

# BERGEN NEW JERSEY *County*

James J. Tedesco III  
*County Executive*

## BOARD OF COUNTY COMMISSIONERS

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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 CENTER SENIOR ACTIVITY CENTER

Cristine Cobb, Director  
500 Mola Boulevard  
Elmwood Park, NJ, 07407  
Phone: (201) 796-3342 • Fax (201) 475-9403  
[ccobb@co.bergen.nj.us](mailto:ccobb@co.bergen.nj.us)

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

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James J. Tedesco III, County Executive

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

March 6	Senior Planet Class: Online Health Resources At-A-Glance! <i>Registration Required (201) 796-3342</i>	12:45PM
March 13	Presentation "Stress Management" w/ Bill Wright, CTRS from Bergen New Bridge Medical	12:15PM
March 14	Hand Massages w/ Aggie & Doreen <i>Registration Required (201) 796-3342</i>	9:00AM-11:00AM
March 15	Springtime Craft w/ Pat <i>Registration Required (201) 796-3342</i>	9:45AM
March 19	Blood Pressure Screening w/ Bergen County Health Services	9:30AM-12:30PM
March 20	Total Brain Health Part 4: "Your Memory-Able Lifestyle" w/ Aggie and Doreen	12:45PM
March 27	New Program Begins! Music & Drum Circle w/ Aggie & Zrinka <i>Please Register (201) 796-3342</i>	12:45PM
March 29	Good Friday-Center Closed	All Day
March 31	Spring Luncheon at Garfield Senior Center <i>Registration Required (973) 478-0502</i> or email <a href="mailto:garfieldcenter@co.bergen.nj.us">garfieldcenter@co.bergen.nj.us</a>	10:00AM-2:00PM

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.





# SPRING LUNCHEON

JOIN US FOR FOOD AND MUSIC ON  
SUNDAY, MARCH 31  
10:00AM - 2:00PM

Garfield Senior Activity Center  
480 Midland Avenue  
Garfield, New Jersey 07026

To RSVP call 973-478-0502 or email [garfieldcenter@co.bergen.nj.us](mailto:garfieldcenter@co.bergen.nj.us)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Suggested Lunch Donation: \$1.25 Per Meal</p> <p>Please reserve lunch by 11:30 AM the day before</p> <p>Lunch Served Daily at 11:45AM</p>	<p><i>Continental Breakfast Served Monday - Friday 8:00AM - 11:00AM</i></p> 			<p>1 10:30 Line Dance w/ Sasha 1:00 Exercise Dance w/ Donna</p> <p>Eggplant Rollatini</p>
<p>4 10:00 Tai Chi w/ James 1:00 Zumba Gold w/ Lourdes</p> <p>Swedish Meatballs</p>	<p>5 10:30 Movements to Dance w/ Gerri 1:00 Meditation &amp; Yoga w/ Maggie</p> <p>Grilled Chicken w/ Roasted Pepper</p>	<p>6 9:45 Diamond Art w/ Aggie &amp; Doreen 10:45 Zumba Gold w/ Lauren 12:45 Senior Planet Class: Online Health Resources At-A-Glance</p> <p>Homestyle Meatloaf w/ Gravy</p>	<p>7 9:30 Need-L-Wits 10:30 Movements to Dance w/ Gerri 12:30 Senior Fitness w/ Lisa</p> <p>LS Ham Steak</p>	<p>8 10:30 Line Dance w/ Sasha 1:00 Exercise Dance w/ Donna</p> <p>Beer Battered Fish</p>
<p>11 10:00 Tai Chi w/ James 1:00 Zumba Gold w/ Lourdes</p> <p>Sweet Chicken Sausage</p>	<p>12 10:30 Movements to Dance w/ Gerri 1:00 Meditation &amp; Yoga w/ Maggie</p> <p>Stuffed Cabbage</p>	<p>13 9:45 Diamond Art w/ Aggie &amp; Doreen 10:45 Zumba Gold w/ Lauren 12:15 Lunch Time Presentation: Stress Management</p> <p>Korean BBQ Chicken Leg</p>	<p>14 9:30 Need-L-Wits 9:30 Hand Messages 10:30 Movements to Dance w/ Gerri 12:30 Senior Fitness w/ Lisa</p> <p>Hamburger</p>	<p>15 9:45 Springtime Craft 10:30 Line Dance w/ Sasha 1:00 Exercise Dance w/ Donna</p> <p>Tuna Salad on Romaine Lettuce</p>
<p>18 10:00 Tai Chi w/ James 1:00 Zumba Gold w/ Lourdes</p> <p>Corned Beef</p>	<p>19 9:30 Blood Pressure Screenings 10:30 Movements to Dance w/ Gerri 1:00 Meditation &amp; Yoga w/ Maggie</p> <p>Pork Tenderloin w/ Gravy</p>	<p>20 9:45 Diamond Art w/ Aggie &amp; Doreen 10:45 Zumba Gold w/ Lauren 12:45 Total Brain Health: Part 4 Your Memory-Able Lifestyle</p> <p>Roast Turkey w/ Gravy</p>	<p>21 9:30 Need-L-Wits 10:30 Movements to Dance w/ Gerri 12:30 Senior Fitness w/ Lisa</p> <p>Shepherd's Pie w/ Mashed Potatoes</p>	<p>22 10:30 Line Dance w/ Sasha 1:00 Exercise Dance w/ Donna</p> <p>Egg Salad</p>
<p>25 10:00 Tai Chi w/ Lourdes 1:00 Zumba Gold w/ Lourdes</p> <p>Stuffed Peppers</p>	<p>26 10:30 Movements to Dance w/ Gerri 1:00 Meditation &amp; Yoga w/ Maggie</p> <p>Herbed Roasted Chicken Leg</p>	<p>27 9:45 Diamond Art w/ Aggie &amp; Doreen 10:45 Zumba Gold w/ Lauren 12:45 Music and Drum Circle Begins</p> <p>Baked Ziti &amp; Meatballs</p>	<p>28 9:30 Need-L-Wits 10:30 Movements to Dance w/ Gerri 12:30 Senior Fitness w/ Lisa</p> <p>Chicken Sausage w/ Onions &amp; Peppers</p>	<p>29</p> <p><b>Good Friday</b> CENTER CLOSED</p> 