

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
SEPTEMBER 2022

September 5	Labor Day-Center Closed	
September 9	“Scams & Frauds, Staying Alert” Presented by: Investigator Dennis Niland	10:30AM
September 13	Annual Senior Citizen Festival (Rain Date September 20th)	10:00AM- 2:00PM
September 16	AARP Safety Driver’s Course	8:30AM- 3:30PM
September 22	Autumn Begins	
September 23	Boost Bergen-Fall Covid Event! See Inside for all the Events	10:00AM- 2:00PM
September 25	Rosh Hashanah Begins At Sundown	
September 30	Breakfast With the Elmwood Park Police Department	9:00AM- 11:00PM

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>PLEASE JOIN US FOR: SENIOR FESTIVAL TUESDAY-SEPTEMBER 13th 10:00AM-2:00PM FRIDAY-SEPTEMBER 23 10:00-2:00 FALL COVID EVENT! FRIDAY-SEPTEMBER 30, 9:00-11:00 BREAKFAST WITH E.P. POLICE</p>	 <p>SEPTEMBER IS Healthy Aging MONTH</p>		<p>1 8:00 Continental Breakfast 9:30 Need-L-Wits 10:30 Movements To Dance 12:00 Lunch 12:45 Senior Fitness</p> <p>SLICED TURKEY W/ GRAVY</p>	<p>2 8:00 Continental Breakfast 10:30 Yoga (DVD) 12:00 Lunch 12:45 Cards/Games/Billiards</p> <p>RIGATONI BOLOGNESE</p>
<p>5</p>  <p>CENTER CLOSED</p>	<p>6 8:00 Continental Breakfast 10:30 Movements To Dance 12:00 Lunch 12:45 Billiards/Cards</p> <p>HAMBURGER (BEEF) W/ SAUSAGE & GARLIC OLIVE OIL</p>	<p>7 8:00 Continental Breakfast 10:45 Zumba Gold with Lauren 12:00 Lunch 12:30 Ladies Get Together</p> <p>CHICKEN FLORENTINE</p>	<p>8 8:00 Continental Breakfast 9:30 Need-L-Wits 10:30 Movements to Dance 12:00 Lunch 12:45 Senior Fitness Program FISH STICKS W /LEMON WEDGE & TARTAR SAUCE</p>	<p>9 8:00 Continental Breakfast 10:30 <u>Scams & Frauds, & Staying Alert</u> 12:00 Lunch 12:45 Cards/Games/Billiards</p> <p>BBQ PULLED PORK SANDWICH</p>
<p>12 8:00 Continental Breakfast 10:00-11:30 Tai-Chi 12:00 Lunch 1:00 Zumba Gold with Lourdes</p> <p>GRILLED CHICKEN CAESAR SALAD</p>	<p>13 8:00 Continental Breakfast 10:00-2:00 Senior Festival 10:30 Movements To Dance 12:00 Lunch 12:45 Billiards/Cards</p> <p>SALISBURY STEAK W/ BROWN GRAVY</p>	<p>14 8:00 Continental Breakfast 10:45 Zumba Gold with Lauren 12:00 Lunch 12:30 Ladies Get Together</p> <p>ITALIAN MEATBALLS W/ TOMATO BASIL SAUCE</p>	<p>15 8:00 Continental Breakfast 9:30 Need-L-Wits 10:30 Movements To Dance 12:00 Lunch 12:45 Senior Fitness Program</p> <p>TURKEY BURGER</p>	<p>16 8:00 Continental Breakfast 8:30-3:00 AARP Safety Driver's Class 10:30 Yoga (DVD) 12:00 Lunch 12:45 Cards/Games/Billiards ORANGE CHICKEN</p>
<p>19 8:00 Continental Breakfast 10:00-11:30 Tai-Chi 12:00 Lunch 1:00 Zumba Gold with Lourdes</p> <p>TURKEY & SWISS CHEESE W/ ARUGULA ON WW ROLL</p>	<p>20 8:00 Continental Breakfast 10:30 Movements To Dance 12:00 Lunch 12:45 Billiards/Cards</p> <p>STUFFED CABBAGE</p>	<p>21 8:00 Continental Breakfast 10:45 Zumba Gold with Lauren 12:00 Lunch 12:30 Ladies Get Together</p> <p>LEMON PEPPER BAKED FISH</p>	<p>22 8:00 Continental Breakfast 9:30 Need-L-Wits 10:30 Movements To Dance 12:00 Lunch 12:45 Senior Fitness Program</p> <p>SLOPPY JOE ON KAISER ROLL</p>	<p>23 GET BOOSTED BERGEN! 9:30 Bagels will be served in the gym 10:00 <u>Visit Health Screening Tables</u> Vaccines/Boosters/Blood Pressure/Sun Safety Oxygen Screening/Mental Health Screening Demonstration's: Armchair Aerobics/Zumba Gold. 12:00 Dancing with D.J. Tommy D.</p> <p>EGG SALAD ON ROMAINE LETTUCE</p>
<p>26 8:00 Continental Breakfast 10:00-11:30 Tai-Chi 12:00 Lunch 1:00 Zumba Gold with Lourdes</p> <p>TUNA NOODLE SALAD</p>	<p>27 8:00 Continental Breakfast 10:30 Movements To Dance 12:00 Lunch 12:45 Billiards/Cards</p> <p>PORK TENDERLION W/ GRAVY</p>	<p>28 8:00 Continental Breakfast 10:45 Zumba Gold with Lauren 12:00 Lunch 12:30 Ladies Get Together</p> <p>KOREAN BBQ CHICKEN LEG QUARTER</p>	<p>29 8:00 Continental Breakfast 9:30 Need-L-Wits 10:30 Movements To Dance 12:00 Lunch 12:45 Senior Fitness Program CHEESE RAVIOLI IN A HEARTY SPINACH SAUCE</p>	<p>30 9:00 Breakfast With The Elmwood Park Police Department 12:00 Lunch 12:45 Cards/Games/Billiards</p> <p>SHAVED CHICKEN SANDWICH</p>