

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) 475-9403

ElmwoodParkCenter@co.bergen.nj.us

Open: Monday - Friday, 8:00AM - 3:30PM

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ELMWOOD PARK SENIOR ACTIVITY CENTER
Bergen County Department of Human Services
Division of Senior Services/ADRC
HAPPY NEW YEAR!
January 2022

January 1	New Year's Day	
January 12	Senior Services Visits With Brianna Greenberg	11:30
January 14	Environmental Specialist, Laura Jean Checki, Speaks On the Statewide Ban on Plastic Bags	10:30
January 17	Martin Luther King Jr. Day	Center Closed
January 18	Blood Pressure Screening Begins with Bergen County Health Department	11:30-12:30
January 21	Taking Care Of Yourself In Winter Months Speaker: Melissa Lardiere	10:30

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 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.




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.

January 2022

ELMWOOD PARK SENIOR ACTIVITY CENTER

Cristine Cobb, Director

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3 10:00 Sun-Yoga (DVD) 11:45 Grab & Go Lunch <u>1:00 Exercise with Lordes</u></p> <p>TUNA SALAD</p>	<p>4 <u>10:30 Tai-Chi With Pete</u> 11:45 Grab & Go Lunch 12:45 (DVD) Exercise Program</p> <p>CHEESE & SPINACH LASAGNA</p>	<p>5 <u>10:45 Chair Zumba with Lordes</u> 11:45 Grab & Go Lunch 12:45 (DVD) Exercise Program</p> <p>MEATLOAF W/ GRAVY</p>	<p>6 9:15 Need-L-Wits 11:45 Grab & Go Lunch <u>1:00 Senior Fitness Program</u> <u>With Lisa</u></p> <p>STUFFED FLOUNDER</p>	<p>7 10:00 (DVD) Exercise Program 11:45 Grab & Go Lunch <u>1:00 Movements to Dance with Gerry</u></p> <p>BEEF STROGANOFF</p>
<p>10 10:00 Sun-Yoga (DVD) 11:45 Grab & Go Lunch <u>1:00 Exercise with Lordes</u></p> <p>ROAST BEEF W/ PROVOLONE</p>	<p>11 <u>10:30 Tai Chi with Pete</u> 11:45 Grab & Go Lunch <u>12:45 Frosty Bingo Bash!</u></p> <p>CHICKEN TERIYAKI</p>	<p>12 <u>10:45 Chair Zumba with Lordes</u> <u>11:45 Senior Service Visits</u> 11:45 Grab & Go Lunch 12:45 (DVD) Exercise Program</p> <p>MEAT LASAGNA</p>	<p>13 9:15 Need-L-Wits 11:45 Grab & Go Lunch <u>1:00 Senior Fitness Program</u> <u>With Lisa</u></p> <p>SWEDISH MEATBALLS</p>	<p>14 <u>10:30 Environmental Specialist</u> <u>Visits: Statewide ban on Plastic Bags</u> 11:45 Grab & Go Lunch <u>1:00 Movements to Dance with Gerry</u></p> <p>SALISBURY STEAK</p>
<p>17 MARTIN LUTHER KING, JR. DAY SENIOR CENTER CLOSED</p> 	<p>18 <u>10:30 Tai Chi with Pete</u> <u>11:30-12:30 Blood Pressure</u> <u>Screening Begins</u> 11:45 Grab & Go Lunch 12:45 (DVD) Exercise Program</p> <p>TURKEY & PROVOLONE SANDWICH</p>	<p>19 <u>10:45 Chair Zumba with Lordes</u> 11:45 Grab & Go Lunch 12:45 (DVD) Exercise Program</p> <p>BAKED PENNE W/ RICOTTA</p>	<p>20 9:15 Need-L-Wits 11:45 Grab & Go Lunch <u>1:00 Senior Fitness Program</u> <u>With Lisa</u></p> <p>ORANGE CHICKEN</p>	<p>21 <u>10:30 Taking Care of Yourself in</u> <u>Winter Months</u> 11:45 Grab & Go Lunch <u>1:00 Movements to Dance with Gerry</u></p> <p>BEEF & MACARONI CASSEROLE</p>
<p>24 10:00 Sun-Yoga (DVD) 11:45 Grab & Go Lunch <u>1:00 Exercise with Lordes</u></p> <p>MILANO SANDWICH</p>	<p>25 <u>10:30 Tai Chi with Pete</u> 11:45 Grab & Go Lunch 12:45 (DVD) Exercise Program</p> <p>TURKEY SAUSAGE, PEPPERS & ONIONS</p>	<p>26 <u>10:45 Chair Zumba with Lordes</u> 11:45 Grab & Go Lunch 12:45 (DVD) Exercise Program</p> <p>PORK LOIN W/ LEMON BUTTER</p>	<p>27 9:15 Need-L-Wits 11:45 Grab & Go Lunch <u>1:00 Senior Fitness Program</u> <u>With Lisa</u></p> <p>CHICKEN FILET W/ HONEY DIJON</p>	<p>28 10:00 (DVD) Exercise Program 11:45 Grab & Go Lunch <u>1:00 Movements to Dance with Jerry</u></p> <p>TURKEY SANDWICH W/ GRAVY</p>
<p>31 10:00 Sun-Yoga (DVD) 11:45 Grab & Go Lunch <u>1:00 Exercise with Lordes</u></p> <p>EGG SALAD</p>	<p>PLEASE....IF YOU DO NOT FEEL WELL, PLEASE, STAY HOME UNTIL YOU FEEL BETTER. WE DO NOT WANT TO TAKE ANY CHANCES.</p>	<p>IF THE WEATHER IS BAD, BE SAFE! AND IF IN DOUBT, <u>DON'T GO OUT!</u> Center Phone # 201-796-3342</p>	<p>COMING IN FEBRUARY : VALENTINE'S CRAFT BENEFITS OF CHOCOLATE SWEET BINGO BASH</p>	<p>THANK YOU TO ALL OUR PARTICIPANTS WHO HAVE COME AND SUPPORTED OUR PROGRAMS DURING THESE CHALLENGING TIMES.</p>