

BERGEN NEW JERSEY *County*

James J. Tedesco III
County Executive

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DEPARTMENT OF HUMAN SERVICES
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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

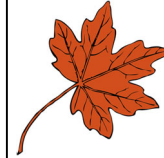
Cristine Cobb, Director
500 Mola Boulevard
Elmwood Park, NJ, 07407
Phone: (201) 796-3342 #2 • Fax (201) 475-9403

ccobb@bergencounty.nj.gov

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

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James J. Tedesco III, County Executive



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



November 5	Election Day- Center Closed	Closed
November 6	Total Brain Health # 10 "Connect It!"	9:45am
November 6	Craft- Thankful Gratitude Jars w/ Corrin Registration Required (201) 796-3342 #2	12:30pm
November 11	Veterans Day- Center Closed	Closed
November 12	Yoga w/ Elise <i>Begins Every Tuesday</i>	12:30pm
November 13	Turkey Bingo Bash!	12:45pm
November 15	AARP Safety Driver's Course	8:30am- 3:00pm
November 19	Blood Pressure Screening w/ Bergen County Health Services	9:30am
November 20	Hand Massages w/ Agata Registration Required (201) 796-3342 #2	9:30am
November 20	Presentation: Healthy Skin & Nutrition w/ New Bridge Medical Center	12:30pm
November 21	Mobility Workshop w/ Christopher Carroll from YWCA	12:30
November 28	Thanksgiving- Center Closed	Closed
November 29	Day after Thanksgiving - Center Closed	Closed

Thanksgiving Luncheon

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

Thursday, November 28, 2024

10:00 AM - 2:00 PM

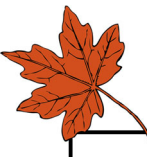
To RSVP call 973-478-0502 or email seniors@co.bergen.nj.us




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>Suggested Lunch Donation: \$1.25 Per Meal Please reserve lunch by 11:30 AM the day before</p> <p>Lunch will Be Served at 11:45 Daily</p>	<p>Continental Breakfast Monday-Friday 8:00am-11:00am</p> 	<p>YOGA STARTING ON TUESDAYS FIRST CLASS STARTING NOVEMBER 12 @ 12:30 WITH ELISA</p>	<p>HOLIDAY PARTY FRIDAY DECEMBER 13TH 11:00-2:00 ENTERTAINMENT BY: SCOTT REDDIN</p>	<p>1 10:00 Diamond Art 10:30 Line Dance w/ Sasha 1:00 Exercise To Dance w/ Donna</p> <p>Turkey & Cheddar w/ Romaine Lettuce</p>
<p>4 9:30 Diamond Art 10:00 Tai-Chi w/ James 1:00 Zumba Gold w/ Lourdes</p> <p>Cheeseburger w/ Lettuce & Tomato on Whole Wheat Bun</p>	<p>5 VOTE Center Closed</p>	<p>6 9:45 Total Brain Health # 10 10:45 Zumba Gold w/ Lauren 12:30 Craft w/ Corrin</p> <p>Chicken Salad w/ Romaine</p>	<p>7 9:30 Need-L-Wits 10:30 Movements To Dance w/ Gerri 12:30 Senior Fitness w/ Lisa</p> <p>Roasted Pork Loin w/ Gravy</p>	<p>8 10:00 Diamond Art 10:30 Line Dance w/ Sasha 1:00 Exercise To Dance w/ Donna</p> <p>Herbed Chicken Leg</p>
<p>11 veterans Day Center Closed</p>	<p>12 9:30 Sounds Bowls w/ Judith 10:30 Movements to Dance w/ Gerri 12:30 Yoga w/ Elise</p> <p>Homestyle Meatloaf w/ Gravy</p>	<p>13 9:30 Diamond Art 10:45 Zumba Gold w/ Lauren 12:45 Turkey Bingo Bash!</p> <p>Stuffed Peppers</p>	<p>14 9:30 Need-L-Wits 10:30 Movements To Dance w/ Gerri 12:30 Senior Fitness w/ Lisa</p> <p>Swedish Meatballs w/ Gravy</p>	<p>15 8:30 AARP Safety Driver's Course 10:00 Diamond Art 10:30 Line Dance w/ Sasha 1:00 Exercise To Dance w/ Donna</p> <p>Broccoli Stuffed Chicken</p>
<p>18 9:30 Diamond Art 10:00 Tai-Chi w/ James 1:00 Zumba Gold w/ Lourdes</p> <p>Italian Meatballs w/ Marinara Sauce</p>	<p>19 9:30 Blood Pressure Screening 10:30 Movements to Dance w/ Gerri 12:30 Yoga w/ Elise</p> <p>Cheese Omelet</p>	<p>20 9:30 Hand Messages w/ Agata 10:45 Zumba Gold w/Lauren 12:30 Presentation: Healthy Skin & Nutrition</p> <p>Korean BBQ Leg</p>	<p>21 9:30 Need-L-Wits 10:30 Movements To Dance w/ Gerri 12:45 Mobility Workshop</p> <p>LS ham & Swiss w/ Romaine On Whole Grain Roll</p>	<p>22 10:00 Diamond Art 10:30 Line Dance w/ Sasha 1:00 Exercise To Dance w/ Donna</p> <p>Stuffed Cabbage</p>
<p>25 9:30 Diamond Art 10:00 Tai-Chi w/ James 1:00 Zumba Gold w/ Lourdes</p> <p>Chicken Marsala</p>	<p>26 9:30 Sound Bowls w/ Judith 10:30 Movements To Dance w/ Gerri 12:30 Yoga w/ Elisa</p> <p>Tuna Salad Platter w/ Romaine</p>	<p>27 9:30 Diamond Art 10:45 Zumba Gold w/ Lauren</p> <p>Turkey w/ Gravy</p>	<p>28 Happy Thanksgiving Thanksgiving Luncheon at Garfield Senior Center 10am—2pm</p>	<p>29 Center Closed</p> 