

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 ACTIVITY CENTER

Cristine Cobb, Director
500 Mola Boulevard
Elmwood Park, NJ, 07407
Phone: 201-796-3342 #2 • Fax (201) 000-0000

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 January 2025



January 1	Happy New Year-Center Closed	ALL DAY
January 8	Winter Bingo Bash	12:45PM
January 9	Total Brain Health-Part 11 w/ Agata	9:45AM
January 10	Snowman Craft w/ Pat Registration Required call (201) 796 - 3342 ex.2	9:45AM
January 15	Hand Massages w/ Agata Registration Required call (201) 796 - 3342 ex.2	9:45AM-11:00PM
January 16	Winter Craft w/ Agata Registration Required call (201) 796 - 3342 ex.2	9:45AM
January 20	Martin Luther King Day- Center Closed	ALL DAY
January 21	Blood Pressure Screenings w/ Bergen County Health Services	9:30AM-11:30PM
January 22	Balance Screenings & Exercise To Dance Hosted By The Visiting Angels	12:30PM



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.

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>HAPPY <i>New Year</i></p> <p>Center Closed</p>	<p>2 9:30 Need-L-Wits 10:30 Movements To Dance w/ Gerri 12:30 Senior Fitness w/ Lisa</p> <p>Chicken Cordon Bleu</p>	<p>3 9:30 Diamond Art 10:30 Line Dance w/ Sasha 1:00 Exercise To Dance w/ Donna</p> <p>Stuffed Cabbage</p>
<p>6 9:30 Diamond Art 10:00 Tai-Chi w/ James 1:00 Zumba Gold w/ Lourdes</p> <p>Roast Turkey w/ Gravy</p>	<p>7 9:30 Sound Bowls w/ Judith 10:30 Movements to Dance w/ Gerri 12:30 Yoga w/ Elise</p> <p>Salisbury Steak w/ Gravy</p>	<p>8 9:30 Diamond Art 10:45 Zumba Gold w/ Lauren 12:45 Bingo</p> <p>Chicken Marsala</p>	<p>9 9:45 Total Brain Health # 11 9:30 Need-L-Wits 10:30 Movements To Dance w/Gerri 12:30 Senior Fitness w/ Lisa</p> <p>Tuna Salad on Spinach</p>	<p>10 9:45 Snowman Craft w/ Pat 10:30 Line Dance w/ Sasha 1:00 Exercise To Dance w/ Donna</p> <p>Turkey Chili</p>
<p>13 9:30 Diamond Art 10:00 Tai-Chi w/ James 1:00 Zumba Gold w/ Lourdes</p> <p>Cheese Omelet</p>	<p>14 9:30 Sound Bowls w/ Judith 10:30 Movements to Dance w/ Gerri 12:30 Yoga w/ Elise</p> <p>Roast Pork</p>	<p>15 9:45 Hand Massages w/ Agata 10:45 Zumba Gold w/ Lauren 12:30 Diamond Art</p> <p>Pot Roast w/ Gravy</p>	<p>16 9:30 Need-L-Wits 9:45 Winter Craft w/ Agata 10:30 Movements To Dance w/Gerri 12:30 Presentation: Strength Movements</p> <p>Fish w/ Lemon Pepper Sauce</p>	<p>17 8:30 AARP Driver's Course 10:30 Line Dance w/ Sasha 1:00 Exercise To Dance w/ Don</p> <p>Chicken Parmesan</p>
 <p>Center Closed</p>	<p>21 9:30 Sound Bowls w/ Judith 9:30 Blood Pressure Screening 10:30 Movements to Dance w/Gerri 12:30 Yoga w/ Elise</p> <p>Stewed Beef Tips</p>	<p>22 9:30 Diamond Art 10:45 Zumba Gold w/ Lauren 12:30 Balance Screening & Exercise To Dance</p> <p>Baked Ziti w/ Meatballs</p>	<p>23 9:30 Need-L-Wits 10:30 Movements To Dance w/ Gerri 12:30 Senior Fitness w/ Lisa</p> <p>Ham Steak</p>	<p>24 9:30 Diamond Art 10:30 Line Dance w/ Sasha 1:00 Exercise To Dance w/ Donna</p> <p>Meatloaf w/ Gravy</p>
<p>27 9:30 Diamond Art 10:00 Tai-Chi w/ James 1:00 Zumba Gold w/ Lourdes</p> <p>Cheeseburger</p>	<p>28 9:30 Sound Bowls w/ Judith 10:30 Movements to Dance w/ Gerri 12:30 Yoga w/ Elise</p> <p>Chicken Salad on Romaine</p>	<p>29 9:30 Diamond Art 10:45 Zumba Gold w/ Lauren</p> <p>Sesame Chicken</p>	<p>30 9:30 Need-L-Wits 10:30 Movements To Dance w/ Gerri 12:30 Senior Fitness w/ Lisa</p> <p>Vegetable Lasagna</p>	<p>31 9:30 Diamond Art 10:30 Line Dance w/ Sasha 1:00 Exercise To Dance w/ Donna</p> <p>Chicken Kiev</p>