

BERGEN NEW JERSEY *County*

James J. Tedesco III
County Executive

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DIVISION OF SENIOR SERVICES
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Director



On behalf of the County of Bergen, we thank you for your patience during the Covid-19 pandemic. At this time, the County has lifted most restrictions related to Covid-19, but will continue to require health screenings upon entrance to the centers. Masks are now optional throughout the centers. Masks are still required on the bus for those who are unvaccinated, although it is preferable for all to wear a mask when on the bus. Meals will return to congregate setting, and there will no longer be a Grab & Go option. We look forward to seeing you again as we resume all regular activities. If you have any questions, kindly contact your center directly at (201) 796-3342.

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

Cristine Cobb, Director
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
AUGUST 2022

August 5	Safety & Scam Tips With The Elmwood Park Police Department	10:00AM
August 12	Safety Home Tips With The Elmwood Park Fire Department	10:00AM
August 19	Armchair Aerobics-Instructor Bill Wright From New Bridge Medical Center	10:30AM
	COMING IN SEPTEMBER:	
	TUESDAY, SEPTEMBER 13th ANNUAL SENIOR CITIZEN FESTIVAL	10:00AM - 2:00PM
	FRIDAY, SEPTEMBER 23rd FALL COVID EVENT! VACCINES/BOOSTERS, HEALTH SCREENINGS, RAFFLES/ DANCING WITH TOMMY D AND MUCH MORE. MUST SIGN-UP!	10:00AM - 2:00PM

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.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>1 8:00 Continental Breakfast 10:00-11:30 Tai-Chi 12:00 Lunch 1:00 Zumba Gold with Lourdes</p> <p>CHICKEN ROTINI SALAD</p>	<p>2 8:00 Continental Breakfast 10:30 Movements To Dance 12:00 Lunch</p> <p>SLICED TURKEY w/ TURKEY GRAVY</p>	<p>3 8:00 Continental Breakfast 10:45 Zumba Gold with Lauren 12:00 Lunch 12:30 Ladies Get Together</p> <p>BAKED FISH FLORENTINE</p>	<p>4 8:00 Continental Breakfast 9:30 Need-L-Wits 10:30 Movement To Dance 12:00 Lunch 12:45 Senior Fitness HOMESTYLE MEATLOAF w/ BROWN GRAVY</p>	<p>5 8:00 Continental Breakfast 10:00 Safety & Scam Tips From The E.P. Police Department 12:00 Lunch 12:45 Cards/Games</p> <p>CHICKEN PARMESAN</p>
<p>8 8:00 Continental Breakfast 10:00-11:30 Tai-Chi 12:00 Lunch 1:00 Zumba Gold with Lourdes</p> <p>CHICKEN SALAD w/ LETTUCE LEAF</p>	<p>9 8:00 Continental Breakfast 10:30 Movements To Dance 12:00 Lunch</p> <p>PENNE W/ CRUMBLLED PORK SAUSAGE GARLIC & OLIVE OIL</p>	<p>10 8:00 Continental Breakfast 10:45 Zumba Gold with Lauren 12:00 Lunch 12:30 Ladies Get Together</p> <p>CHICKEN CHOW MEIN</p>	<p>11 8:00 Continental Breakfast 9:30 Need-L-Wits 10:30 Movement to Dance 12:00 Lunch 12:45 Senior Fitness Program</p> <p>SWEET & SOUR MEATBALLS</p>	<p>12 8:00 Continental Breakfast 10:00 Safety Home Tips With The The E.P. Fire Department 12:00 Lunch 12:45 Cards/Games CHICKEN FILET w/ HONEY DIJON SAUCE</p>
<p>15 8:00 Continental Breakfast 10:00-11:30 Tai-Chi 12:00 Lunch 1:00 Zumba Gold with Lourdes</p> <p>TUNA & BOWTIE PASTA SALAD</p>	<p>16 8:00 Continental Breakfast 10:30 Movements To Dance 12:00 Lunch</p> <p>TURKEY BURGER</p>	<p>17 8:00 Continental Breakfast 10:45 <u>NO</u> Zumba Gold with Lauren 12:00 Lunch 12:45 August Bingo Bash!</p> <p>UNBREADED CHICKEN PICCATA</p>	<p>18 8:00 Continental Breakfast 9:30 Need-L-Wits 10:30 Movement To Dance 12:00 Lunch 12:45 Senior Fitness Program HOMESTYLE SALISBURY STEAK w/ BROWN GRAVY</p>	<p>19 8:00 Continental Breakfast 10:30 Armchair Aerobics With Bill Wright From New Bridge 12:00 Lunch 12:45 Cards/Games ROSEMARY ROASTED CHICKEN w/ GRAVY</p>
<p>22 8:00 Continental Breakfast 10:00-11:30 Tai-Chi 12:00 Lunch 1:00 Zumba Gold with Lourdes</p> <p>EGG SALAD W /ROMAINE LETTUCE</p>	<p>23 8:00 Continental Breakfast 9:30-11:30 Blood Pressure 10:30 Movements To Dance 12:00 Lunch</p> <p>BONELESS CHICKEN SCAMPI</p>	<p>24 8:00 Continental Breakfast 10:45 Zumba Gold with Lauren 12:00 Lunch 12:45 Ladies Get Together</p> <p>PORK CHOP W/ APPLESAUCE</p>	<p>25 8:00 Continental Breakfast 9:30 Need-L-Wits 10:30 Movement To Dance 12:00 Lunch 12:45 Senior Fitness Program TURKEY CHILI w/ BEANS</p>	<p>26 8:00 Continental Breakfast 10:30 Yoga (DVD) 12:00 Lunch 12:45 Cards/Games</p> <p>CHICKEN MARSALA</p>
<p>29 8:00 Continental Breakfast 10:00-11:30 Tai-Chi 12:00 Lunch 1:00 Zumba Gold with Lourdes</p> <p>PULLED BBQ PORK</p>	<p>30 8:00 Continental Breakfast 10:30 Movements To Dance 12:00 Lunch</p> <p>KOREAN BBQ CHICKEN LEG QUARTER</p>	<p>31 8:00 Continental Breakfast 10:45 Zumba Gold with Lauren 12:00 Lunch 12:30 Ladies Get Together</p> <p>PEPPER STEAK</p>	<p>SIGN-UPS FOR THE ANNUAL SENIOR FESTIVAL & FALL COVID EVENT WILL BEGIN AUGUST 8TH</p> <p>ENJOY THE REST OF THE SUMMER!</p> 	