

BERGEN NEW JERSEY *County*

James J. Tedesco III
County Executive

BOARD OF COUNTY COMMISSIONERS

Mary J. Amoroso
Chairwoman

Steven A. Tanelli
Vice Chairman

Dr. Joan M. Voss
Chair Pro Tempore

Rafael Marte
Germaine M. Ortiz
Thomas J. Sullivan
Tracy Silna Zur

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

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@bergencountynj.gov

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

BERGEN NEW JERSEY *County*

James J. Tedesco III, County Executive

THE ELMWOOD PARK SENIOR ACTIVITY CENTER

Bergen County Department of Human Services
Division of Senior Services/ADRC
March 2025

March 12	Total Brain Health #12 w/ Agata	9:45am
March 12	Olive Oil Tasting w/ Kristiana Rufo R.D., ShopRite of Fairlawn	12:30pm
March 17	St. Patrick's Day Green Pancake Breakfast	8:30am-10:30am
March 18	Blood Pressure Screening w/ Bergen County Health Services	9:30am-12:30pm
March 19	Exercise To Dance Class w/ Linda Fau, Visiting Angels	12:30pm
March 20	Hand Massages w/ Agata	9:45pm-11:00pm
March 20	Create & Sip Mocktails w/ Agata	12:30pm
March 20	Presentation: Strength Movements w/ Christopher, YWCA	12:45pm
March 21	AARP Safety Driver's Course	8:30am-3:00pm
March 26	Bingo Bash!	12:45pm

SPRING LUNCHEON

JOIN US FOR FOOD AND MUSIC ON
SUNDAY, APRIL 20, 2025
10:00AM - 2:00PM



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

Kindly RSVP with your Senior Activity Center Director

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>3</p> <p>9:30 Diamond Art 10:00 Tai-Chi w/ James 1:00 Zumba Gold w/ Lourdes</p> <p style="text-align: center;">Roast Turkey w/ Gravy</p>	<p>4</p> <p>9:30 Sound Bowls w/ Judith 10:30 Movements To Dance w/ Gerri 12:30 Yoga w/ Elise</p> <p style="text-align: center;">Stuffed Cabbage</p>	<p>5</p> <p>9:30 Diamond Art 10:45 Zumba Gold w/ Lauren</p> <p style="text-align: center;">Spinach Quiche</p>	<p>6</p> <p>9:30 Need-L-Wits 10:30 Movements To Dance w/ Gerri 12:30 Senior Fitness w/ Lisa</p> <p style="text-align: center;">Korean BBQ Chicken Leg</p>	<p>7</p> <p>9:30 Diamond Art 10:30 Line Dancing w/ Sasha 1:00 Exercise w/ Katty</p> <p style="text-align: center;">Breaded Fish Filet</p>
<p>10</p> <p>9:30 Diamond Art 10:00 Tai-Chi w/ James 1:00 Zumba Gold w/ Lourdes</p> <p style="text-align: center;">Salisbury Steak w/ Mushroom Gravy</p>	<p>11</p> <p>10:30 Movements To Dance w/ Gerri 12:30 Yoga w/ Elise</p> <p style="text-align: center;">Chef Salad</p>	<p>12</p> <p>9:45 Total Brain Health #12 10:45 Zumba Gold w/ Lauren 12:30 Olive Oil Tasting</p> <p style="text-align: center;">Chicken Florentine</p>	<p>13</p> <p>9:30 Need-L-Wits 10:30 Movements To Dance w/ Gerri 12:30 Senior Fitness w/ Lisa</p> <p style="text-align: center;">Roast Turkey & Swiss</p>	<p>14</p> <p>9:30 Diamond Art 10:30 Line Dancing w/ Sasha 1:00 Exercise w/ Katty</p> <p style="text-align: center;">Eggplant Parmesan</p>
<p>17</p> <p>8:00 St. Patrick's Day Breakfast 9:30 Diamond Art 10:00 Tai-Chi w/ James 1:00 Zumba Gold w/ Lourdes</p> <p style="text-align: center;">Corned Beef</p>	<p>18</p> <p>9:30 Blood Pressure Screenings 10:30 Movements To Dance w/ Gerri 12:30 Yoga w/ Elise</p> <p style="text-align: center;">Pork Tenderloin w/ Gravy</p>	<p>19</p> <p>9:30 Diamond Art 10:45 Zumba Gold w/ Lauren 12:30 Exercise To Dance w/ Linda</p> <p style="text-align: center;">Chicken Parmesan</p>	<p>20</p> <p>9:30 Hand Massages 9:30 Need-L-Wits 10:30 Movements To Dance w/ Gerri 12:30 Presentation: Strength Movements 12:45 Create & Sip Mocktails Fish Filet w/ Lemon Sauce</p>	<p>21</p> <p>8:30 AARP Safety Driver's Course 9:30 Diamond Art 10:30 Line Dancing w/ Sasha 1:00 Exercise w/ Katty</p> <p style="text-align: center;">Tuna Noodle Salad</p>
<p>24</p> <p>9:30 Diamond Art 10:00 Tai-Chi w/ James 1:00 Zumba Gold w/ Lourdes</p> <p style="text-align: center;">Homestyle Meatloaf w/ Gravy</p>	<p>25</p> <p>9:30 Sound Bowls w/ Judith 10:30 Movements To Dance w/ Gerri 12:30 Yoga w/ Elise</p> <p style="text-align: center;">Stuffed Shells</p>	<p>26</p> <p>9:30 Diamond Art 10:45 Zumba Gold w/ Lauren 12:45 Bingo Bash</p> <p style="text-align: center;">Beef Stir Fry</p>	<p>27</p> <p>9:30 Hand Massages 9:30 Need-L-Wits 10:30 Movements To Dance w/ Gerri 12:30 Senior Fitness w/ Lisa</p> <p style="text-align: center;">Herb Roasted Chicken Leg</p>	<p>28</p> <p>9:30 Diamond Art 10:30 Line Dancing w/ Sasha 1:00 Exercise w/ Katty</p> <p style="text-align: center;">Egg Salad Platter</p>
<p>31</p> <p>9:30 Diamond Art 10:00 Tai-Chi w/ James 1:00 Zumba Gold w/ Lourdes</p> <p style="text-align: center;">Stuffed Peppers</p>		<p style="text-align: center;">*HAPPY ST. PATRICK'S DAY*</p>	<p style="text-align: center;">Continental Breakfast</p> <p style="text-align: center;">Monday-Friday 8:00am-11:00am</p> 	<p style="text-align: center;">Suggested Lunch Donation: \$1.25 Per Meal</p> <p style="text-align: center;">Please reserve lunch by 11:30 AM the day before</p> <p style="text-align: center;">Lunch will Be Served at 11:45 Daily</p>