

**James J. Tedesco III**  
County Executive

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**DEPARTMENT OF HUMAN SERVICES**  
**Melissa H. DeBartolo, Esq.**  
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**

**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**  
**December 2022**

<b>December 2</b>	<b>"Quiz Bowl" with Visiting Angels</b>	<b>10:30AM</b>
<b>December 6</b>	<b>Holiday Tree Decorating with Hot Chocolate</b>	<b>12:45AM</b>
<b>December 7</b>	<b>AARP Safety Driver's Course</b>	<b>8:30AM 3:00PM</b>
<b>November 9</b>	<b>Nutrition As You Age! Speaker: Nicole Fuller, RDN From Valley Hospital</b>	<b>10:30AM</b>
<b>December 16</b>	<b>HOLIDAY PARTY! with D.J. Tommy D</b>	<b>11:00AM 2:00 PM</b>
<b>December 18</b>	<b>Hanukkah Begins at Sundown</b>	
<b>December 20</b>	<b>Blood Pressure with B.C. Health Dept.</b>	<b>9:30AM 12:30PM</b>
<b>December 21</b>	<b>Winter Begins</b>	
<b>December 25</b>	<b>Christmas Day</b>	
<b>December 25</b>	<b>Christmas Dinner at Garfield Senior Center</b>	<b>10:00AM 1:30PM</b>
<b>December 26</b>	<b>Christmas Day-Observed-Center Closed</b>	

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 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.

***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>18:00 Continental Breakfast                  9:30 Need-L-Wits                  10:30 Movements To Dance                  12:00 Lunch                  12:30 Senior Fitness Program</p> <p>HOME STYLE MEATLOAF                  W/ BROWN GRAVY</p>	<p>2</p> <p>8:00 Continental Breakfast                  10:30 "Quiz Bowl" With                  Visiting Angels                  12:00 Lunch                  12:45 Cards/Game/Billiards</p> <p>HERB ROASTED CHICKEN LEG</p>
<p>5</p> <p>8:00 Continental Breakfast                  10:00 Exercise-DVD                  12:00 Lunch                  1:00 Zumba Gold w/ Lourdes                  WHOLE WHEAT ZITI W/ CRUMBLD                  TURKEY SAUSAGE, GREEN/RED                  PEPPERS, ONIONS, MARINARA SAUCE &amp;                  PARMESAN CHEESE</p>	<p>6</p> <p>8:00 Continental Breakfast                  10:30 Movements To Dance                  12:00 Lunch                  12:45 Holiday Tree Decorating                  With Hot Chocolate</p> <p>TUNA SALAD</p>	<p>7</p> <p>8:00 Continental Breakfast                  8:30-3:00 AARP Driver's Course                  10:45 Zumba Gold w/ Lauren                  12:00 Lunch                  12:45 Billiards/Cards</p> <p>PULLED BBQ CHICKEN</p>	<p>8</p> <p>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>SLICED ROAST BEEF W/ GRAVY</p>	<p>9</p> <p>8:00 Continental Breakfast                  10:30 Nutrition as You Age                  Speaker: Nicole Fuller, RDN                  12:00 Lunch                  12:45 Cards/Games/Billiards</p> <p>TORTELLINI AND CHICKEN ALFREDO</p>
<p>12</p> <p>8:00 Continental Breakfast                  10:00 Exercise-DVD                  12:00 Lunch                  1:00 Zumba Gold w/ Lourdes</p> <p>EGG SALAD ON ROMAINE                  LETTUCE</p>	<p>13</p> <p>8:00 Continental Breakfast                  10:30 Movements To Dance                  12:00 Lunch                  12:45 Billiards/Cards</p> <p>CHEESE RAVIOLI W/ MEATBALLS (2)                  AND MARINARA SAUCE</p>	<p>14</p> <p>8:00 Continental Breakfast                  10:45 Zumba Gold w/ Lauren                  12:00 Lunch                  12:45 Billiards/Cards</p> <p>SLICED TURKEY W/ GRAVY</p>	<p>15</p> <p>8:00 Continental Breakfast                  9:30 Need-L-Wits                  10:30 Movements To Dance                  12:00 Lunch                  12:30 Senior Fitness Program</p> <p>STUFFED CABBAGE</p>	<p>16</p> <p>8:00 Continental Breakfast</p> <p><b>HOLIDAY PARTY</b>                  11:00-2:00                  WITH D.J. TOMMY D</p> <p>CHICKEN MARSALA</p>
<p>19</p> <p>8:00 Continental Breakfast                  10:00 Exercise-DVD                  12:00 Lunch                  1:00 Zumba Gold w/ Lourdes</p> <p>TURKEY AND RED                  KIDNEY BEAN CHILI</p>	<p>20</p> <p>8:00 Continental Breakfast                  10:30 Movements To Dance                  12:00 Lunch                  12:45 Billiards/Cards</p> <p>BEEF GOULASH (BEEF, ONION, BELL                  PEPPERS IN TOMATO SAUCE)</p>	<p>21</p> <p>8:00 Continental Breakfast                  10:45 Zumba Gold w/ Lauren                  12:00 Lunch                  12:45 Billiards/Cards</p> <p>BAKED FISH W/ DILL SAUCE</p>	<p>22</p> <p>8:00 Continental Breakfast                  9:30 Need-L-Wits                  10:30 Movements To Dance                  12:00 Lunch                  12:30 Senior Fitness Program                  BBQ CHICKEN QUARTER</p>	<p>23</p> <p>8:00 Continental Breakfast                  10:30 Holiday Movie                  12:00 Lunch                  12:45 Cards/Games/Billiards</p> <p>SALISBURY STEAK W/ GRAVY                  AND SAUTEED ONIONS</p>
<p>26</p> <p><b>CHRISTMAS                  OBSERVED</b></p> 	<p>27</p> <p>8:00 Continental Breakfast                  10:30 Movements to Dance                  12:00 Lunch                  12:45 Billiards/Cards</p> <p>BROCCOLI STUFFED FISH</p>	<p>28</p> <p>8:00 Continental Breakfast                  10:45 Zumba Gold w/ Lauren                  12:00 Lunch                  12:45 Billiards/Cards</p> <p>SLOPPY JOE</p>	<p>29</p> <p>8:00 Continental Breakfast                  9:30 Need-L-Wits                  10:30 Movements To Dance                  12:00 Lunch                  12:30 Senior Fitness Program</p> <p>CHICKEN PARMESAN</p>	<p>30</p> <p>8:00 Continental Breakfast                  10:00 Exercise-DVD                  12:00 Lunch                  12:45 Cards/Games/Billiards</p> <p>PORK TENDERLOIN W/ GRAVY</p>