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County Executive

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Director

DIVISION OF SENIOR SERVICES
Lorraine Joewono
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. Meals have returned 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

ELMWOOD PARK SENIOR ACTIVITY CENTER
Bergen County Department of Human Services
Division of Senior Services/ADRC
November 2022

November 4	K-9's Visit from The Bergen County Sheriff's Office with Officer Thomas	10:30am
November 8	Election Day-Center Closed	
November 9	Foot Care with Dr. William Freundlich	10:00am-1:00pm
November 10	Free Lunch for Our Vets	12:00pm
November 11	Veterans Day-Center Closed	
November 15	Blood Pressure Screening with Bergen County Health Department	9:30am 12:30pm
November 18	"Protecting Yourself In The Retail World" With Investigator Dennis Niland	10:30am
November 24	Thanksgiving Day-Center Closed	
November 24	Thanksgiving Day Dinner at The Garfield Senior Center	10:00am-1:30pm
November 25	Center Closed-Day After Thanksgiving	

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>Alzheimer's Disease Awareness Month</p>	<p>1 8:00 Continental Breakfast 10:30 Movements To Dance 12:00 Lunch 12:45 Billiards/Cards</p> <p>PORK LOIN WITH GRAVY</p>	<p>2 8:00 Continental Breakfast 10:45 Zumba Gold with Lauren 12:00 Lunch 12:30 Ladies Get Together</p> <p>HAWAIIAN BONELESS CHICKEN</p>	<p>3 8:00 Continental Breakfast 9:30 Need-L-Wits 10:30 Movements To Dance 12:00 Lunch 12:30 Senior Fitness</p> <p>HOMESTYLE MEATLOAF W/ GRA-</p>	<p>4 8:00 Continental Breakfast 10:30 K-9's Visits from the Bergen County's Sheriffs Office 12:00 Lunch 12:45 Cards/Game/Billiards</p> <p>BREADED POLLACK FISH</p>
<p>7 8:00 Continental Breakfast 10:00-11:30 Tai-Chi 12:00 Lunch 1:00 Zumba Gold with Lourdes</p> <p>HAMBURGER</p>	 <p>8</p> <p>CENTER CLOSED</p>	<p>9 8:00 Continental Breakfast 10:00-1:00 Foot Care 10:45 Zumba Gold with Lauren 12:00 Lunch 12:30 Ladies Get Together</p> <p>RIGATONI BOLOGNESE</p>	<p>10 8:00 Continental Breakfast 9:30 Need-L-Wits 10:30 Movements to Dance 12:00 Lunch (Free Lunch For Our Vets) 12:30 Senior Fitness Program</p> <p>CHICKEN CORDON BLEU</p>	 <p>11</p> <p>CENTER CLOSED</p>
<p>14 8:00 Continental Breakfast 10:00-11:30 Tai-Chi 12:00 Lunch 1:00 Zumba Gold with Lourdes</p> <p>CHICKEN PARMESAN</p>	<p>15 8:00 Continental Breakfast 9:30-12:30 Blood Pressure 10:30 Movements To Dance 12:00 Lunch 12:45 Billiards/Cards</p> <p>SWEDISH MEATBALL W/ GRAVY</p>	<p>16 8:00 Continental Breakfast 10:45 Zumba Gold with Lauren 12:00 Lunch 12:45 Fall Craft-Must Register Space is Limited</p> <p>EGG SALAD SANDWICH</p>	<p>17 8:00 Continental Breakfast 9:30 Need-L-Wits 10:30 Movements To Dance 12:00 Lunch 12:30 Senior Fitness Program</p> <p>BAKED FISH FILLET W/ DILL</p>	<p>18 8:00 Continental Breakfast 10:30 "Protecting Yourself In The Retail World" 12:00 Lunch 12:45 Cards/Games/Billiards</p> <p>MEAT LASAGNA</p>
<p>21 8:00 Continental Breakfast 10:00-11:30 Tai-Chi 12:00 Lunch 1:00 Zumba Gold with Lourdes</p> <p>TUNA SALAD SANDWICH</p>	<p>22 8:00 Continental Breakfast 10:30 Movements To Dance 12:00 Lunch 12:45 Billiards/Cards</p> <p>PORK CHOP W/ GRAVY</p>	<p>23 8:00 Continental Breakfast 10:45 Zumba Gold with Lauren 12:00 Lunch 12:30 Ladies Get Together</p> <p>BAKED HAM</p>	 <p>24</p> <p>HAPPY THANKSGIVING CENTER CLOSED</p>	<p>25</p> <p>CENTER CLOSED DAY AFTER THANKSGIVING</p> 
<p>28 8:00 Continental Breakfast 10:00-11:30 Tai-Chi 12:00 Lunch 1:00 Zumba Gold with Lourdes</p> <p>STUFFED CABBAGE</p>	<p>29 8:00 Continental Breakfast 10:30 Movements to Dance 12:00 Lunch 12:45 Billiards/Cards</p> <p>SHAVED CHICKEN SANDWICH</p>	<p>30 8:00 Continental Breakfast 10:45 Zumba Gold with Lauren 12:00 Lunch 12:45 Ladies Get Together</p> <p>BAKED FISH W/ LEMON SAUCE</p>	<p>HOLIDAY PARTY DECEMBER 16TH 11:00-2:00 SIGNS-UP BEGIN ON NOVEMBER 7TH SUGGESTED DONATION \$ 6.00</p>	<p>THANKSGIVING DINNER AT THE GARFIELD SENIOR CENTER NOVEMBER 24TH 10:00-1:30 MUST SIGN-UP BY 11-16. IF YOU NEED TRANSPORTATION MUST KNOW BY 11-7</p>