

# BERGEN NEW JERSEY *County*

James J. Tedesco III  
County Executive

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## 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*

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## ELMWOOD PARK SENIOR ACTIVITY CENTER Bergen County Department of Human Services Division of Senior Services/ADRC HAPPY HOLIDAYS December 2021

December 1	Questions To Ask If Going Into Assistant Living-Speaker: Karen Miller with Sunrise	11:30
December 3	Senior Service Visits with Brianna Greenberg	10:30
December 10	Holiday Craft	10:30
December 17	Taking Care Of Yourself In The Winter Months-Speaker Melissa Lardiere	10:30
December 21	Holiday Bingo Bash	12:45
December 24	Christmas Day-Observance	Center Closed
December 31	New Year's Day-Observance	Center Closed

*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><i>Wishing You and Your Family A Very Happy Holiday Season And May Your New Year Be Healthy and Safe In 2022</i></p> 	<p><b>MENU SUBJECT TO CHANGE WITHOUT NOTICE. SUGGESTED DONATION \$1.25 PLEASE CALL THE DAY BE- FORE BY NOON TO ORDER. PRE-REGISTER FOR CLASSES. PLEASE CALL IF YOU CAN'T MAKE IT.</b></p>	<p><b>1</b> <u>10:45 Chair Zumba with Lordes</u> <u>11:30 Sunrise Visits-Questions</u> <u>To Ask About Assistant Living</u> <u>11:45 Grab &amp; Go Lunch</u> <u>12:45 Smile &amp; Sway(DVD)</u>  WHOLE WHEAT PENNE WITH RICOTTA</p>	<p><b>2</b> <u>9:15 Need-L-Wits</u> <u>11:45 Grab &amp; Go Lunch</u> <u>1:00 Senior Fitness Program</u> <u>With Lisa</u>  STUFF CABBAGE</p>	<p><b>3</b> <u>9:30 Smile &amp; Sway (DVD)</u> <u>10:30 Senior Service Presentation</u> <u>11:45 Grab &amp; Go Lunch</u> <u>1:00 Movements to Dance with Gerry</u>  ROAST TURKEY WITH GRAVY</p>
<p><b>6</b> <u>10:00 Sun Yoga (DVD)</u> <u>11:45 Grab &amp; Go Lunch</u> <u>1:00 Chair Zumba with Lordes</u>  GRILLED CHICKEN SANDWICH</p>	<p><b>7</b> <u>10:30 Tai Chi with Pete</u> <u>11:45 Grab &amp; Go Lunch</u> <u>12:45 Simply Seated (DVD)</u>  RIGATONI WITH BEEF BOLOGNESE</p>	<p><b>8</b> <u>10:45 Chair Zumba with Lordes</u> <u>11:45 Grab &amp; Go Lunch</u> <u>12:45 Smile &amp; Sway (DVD)</u>  PULLED BBQ CHICKEN SANDWICH</p>	<p><b>9</b> <u>9:15 Need-L-Wits</u> <u>11:45 Grab &amp; Go Lunch</u> <u>1:00 Senior Fitness Program</u> <u>With Lisa</u>  HAM STEAK WITH PINEAPPLE</p>	<p><b>10</b> <u>10:30 Holiday Craft</u> <u>Must Pre-Register</u> <u>11:45 Grab &amp; Go Lunch</u> <u>1:00 Movements to Dance with Gerry</u>  MEATLOAF &amp; MUSHROOM GRAVY</p>
<p><b>13</b> <u>10:00 Sun Yoga (DVD)</u> <u>11:45 Grab &amp; Go Lunch</u> <u>1:00 Chair Zumba with Lordes</u>  EGG SALAD</p>	<p><b>14</b> <u>10:30 Tai Chi with Pete</u> <u>11:45 Grab &amp; Go Lunch</u> <u>12:45 Simply Seated (DVD)</u>  PORK TENDERLION</p>	<p><b>15</b> <u>10:45 Chair Zumba with Lordes</u> <u>11:45 Grab &amp; Go Lunch</u> <u>12:45 Smile &amp; Sway (DVD)</u>  CHICKEN CORDON BLUE</p>	<p><b>16</b> <u>9:15 Need-L-Wits</u> <u>11:45 Grab &amp; Go Lunch</u> <u>1:00 Senior Fitness Program</u> <u>With Lisa</u>  SWEET &amp; SOUR MEATBALLS</p>	<p><b>17</b> <u>10:30 Taking Care Of Yourself in</u> <u>Flu Season</u> <u>11:45 Grab &amp; Go Lunch</u> <u>1:00 Movements to Dance with Gerry</u>  PEPPER STEAK</p>
<p><b>20</b> <u>10:00 Sun Yoga (DVD)</u> <u>11:45 Grab &amp; Go Lunch</u> <u>1:00 Chair Zumba with Lordes</u>  TUNA SALAD</p>	<p><b>21</b> <u>10:30 Tai Chi with Pete</u> <u>11:45 Grab &amp; Go Lunch</u> <u>12:45 Holiday Bingo Bash!</u> <u>Must Pre-Register</u>  TURKEY CHILI</p>	<p><b>22</b> <u>10:45 Chair Zumba with Lordes</u> <u>11:45 Grab &amp; Go Lunch</u> <u>12:45 Smile &amp; Sway (DVD)</u>  ROAST BEEF &amp; GRAVY</p>	<p><b>23</b> <u>9:15 Need-L-Wits</u> <u>11:45 Grab &amp; Go Lunch</u> <u>1:00 Senior Fitness Program</u> <u>With Lisa</u>  UN-BREADED CHICKEN FLORENTINE</p>	<p><b>24</b>  <b>CHRISTMAS DAY OBSERVED CENTER CLOSED</b></p>
<p><b>27</b> <u>10:00 Sun Yoga (DVD)</u> <u>11:45 Grab &amp; Go Lunch</u> <u>1:00 Chair Zumba with Lordes</u>  BREADED CHICKEN SANDWICH</p>	<p><b>28</b> <u>10:30 Tai Chi with Pete</u> <u>11:45 Grab &amp; Go Lunch</u> <u>12:45 Simply Seated (DVD)</u>  BEER-BATTERED FISH</p>	<p><b>29</b> <u>10:45 Chair Zumba with Lordes</u> <u>11:45 Grab &amp; Go Lunch</u> <u>12:45 Smile &amp; Sway (DVD)</u>  MACARONI &amp; CHEESE</p>	<p><b>30</b> <u>9:15 Need-L-Wits</u> <u>11:45 Grab &amp; Go Lunch</u> <u>1:00 Senior Fitness Program</u> <u>With Lisa</u>  BROCCOLI STUFFED CHICKEN</p>	<p><b>31</b>  <b>NEW YEAR'S DAY OBSERVED CENTER CLOSED</b></p>