

BERGEN NEW JERSEY County

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

THE ELMWOOD PARK SENIOR ACTIVITY CENTER

Cristine Cobb, Director
500 Mola Boulevard
Elmwood Park, NJ, 07407
Phone: (201)796-3342 • Fax (201) 000-0000

elmwoodparkcenter@co.bergen.nj.us

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

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THE ELMWOOD PARK SENIOR ACTIVITY CENTER Bergen County Department of Human Services Division of Senior Services/ADRC February 2024

February 6	Last day to register for the Valentine's Day party on February 14th	
February 7	First Diamond Art Class w/ Aggie and Dorene	9:45AM-10:45AM
February 7	Total Brain Health Class—this is a make-up class from January. PLEASE RE-REGISTER	12:45PM
February 9	Valentine's Craft w/ Pat—Hot Chocolate & Cookies will be Served (PLEASE REGISTER— Limited Availability)	10:00AM
February 14	Valentine's Party w/ D.J. Scott Reddin	11:00AM 2:00PM
February 19	President's Day-Center Closed	Closed
February 22	Healthy Heart Presentation "Know Your Numbers" w/ Joy Francisco w/ Bergen County Health Services	12:00PM
February 28	Winter Bingo Bash!	12:45pm



AMERICAN HEART MONTH FEATURING

BERGEN COUNTY
HEALTH SERVICES:

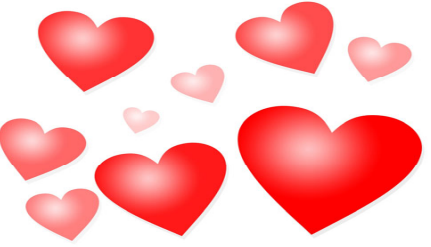


LIFE'S ESSENTIAL EIGHT
HEART HEALTH PRESENTATION

For the month of February, Bergen County Health Services will present at all ten county-operated centers.

The 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>Last Day to Sign-Up for the Valentines Day Party is February 6th</p> <hr/> <p>The Total Brain Health Class on February 7th is a make-up class from January Please Re-Register</p>	<p>FEBRUARY IS: HEALTHY HEART MONTH</p> <p>PLEASE JOIN US FOR OUR PRESENTATION ON FEBURARY 22 @ 12:00</p>		<p>1 8:00 Continental Breakfast 9:30 Need-L-Wits 10:30 Movements to Dance w/ Gerri 11:45 Lunch 12:30 Senior Fitness w/ Lisa</p> <p>Chicken Piccata</p>	<p>2 8:00 Continental Breakfast 10:30 Line Dance w/ Sasha 11:45 Lunch 1:00 Exercise Dance w/ Donna</p> <p>Ham Steak</p>
<p>5 8:00 Continental Breakfast 10:00 Tai-Chi w/James 11:45 Lunch 1:00 Zumba Gold w/ Lourdes</p> <p>Homestyle Meatloaf w/ Gravy</p>	<p>6 8:00 Continental Breakfast 10:30 Movements to Dance 11:45 Lunch 1:00 Yoga & Meditation w/ Maggie</p> <p>Turkey & Swiss</p>	<p>7 8:00 Continental Breakfast 9:45 Diamond Art Begins 10:45 Zumba Gold w/ Lauren 11:45 Lunch 12:45 Total Brain Health– Part 3 “Science of Memory”</p> <p>Korean BBQ Chicken Leg</p>	<p>8 8:00 Continental Breakfast 9:30 Need-L-Wits 10:30 Movements to Dance w/ Gerri 11:45 Lunch 12:30 Senior Fitness w/ Lisa</p> <p>Pulled Pork</p>	<p>9 8:00 Continental Breakfast 10:00 Valentine’s Craft/Hot Coco & Cookies w/ Pat 10:30 Line Dance w/ Sasha 11:45 Lunch 1:00 Exercise Dance w/ Donna</p> <p>Pepper Steak</p>
<p>12 8:00 Continental Breakfast 10:00 Tai-Chi w/James 11:45 Lunch 1:00 Zumba Gold w/ Lourdes</p> <p>Egg Salad on Pumpernickel</p>	<p>13 8:00 Continental Breakfast 10:30 Movements to Dance 11:45 Lunch 1:00 Yoga & Meditation w/ Maggie</p> <p>Chicken Marsala</p>	<p>14 8:00 Continental Breakfast  11:00-2:00 Valentine’s Party SPECIAL LUNCHEON Entertainment by: D.J. Scott Reddin</p> <p>Eggplant Rollatini</p>	<p>15 8:00 Continental Breakfast 9:30 Need-L-Wits 10:30 Movements to Dance w/ Gerri 11:45 Lunch 12:30 Senior Fitness w/ Lisa</p> <p>Cheeseburger</p>	<p>16 8:00 Continental Breakfast 10:30 Line Dance w/ Sasha 11:45 Lunch 1:00 Exercise Dance w/ Donna</p> <p>Beer Battered Fish</p>
<p>19</p>  <p>CENTER CLOSED</p> <p>President’s Day</p>	<p>20 8:00 Continental Breakfast 10:30 Movements to Dance 11:45 Lunch 1:00 Yoga & Meditation w/ Maggie</p> <p>Roast Turkey Sandwich w/ Cheddar</p>	<p>21 8:00 Continental Breakfast 9:45 Diamond Art 10:45 Zumba Gold w/ Lauren 11:45 Lunch 12:45 Sun Yoga (DVD)</p> <p>Pork Loin w/ Gravy</p>	<p>22 8:00 Continental Breakfast 9:30 Need-L-Wits 10:30 Movements to Dance w/ Gerri 11:45 Lunch 12:00 Healthy Heart Presentation 12:30 Senior Fitness w/ Lisa</p> <p>Sesame Chicken</p>	<p>23 8:00 Continental Breakfast 10:30 Line Dance w/ Sasha 11:45 Lunch 1:00 Exercise Dance w/ Donna</p> <p>Spinach Quiche</p>
<p>26 8:00 Continental Breakfast 10:00 Tai-Chi w/James 11:45 Lunch 1:00 Zumba Gold w/ Lourdes</p> <p>Stuffed Cabbage</p>	<p>27 8:00 Continental Breakfast 10:30 Movements to Dance 11:45 Lunch 1:00 Yoga & Meditation w/ Maggie</p> <p>Tuna Salad on Whole Wheat</p>	<p>28 8:00 Continental Breakfast 9:45 Diamond Art 10:45 Zumba Gold w/ Lauren 11:45 Lunch 12:45 Winter Bingo Bash!</p> <p>Chicken Florentine</p>	<p>29 8:00 Continental Breakfast 9:30 Need-L-Wits 10:30 Movements to Dance w/ Gerri 11:45 Lunch 12:30 Senior Fitness w/ Lisa</p> <p>Cranberry Glazed Turkey Meatballs</p>	<p>Suggested Lunch Donation: \$1.25 Per Meal</p> <p>Please reserve lunch by 11:30 AM the day before</p>