

BERGEN NEW JERSEY *County*

James J. Tedesco III
County Executive

BOARD OF COUNTY COMMISSIONERS

Steven A. Tanelli
Chairman

Tracy Silna Zur
Vice Chairwoman

Dr. Joan M. Voss
Chair Pro Tempore

Mary J. Amoroso

Ramon M. Hache, Sr.

Germaine M. Ortiz

Thomas J. Sullivan

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

ELMWOOD PARK SENIOR ACTIVITY CENTER

500 Mola Boulevard
Elmwood Park, NJ 07407

Phone: (201) 796-3342 • Fax (201) 475-9403

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

October 1	Surrogate Court Visits with Michael Dressler	11:00am
October 8	“Taking Care Of Yourself” with Regent Care Center	10:30am
October 11	Columbus Day Center Closed	All Day

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.

The Elmwood Park 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.

OCTOBER**ELMWOOD PARK SENIOR ACTIVITY CENTER****2021****MONDAY****TUESDAY****WEDNESDAY****THURSDAY****FRIDAY**

<p>PLEASE PRE-REGISTER FOR EXERCISE PROGRAMS. WE ARE LIMITED TO THE AMOUNT OF PEOPLE, ONLY 17! IF YOUR NAME IS NOT ON THE LIST THAT DAY, YOU WILL HAVE TO LEAVE.</p>	<p>PLEASE CALL THE DAY BEFORE FOR GRAB & GO LUNCH BY NOON. SUGGESTED DONATION \$1.25 MENU SUBJECT TO CHANGE WITHOUT NOTICE.</p>	<p>The Elmwood Park Senior Activity Center & Programs are funded by The Division Of Senior Service's Through the Older American Act. They are available at no charge for Bergen County residents 60 years Old & over.</p>	<p>Please Remember to wear your mask at all times. Take Temp. upon entering. Stay social distance. And If you do not feel well.... STAY HOME!</p>	<p><i>1</i> <u>11:00 Surrogate Court Visits</u> 11:45 Grab & Go Lunch 12:45 Simply Seated (DVD)</p> <p>ROASTED TURKEY WITH GRAVY</p>
<p><i>4</i> <u>10:30 Sun Yoga with Ester</u> 11:45 Grab & Go Lunch <u>1:00 Chair Zumba</u></p> <p>GRILLED CHICKEN SANDWICH</p>	<p><i>5</i> <u>10:30 Tai-Chi with Pete</u> 11:45 Grab & Go Lunch 12:45 Simply Seated (DVD)</p> <p>RIGATONI WITH BOLOGNESE</p>	<p><i>6</i> <u>10:45 Chair Zumba</u> 11:45 Grab & Go Lunch 12:45 Smile & Sway (DVD)</p> <p>BBQ CHICKEN SANDWICH</p>	<p><i>7</i> 9:15 Need-L-Wits 11:45 Grab & Go Lunch 12:45 Simply Seated (DVD)</p> <p>HAM STEAK WITH PINEAPPLE</p>	<p><i>8</i> <u>10:30 "Taking Care Of Yourself"</u> 11:45 Grab & Go 12:45 Simply Seated (DVD)</p> <p>MEATLOAF WITH MUSHROOM GRAVY</p>
<p><i>11</i></p> <p>COLUMBUS DAY CENTER CLOSED</p>	<p><i>12</i> <u>10:30 Tai-Chi with Pete</u> 11:45 Grab & Go Lunch 12:45 Simply Seated (DVD)</p> <p>CHICKEN SALAD</p>	<p><i>13</i> <u>10:45 Chair Zumba</u> 11:45 Grab & Go Lunch 12:45 Smile & Sway (DVD)</p> <p>CHICKEN CORDON BLEU</p>	<p><i>14</i> 9:15 Need-L-Wits 11:45 Grab & Go Lunch 12:45 Simply Seated (DVD)</p> <p>SWEET & SOUR MEATBALLS</p>	<p><i>15</i> 10:00 Smile & Sway (DVD) 11:45 Grab & Go Lunch 12:45 Simply Seated (DVD)</p> <p>CHICKEN CHOW MEIN</p>
<p><i>18</i> <u>10:30 Sun Yoga with Ester</u> 11:45 Grab & Go Lunch <u>1:00 Chair Zumba</u></p> <p>CRAB SALAD</p>	<p><i>19</i> <u>10:30 Tai-Chi with Pete</u> 11:45 Grab & Go Lunch 12:45 Simply Seated (DVD)</p> <p>CHICKEN PICCATA</p>	<p><i>20</i> <u>10:45 Chair Zumba</u> 11:45 Grab & Go Lunch 12:45 Smile & Sway (DVD)</p> <p>ROAST BEEF WITH GRAVY</p>	<p><i>21</i> 9:15 Need-L-Wits 11:45 Grab & Go 12:45 Simply Seated (DVD)</p> <p>BREADED CHICKEN WITH COUNTRY GRAVY</p>	<p><i>22</i> 10:00 Smile & Sway (DVD) 11:45-Grab & Go 12:45 Simply Seated (DVD)</p> <p>SPINACH & CHEESE LASAGNA</p>
<p><i>25</i> <u>10:30 Sun Yoga with Ester</u> 11:45 Grab & Go <u>1:00 Chair Zumba</u></p> <p>BREADED CHICKEN SANDWICH</p>	<p><i>26</i> <u>10:30 Tai-Chi with Pete</u> 11:45 Grab & Go 12:45 Simply Seated (DVD)</p> <p>BEER BATTERED FISH</p>	<p><i>27</i> <u>10:45 Chair Zumba</u> 11:45 Grab & Go 12:45 Smile & Sway (DVD)</p> <p>GENERAL TAOS CHICKEN</p>	<p><i>29</i> 9:15 Need-L-Wits 11:45 Grab & Go 12:45 Simply Seated (DVD)</p> <p>PORK CUTLET MARSALA</p>	<p><i>30</i> 10:00 Smile & Sway (DVD) 11:45 Grab & Go Lunch 12:45 Simply Seated (DVD)</p> <p>CHICKEN PARMESAN</p>