:45 Grab &amp; Go Lunch 12:45 Simply Seated (DVD)</p> <p>HAMBURGER PLATE</p>	<p><b>11</b> <b>VETERANS DAY CENTER CLOSED</b></p>	<p><b>12</b> 9:30 Smile &amp; Sway (DVD) <u>10:30 "Taking Care of Yourself"</u> <u>With Regent Care</u> 11:45 Grab &amp; Go Lunch 12:45 Simply Seated (DVD) ROAST TURKEY WITH GRAVY</p>
<p><b>15</b> 10:00 Smile &amp; Sway (DVD) 11:45 Grab &amp; Go Lunch <u>1:00 Chair Zumba with Lourdes</u></p> <p>BLACK FOREST HAM &amp; SWISS ON</p>	<p><b>16</b> <u>10:30 Tai Chi with Pete</u> 11:45 Grab &amp; Go Lunch 12:45 Smile &amp; Sway (DVD)</p> <p>CHICKEN TERIYAKI</p>	<p><b>17</b> <u>10:45 Chair Zumba with Lourdes</u> 11:45 Grab &amp; Go Lunch 12:45 Simply Seated (DVD)</p> <p>SALISBURY STEAK</p>	<p><b>18</b> 9:15 Need-L-Wits 11:45 Grab &amp; Go Lunch 12:45 Smile &amp; Sway (DVD)</p> <p>ITALIAN MEATBALLS</p>	<p><b>19</b> 10:00 Smile &amp; Sway (DVD) 11:45 Grab &amp; Go Lunch <u>12:45 Turkey Bingo Bash!</u></p> <p>SHAVED CHICKEN SANDWICH</p>
<p><b>22</b> 10:00 Smile &amp; Sway (DVD) 11:45 Grab &amp; Go Lunch <u>1:00 Chair Zumba with Lourdes</u></p> <p>EGG SALAD ON MULTIGRAIN ROLL</p>	<p><b>23</b> <u>10:30 Tai Chi with Pete</u> 11:45 Grab &amp; Go Lunch 12:45 Smile &amp; Sway (DVD)</p> <p>KOREAN BBQ CHICKEN LEG</p>	<p><b>24</b> <u>10:45 Chair Zumba with Lourdes</u> 11:45 Grab &amp; Go Lunch 12:45 Simply Seated (DVD)</p> <p>STUFFED CABBAGE</p>	<p><b>25</b> <b>THANKSGIVING DAY CENTER CLOSED</b></p>	<p><b>26</b> <b>THANKSGIVING DAY OBSERVANCE CENTER CLOSED</b></p>
<p><b>29</b> 10:00 Smile &amp; Sway 11:45 Grab &amp; Go Lunch 1:00 Chair Zumba with Lourdes</p> <p>BREADED CHICKEN CUTLET</p>	<p><b>30</b> 10:30 Tai Chi with Pete 11:45 Grab &amp; Go Lunch 12:45 Smile &amp; Sway (DVD)</p> <p>MEATLOAF WITH GRAVY</p>	<p><b>PLEASE CALL THE DAY BEFORE FOR A GRAB &amp; GO LUNCH BY NOON. SUGGESTED DONATION \$1.25 MENU SUBJECT TO CHANGE WITHOUT NOTICE.</b></p>	<p><b>PLEASE PRE-REGISTER FOR THE EXERCISE PRO- GRAMS. WE ARE LIMITED TO THE AMOUNT OF PEOPLE WE MAY HAVE.</b></p>	<p><b>PLEASE REMEMBER TO WEAR YOUR MASK AT ALL TIMES. MUST TAKE TEMPERATURE UPON ENTERING. SOCIAL DISTANCE. IF YOU DO NOT FEEL WELL, <u>PLEASE STAY HOME!</u></b></p>