

**James J. Tedesco III**  
County Executive

and the

**BOARD OF COUNTY COMMISSIONERS**

**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](mailto:ElmwoodParkCenter@co.bergen.nj.us)

**Open: Monday - Friday, 8:00AM - 3:30PM**

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.

**ELMWOOD PARK SENIOR ACTIVITY CENTER**  
**Bergen County Department of Human Services**  
**Division of Senior Services/ADRC**  
**January 2023**

January 2	New Year's Day Observed-Center Closed	
January 6-27	Physical Therapist, Alita Reyna from Allied Rehab Care Specialists	
January 6	Free Memory Screening with Act Now Foundation, Cary Lopez	10:30AM-1:30PM
January 13	"Brain Games" with Braven Health	10:30AM
January 16	Martin Luther King Jr. Day-Center Closed	
January 17	Blood Pressure Screening with B.C Health Department	9:30AM-12:30PM
January 18	Emergency Preparedness with Barry Leventhal from B.C. Office of Emergency Management	12:30PM
January 20-February 24	The Wise Program-A six week program on how to stay healthy with presenter Rosemary Marchetto. Free Lunch will be provided. Must Pre Register.	10:30AM-12:30PM

*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><b>2</b></p>  <p><b>Happy New Year</b></p> <p><b>NEW YEAR'S DAY 2023 OBSERVED</b></p> <p><b>CENTER CLOSED</b></p>	<p><b>3</b></p> <p>8:00 Continental Breakfast 10:30 Movements To Dance 12:00 Lunch 12:45 Billiards/Cards</p> <p><b>MEATLOAF W/ GRAVY</b></p>	<p><b>4</b></p> <p>8:00 Continental Breakfast 10:45 Zumba Gold with Lauren 12:00 Lunch 12:45 Billiards/Cards</p> <p><b>BAKED FISH W/ GARLIC LEMON SAUCE</b></p>	<p><b>5</b></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><b>BBQ PULLED PORK W/ SAUCE</b></p>	<p><b>6</b></p> <p>8:00 Continental Breakfast 9:30 Physical Therapist 10:00-1:00 Memory Screening 12:00 Lunch 1:00 New Exercise Program Starts!</p> <p><b>ROASTED CHICKEN LEG CACCIATORE SAUCE</b></p>
<p><b>9</b></p> <p>8:00 Continental Breakfast 10:00 Tai-Chi 12:00 Lunch 1:00 Zumba Gold with Lourdes</p> <p><b>TUNA AND BOWTIE SALAD</b></p>	<p><b>10</b></p> <p>8:00 Continental Breakfast 10:30 Movements To Dance 12:00 Lunch 12:45 Billiards/Cards</p> <p><b>BALSAMIC BREADED CHICKEN BREAST</b></p>	<p><b>11</b></p> <p>8:00 Continental Breakfast 10:45 Zumba Gold with Lauren 12:00 Lunch 12:45 Billiards/Cards</p> <p><b>HAMBURGER</b></p>	<p><b>12</b></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><b>SLICED TURKEY W/ TURKEY GRAVY</b></p>	<p><b>13</b></p> <p>8:00 Continental Breakfast 9:30 Physical Therapist 10:30 Brain Games 12:00 Lunch 1:00 Exercise Program</p> <p><b>ITALIAN MEATBALLS</b></p>
<p><b>16</b></p>  <p><b>I HAVE A DREAM MARTIN LUTHER KING DAY</b></p> <p><b>CENTER CLOSED</b></p>	<p><b>17</b></p> <p>8:00 Continental Breakfast 9:30 Blood Pressure 10:30 Movements To Dance 12:00 Lunch 12:45 Billiards/Cards</p> <p><b>PORK CHOP WITH CINNAMON APPLE GLAZE</b></p>	<p><b>18</b></p> <p>8:00 Continental Breakfast 10:45 Zumba Gold with Lauren 12:00 Lunch 12:45 Emergency Preparedness Talk</p> <p><b>ORANGE CHICKEN</b></p>	<p><b>19</b></p> <p>8:00 Continental Breakfast 9:30 Need-L-Wits 10:30 Movements To Dance 12:00 Lunch 12:30 Senior Fitness Program WHOLE WHEAT ROTINI W/ CRUMBLED ITALIAN TURKEY SAUSAGE, GREEN &amp; RED PEPPERS, ONIONS W/ MARINARA SAUCE</p>	<p><b>20</b></p> <p>8:00 Continental Breakfast 9:30 Physical Therapist 10:30-12:30 WISE 1:00 Exercise Program</p> <p><b>PEPPER STEAK</b></p>
<p><b>23</b></p> <p>8:00 Continental Breakfast 10:00 Tai-Chi 12:00 Lunch 1:00 Zumba Gold with Lourdes</p> <p><b>CHICKEN CHOW MEIN</b></p>	<p><b>24</b></p> <p>8:00 Continental Breakfast 10:30 Movements To Dance 12:00 Lunch 12:45 January Bingo Bash</p> <p><b>SALISBURY STEAK WITH GRAVY</b></p>	<p><b>25</b></p> <p>8:00 Continental Breakfast 10:45 Zumba Gold with Lauren 12:00 Lunch 12:45 Billiards/Cards</p> <p><b>TUNA SALAD W/ LETTUCE LEAF</b></p>	<p><b>26</b></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><b>CHEESE &amp; SPINACH LASAGNA</b></p>	<p><b>27</b></p> <p>8:00 Continental Breakfast 9:30 Physical Therapist 10:30-12:30 WISE Program 12:00 Lunch 1:00 Exercise Program</p> <p><b>CHICKEN MARSALA</b></p>
<p><b>30</b></p> <p>8:00 Continental Breakfast 10:00 Tai-Chi 12:00 Lunch 1:00 Zumba Gold with Lourdes</p> <p><b>EGG SALAD W/ LETTUCE LEAF</b></p>	<p><b>31</b></p> <p>8:00 Continental Breakfast 10:30 Movements To Dance 12:00 Lunch 12:45 Billiards/Cards</p> <p><b>KOREAN BBQ CHICKEN LEG</b></p>	<p><b>STARTING JANUARY 20TH: THE WISE PROGRAM</b> A SIX WEEK PROGRAM, TO LEARN MORE ON ABOUT STAYING HEALTHY. MUST REGISTER FOR THIS PROGAM. FREE LUNCH WILL BE PROVIDED &amp; A \$25.00 GIFT CARD, AFTER 6 WEEKS OF COMPLETING.</p>		<p><b>MENU SUBJECT TO CHANGE WITHOUT NOTICE</b></p> <p><b>SUGGESTED DONATION \$1.25</b></p>