



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) 475-9403

ElmwoodParkCenter@co.bergen.nj.us

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



James J. Tedesco III, County Executive

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

January 1	New Year's Day	CLOSED
January 10	Total Brain Health-Part 3-The Memory Science	12:45PM
January 15	Martin Luther King Jr. Day	CLOSED
January 16	Blood Pressure Screening with B.C. Health Dept.	9:30AM-12:30PM
January 17	Lunch Time Presentation with The Elmwood Park Police-Scams happening in Elmwood Park	12:00pm
January 16	Hand Massages with Aggie & Doreen	9:00AM-11:00am
January 19	Seafood & Healthy Living! Demo & Tasting. Presented By Kristiana Rufo, RD with ShopRite Of Fairlawn	12:15PM
January 24	Winter Bingo Bash!	12:45PM

BERGEN COUNTY





WISHES YOU A

Happy and Healthy
NEW YEAR

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
<div>1</div> <div>CENTER CLOSED</div> <div></div>	<div>2</div> <div>8:00 Continental Breakfast 10:30 Movements to Dance 11:45 Lunch 1:00 Sun Yoga (DVD)</div> <div>Sweet Sausage (Chicken)</div>	<div>3</div> <div>8:00 Continental Breakfast 10:30 Zumba Gold w/ Lauren 11:45 Lunch 12:45 Sun Yoga (DVD)</div> <div>Cheeseburger</div>	<div>4</div> <div>8:00 Continental Breakfast 9:30 Movements to Dance 10:30 Need-L-Wits 11:45 Lunch 12:30 Senior Fitness w/ Lisa</div> <div>Korean BBQ Chicken Leg</div>	<div>5</div> <div>8:00 Continental Breakfast 10:30 Line Dancing w/ Sasha 11:45 Lunch 1:00 Exercise Dance w/ Donna</div> <div>Vegan Meatball Marsala</div>
<div>8</div> <div>8:00 Continental Breakfast 10:00 Tai-Chi w/ James 11:45 Lunch 1:00 Zumba Gold w/ Lourdes</div> <div>Baked Chicken Cutlet w/ Garlic Lemon Sauce</div>	<div>9</div> <div>8:00 Continental Breakfast 10:30 Movements to Dance 11:45 Lunch 1:00 Yoga & Meditation Today</div> <div>Pork Tenderloin w/ Gravy</div>	<div>10</div> <div>8:00 Continental Breakfast 10:30 Zumba Gold w/ Lauren 11:45 Lunch 12:45 Part 3: Total Brain Health The Memory Science</div> <div>Tuna Salad on Romaine</div>	<div>11</div> <div>8:00 Continental Breakfast 9:30 Movements to Dance 10:30 Need-L-Wits 11:45 Lunch 12:30 Senior Fitness w/ Lisa</div> <div>Stewed Beef Tips</div>	<div>12</div> <div>8:00 Continental Breakfast 10:30 Line Dancing w/ Sasha 11:45 Lunch 1:00 Exercise Dance w/ Donna</div> <div>Turkey Sloppy Joe</div>
<div>15</div> <div> CENTER CLOSED Martin Luther King Jr. Day </div>	<div>16</div> <div>8:00 Continental Breakfast 10:30 Movements to Dance 11:45 Lunch 1:00 Yoga & Meditation Today</div> <div>Baked BBQ Chicken</div>	<div>17</div> <div>8:00 Continental Breakfast 10:30 Zumba Gold w/ Lauren 11:45 Lunch 12:00 Scams Presentation w/ EP Police</div> <div>Pulled Pork</div>	<div>18</div> <div>8:00 Continental Breakfast 9:00 Hand Massage 9:30 Movements to Dance 10:30 Need-L-Wits 11:45 Lunch 12:30 Senior Fitness w/ Lisa</div> <div>Turkey Swiss Cheese on Pumpernickel</div>	<div>19</div> <div>8:00 Continental Breakfast 10:30 Line Dancing w/ Sasha 11:45 Lunch 12:15 Seafood and Healthy Living Presentation w/ ShopRite</div> <div>Baked Ziti & Meatballs w/ Marinara Sauce</div>
<div>22</div> <div>8:00 Continental Breakfast 10:00 Tai-Chi w/ James 11:45 Lunch 1:00 Zumba Gold w/ Lourdes</div> <div>Baked Egg, Spinach, Onion, & Mushroom Casserole</div>	<div>23</div> <div>8:00 Continental Breakfast 9:30 Blood Pressure Screening 10:30 Movements to Dance 11:45 Lunch 1:00 Yoga & Meditation Today</div> <div>Homestyle Meatloaf w/ Gravy</div>	<div>24</div> <div>8:00 Continental Breakfast 10:30 Zumba Gold w/ Lauren 11:45 Lunch 12:45 Winter Bingo Bash</div> <div>Sesame Chicken</div>	<div>25</div> <div>8:00 Continental Breakfast 9:30 Movements to Dance 10:30 Need-L-Wits 11:45 Lunch 12:30 Senior Fitness w/ Lisa</div> <div>LS Ham Steak</div>	<div>26</div> <div>8:00 Continental Breakfast 10:30 Line Dancing w/ Sasha 11:45 Lunch 1:00 Exercise Dance w/ Donna</div> <div>Baked Chicken Cutlet w/ Gravy</div>
<div>29</div> <div>8:00 Continental Breakfast 10:00 Tai-Chi w/ James 11:45 Lunch 1:00 Zumba Gold w/ Lourdes</div> <div>Roast Turkey w/ Cheddar on Rye</div>	<div>30</div> <div>8:00 Continental Breakfast 10:30 Movements to Dance 11:45 Lunch 1:00 Yoga & Meditation Today</div> <div>Beer Battered Fish</div>	<div>31</div> <div>8:00 Continental Breakfast 10:30 Zumba Gold w/ Lauren 11:45 Lunch 12:45 Swing & Sway Exercise (DVD)</div> <div>Eggplant Rollatini</div>	<div>COMING IN FEBRUARY:</div> <div>DIAMOND ART IS BACK! STARTING FEBRUARY 7 9:45-11:00 MUST REGISTER: LIMITED TO 12 PEOPLE</div>	<div></div> <div>SIGN-UPS FOR VALENTINE'S PARTY WILL BEGIN ON JANUARY 16TH .</div>