

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 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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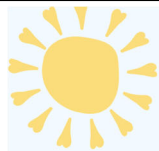
ELMWOOD PARK SENIOR ACTIVITY CENTER Bergen County Department of Human Services Division of Senior Services/ADRC February 2025

February 5	Bingo w/ Chiquita Matthews From Assend	12:45pm
February 6	Parfait Bar w/ Marla Klein, RD	12:45pm
February 6	Valentine's Craft w/ Pat Registration Required To Register call 201-796-3342 #2	9:45am
February 12	Total Brain Health: Story Telling w/ Agata	9:45am
February 13	Hand Massages w/ Agata Registration Required To Register call 201-796-3342 #2	9:30am
February 13	Valentine's Day Cookie Decorating & Hot Cocoa	12:45pm
February 14	Valentine's Day Party Registration Required To Register call 201-796-3342 #2	11:00am- 2:00pm
February 17	Presidents' Day- Center Closed	All Day
February 18	Blood Pressure Screenings	9:30am- 12:30pm
February 19	Balance Screenings w/ Linda Fau, Visiting Angels	12:45pm
February 26	Bingo Bash	12:45pm

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>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</p> <p>Monday –Friday 8:00am-11:00am</p> 		<p>HAPPY</p> 	
<p>3</p> <p>9:30 Diamond Art 10:00 Tai-Chi w/ James 1:00 Zumba Gold w/ Lourdes</p> <p>Asian Beef Stir Fry</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>Chicken Tarragon</p>	<p>5</p> <p>9:30 Diamond Art 10:45 Zumba Gold w/ Lauren 12:45 Bingo</p> <p>Tuna Noodle Salad</p>	<p>6</p> <p>9:30 Need-L-Wits 10:30 Movements To Dance w/ Gerri 12:30 Senior Fitness w/ Lisa 12:45 Parfait Bar</p> <p>Korean BBQ Leg</p>	<p>7</p> <p>9:30 Valentine's Craft w/ Pat 10:30 Line Dance w/ Sasha 1:00 Exercise To Dance w/ Donna</p> <p>Stuffed Cabbage</p>
<p>10</p> <p>9:30 Diamond Art 10:00 Tai-Chi w/ James 1:00 Zumba Gold w/ Lourdes</p> <p>Lemon Pepper Tilapia</p>	<p>11</p> <p>10:30 Movements to Dance w/ Gerri 12:30 Yoga w/ Elise</p> <p>Cheeseburger</p>	<p>12</p> <p>9:30 Diamond Art 9:45 Total Brain Health 12:45 Bingo</p> <p>Chicken Cordon Bleu</p>	<p>13</p> <p>9:30 Need-L-Wits 9:45 Hand Massages 10:30 Movements To Dance w/ Gerri 12:30 Senior Fitness w/ Lisa 12:45 Valentine's Day Cookie Decorating & Hot Cocoa</p> <p>Roast Turkey w/ Swiss</p>	<p>14</p> <p><u>VALENTINE'S PARTY</u></p> <p>11:00am- 2:00pm Entertainment by D.J. Scott</p> <p>No Exercise Classes Today</p> <p>Chicken Parmesan</p>
<p>17</p>  <p>Center Closed</p>	<p>18</p> <p>9:30 Blood Pressure Screening 10:30 Movements to Dance w/ Gerri 12:30 Yoga w/ Elise</p> <p>Chili Con Carne</p>	<p>19</p> <p>9:30 Diamond Art 10:45 Zumba Gold w/ Lauren 12:45 Balance Screening</p> <p>Chicken Cranberry Dijon</p>	<p>20</p> <p>9:30 Need-L-Wits 10:30 Movements To Dance w/ Gerri 12:30 Senior Fitness w/ Lisa</p> <p>Italian Turkey Sausage</p>	<p>21</p> <p>9:30 Diamond Art 10:30 Line Dance w/ Sasha 1:00 Exercise To Dance w/ Donna</p> <p>Egg Salad Platter</p>
<p>24</p> <p>9:30 Diamond Art 10:00 Tai-Chi w/ James 1:00 Zumba Gold w/ Lourdes</p> <p>Sliced Pork Loin</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>Cheese Omelet</p>	<p>26</p> <p>9:30 Diamond Art 10:45 Zumba Gold w/ Lauren 12:45 Bingo</p> <p>Potato Crusted Pollack</p>	<p>27</p> <p>9:30 Need-L-Wits 10:30 Movements To Dance w/ Gerri 12:30 Senior Fitness w/ Lisa</p> <p>Stuffed Peppers</p>	<p>28</p> <p>9:30 Diamond Art 10:30 Line Dance w/ Sasha 1:00 Exercise To Dance w/ Donna</p> <p>Homestyle Meatloaf w/ Gravy</p>