

BERGEN NEW JERSEY County

James J. Tedesco III
County Executive

BOARD OF COUNTY COMMISSIONERS

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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 Blvd.
Elmwood Park, NJ, 07407
Phone: (201) 796-3342 #2 • Fax (201) 475-9403

ccobb@bergencountynj.gov

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 April 2025

April 7,14, & 21	Seminar: Get Connected w/ The Drug & Alcohol Resource Center	10:30am- 11:30am
April 9	Presentation: Foot Care w/ Dr. William Freundlich	10:00am
April 10	Hand Massages w/ Agata	9:45am
April 10	Presentation: How Not to Scammed w/ Assemblyman Al Abdelaziz	12:15pm
April 15	Blood Pressure Screening w/ Bergen County Health Services	9:30am- 12:15pm
April 16	Total Brain Health Part 13 "List-O-Mania" w/ Agata	9:45am
April 16	Presentation: How To Assemble An Emergency Bag w/ Agata	12:30pm
April 18	Center Closed- Good Friday	All Day
April 23	Bingo Bash!	12:45pm
April 24	Volunteer Breakfast	10:00am
April 30	Book Club Begins	1:30pm- 2:30pm

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, 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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>1 9:45 Sound Bowls w/ Judith 10:30 Movements To Dance w/ Gerri 12:30 Yoga w/ Elise</p> <p>Cold Breaded Chicken Cutlet</p>	<p>2 9:30 Diamond Art 10:45 Zumba Gold w/ Lauren</p> <p>Tuna Salad w/ Spinach</p>	<p>3 9:30 Need-L-Wits 10:30 Movements To Dance w/ Gerri 12:30 Senior Fitness w/ Lisa</p> <p>Cold Herbed Chicken Leg</p>	<p>4 9:30 Diamond Art 10:30 Line Dancing w/ Sasha 1:00 Exercise w/ Katty</p> <p>Chef Salad</p>
<p>7 9:00 Benefits Navigators 9:30 Diamond Art 10:00 Tai-Chi w/ James 10:30 Seminar: Get Connected: Drug & Alcohol Resource Center 1:00 Zumba Gold w/ Lourdes</p> <p>Cold Chicken Leg</p>	<p>8 10:30 Movements To Dance w/ Gerri 12:30 Yoga w/ Elise</p> <p>Egg Salad on Spinach</p>	<p>9 9:30 Diamond Art 10:00 Presentation: Foot Care 10:45 Zumba Gold w/ Lauren</p> <p>LS Ham & Cheddar Cheese</p>	<p>10 9:30 Need-L-Wits 10:30 Movements To Dance w/ Gerri 12:15 Presentation: Don't Get Scammed 12:30 Senior Fitness w/ Lisa</p> <p>Grilled Chicken Caesar Salad</p>	<p>11 9:30 Diamond Art 10:30 Line Dancing w/ Sasha 1:00 Exercise w/ Katty</p> <p>Seafood Salad Platter</p>
<p>14 9:00 Benefits Navigators 9:30 Diamond Art 10:00 Tai-Chi w/ James 10:30 Seminar: Get Connected: Drug & Alcohol Resource Center 1:00 Zumba Gold w/ Lourdes</p> <p>Tuna Noodle Salad</p>	<p>15 9:30 Blood Pressure Screenings 10:30 Movements To Dance w/ Gerri 12:30 Yoga w/ Elise</p> <p>Roasted Turkey & Swiss w/ Lettuce & Tomato</p>	<p>16 9:45 Total Brain Health Part 13 10:45 Zumba Gold w/ Lauren 12:30 Presentation: How to Assemble an Emergency Bag</p> <p>Chicken Salad</p>	<p>17 9:30 Need-L-Wits 10:30 Movements To Dance w/ Gerri 12:30 Strength Movement Exercises</p> <p>Roast Beef & Provolone Sandwich</p>	 <p>Center Closed</p>
<p>21 9:00 Benefits Navigators 9:30 Diamond Art 10:00 Tai-Chi w/ James 10:30 Seminar: Get Connected: Drug & Alcohol Resource Center 1:00 Zumba Gold w/ Lourdes</p> <p>Ham & Swiss Sandwich</p>	<p>22 10:30 Movements To Dance w/ Gerri 12:30 Yoga w/ Elise</p> <p>Tuna Salad w/ Romaine</p>	<p>23 9:30 Diamond Art 10:45 Zumba Gold w/ Lauren 12:45 Bingo Bash</p> <p>Cold Breaded Chicken Cutlet</p>	<p>24 9:30 Need-L-Wits 10:00 Volunteer Breakfast 10:30 Movements To Dance w/ Gerri 12:30 Senior Fitness w/ Lisa</p> <p>Chef Salad</p>	<p>25 9:30 Diamond Art 10:30 Line Dancing w/ Sasha 1:00 Exercise w/ Katty</p> <p>Cold Korean BBQ Leg</p>
<p>28 9:00 Benefits Navigators 9:30 Diamond Art 10:00 Tai-Chi w/ James 1:00 Zumba Gold w/ Lourdes</p> <p>Chicken Salad</p>	<p>29 9:45 Sound Bowls w/ Judith 10:30 Movements To Dance w/ Gerri 12:30 Yoga w/ Elise</p> <p>Seafood Salad w/ Mixed Greens</p>	<p>30 9:30 Diamond Art 10:45 Zumba Gold w/ Lauren 1:30 First Book Club Meeting</p> <p>Egg Salad Platter</p>	<p>Continental Breakfast</p> <p>MONDAY-FRIDAY 8:00-11:00</p> 	<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>