

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

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
August 2023

August 9	Ice Cream Social With Arosa Home Care Donated by: Melissa Aguglino	12:45pm
August 11	AARP Safety Driver's Course	8:30am-3:00pm
August 11	Exercise– Smile & Sway (DVD)	10:30am
August 15	Blood Pressure Screening with Bergen County Health Department	9:30am-12:30pm
August 16	Exercise Smile & Sway	12:45pm
August 18	Hackensack Meridian School of Medicine With Maria Mansfield, MAS	10:30am
August 23	August Bingo Bash!	12:45pm
August 25	“Bergen Bites Back!” With Bergen County Health Department-Speaker Jillian Travilla, RN	10:30am

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.



Senior Festival

September 12, 2023

Rain Date: Tuesday September 19, 2023

10AM - 2PM

Van Saun County Park, Paramus

Registration Recommended: Call: 201-336-7416 or Email: seniors@co.bergen.nj.us

Or Scan the QR code!






Eventbrite Link: <https://www.eventbrite.com/e/bergen-county-senior-festival-tickets-660481015497?aff=oddtcreator>



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>SIGN-UP FOR THE SENIOR FESTIVAL ON SEPTEMBER 12TH. PLEASE REGISTER IF INTERESTED IN ATTENDING. TRANSPORTATION IS PROVIDED. RAINDATE IS SEPTEMBER 19TH.</p>	<p>1 8:00 Continental Breakfast 10:30 Movements To Dance 11:45 Lunch 1:00 Yoga & Meditation</p> <p>TUNA SALAD ON LETTUCE LEAF</p>	<p>2 8:00 Continental Breakfast 9:30-10:00 Diamond Art with Aggie 10:45 Zumba Gold w/ Lauren 11:45 Lunch 12:45 Exercise-Smile & Sway (DVD)</p> <p>PENNE MARINARA w/ (3) ITALIAN MEATBALLS</p>	<p>3 8:00 Continental Breakfast 9:30 Need-L-Wits 10:00 Movements to Dance 11:45 Lunch 12:30 Senior Fitness Program</p> <p>CHICKEN SCAMPI</p>	<p>4 8:00 Continental Breakfast 10:30 Exercise-Smile & Sway (DVD) 11:45 Lunch 1:00 Exercise w/ Donna</p> <p>TURKEY BURGER </p>
<p>7 8:00 Continental Breakfast 10:00 Tai-Chi 11:45 Lunch 1:00 Zumba Gold with Lourdes</p> <p>CHICKEN CORDON BLEU </p>	<p>8 8:00 Continental Breakfast 10:30 Movements To Dance 11:45 Lunch 1:00 Gentle Yoga & Meditation</p> <p>STUFFED PEPPERS (GROUND TURKEY & WHITE RICE) TOPPED w/ MARINARA SAUCE</p>	<p>9 8:00 Continental Breakfast 9:30-10:30 Diamond Art with Aggie 10:45 Zumba Gold w/ Lauren 11:45 Lunch 12:30 Ice Cream Social w/ Arosa Home Care</p> <p>SOUTHERN STYLE FISH</p>	<p>10 8:00 Continental Breakfast 9:30 Need-L-Wits 10:00 NO Movements to Dance 11:45 Lunch 12:30 Senior Fitness Program</p> <p>SWEDISH MEATBALLS</p>	<p>11 8:00 Continental Breakfast 8:30-3:00 AARP Safety Driver's Course 10:30 Exercise-Smile & Sway (DVD) 11:45 Lunch 1:00 Exercise w/ Donna</p> <p>SWEET & SOUR CHICKEN</p>
<p>14 8:00 Continental Breakfast 10:00 Tai-Chi 11:45 Lunch 1:00 Zumba Gold w/ Lourdes</p> <p>HOMESYTTLE SALISBURY STEAK</p>	<p>15 8:00 Continental Breakfast 9:30-12:30 Blood Pressure 10:30 NO Movements To Dance 11:45 Lunch 1:00 Gentle Yoga & Meditation</p> <p>CHICKEN STUFFED WITH BR</p>	<p>16 8:00 Continental Breakfast 9:30 10:30 Diamond Art w/ Aggie 10:45 Zumba Gold w/ Lauren 11:45 Lunch 12:45 Exercise-Smile & Sway (DVD)</p> <p>CHEF SALAD</p>	<p>17 8:00 Continental Breakfast 9:30 Need-L-Wits 10:00 NO Movements To Dance 11:45 Lunch 12:30 Senior Fitness Program</p> <p>BBQ CHICKEN LEG</p>	<p>18 8:00 Continental Breakfast 10:30 Hackensack Meridian School of Medicine w/ Maria Mansfield, MAS 11:45 Lunch 1:00 Exercise w/ Donna</p> <p>EGGPLANT ROLLATINI </p>
<p>21 8:00 Continental Breakfast 10:00 Tai-Chi 11:45 Lunch 1:00 Zumba Gold w/ Lourdes</p> <p>SLICED ROAST BEEF w/ PROVOLONE CHEESE ON 2 PUMPERNICKLE BREAD</p>	<p>22 8:00 Continental Breakfast 10:30 Movements To Dance 11:45 Lunch 1:00 Gentle Yoga & Meditation</p> <p>CRISPY FISH SANDWICH</p>	<p>23 8:00 Continental Breakfast 9:30-10:30 Diamond Art w/ Aggie 10:45 Zumba Gold w/ Lauren 11:45 Lunch 12:45 August Bingo Bash SWEET ITALIAN SAUSAGE SANDWICH w/ ROASTED POTATOES,PEPERS, & ONIONS ON ITALIAN BREAD</p>	<p>24 8:00 Continental Breakfast 9:30 Need-L-Wits 10:00 Movements To Dance 11:45 Lunch 12:30 Senior Fitness Program</p> <p>CHICKEN SALAD WITH CRANBERRIES</p>	<p>25 8:00 Continental Breakfast 10:30 Bergen Bites Back Presentation by B.C. Health Dept. 11:45 Lunch 1:00 Exercise w/ Donna</p> <p>HOMEMADE MEATLOAF w/ GRAVY</p>
<p>28 8:00 Continental Breakfast 10:00 Tai-Chi 11:45 Lunch 1:00 Zumba Gold w/ Lourdes</p> <p>PORK TENDERLOIN w/ GRAVY</p>	<p>29 8:00 Continental Breakfast 10:30 Movements To Dance 11:45 Lunch 1:00 Gentle Yoga & Meditation</p> <p>EGG SALAD OVER LETTUCE LEAF</p>	<p>30 8:00 Continental Breakfast 9:30 Diamond Art with Aggie 10:45 Zumba Gold w/ Lauren 11:45 Lunch 12:45 Karaoke!</p> <p>CHICKEN PICCATA (UN-BREADED)</p>	<p>31 8:00 Continental Breakfast 9:30 Need-L-Wits 10:00 Movements To Dance 11:45 Lunch 12:30 Senior Fitness Program</p> <p>CHEESEBURGER (BEEF)</p>	<p>OCTOBER 20TH OCTOBER FEST 11:30-1:30 WITH LIVE ENTERTAINMENT BY DAVID SCANCE. SIGN-UPS WILL BEGIN SEPTEMBER 12TH.</p>