



James J. Tedesco III
County Executive

BOARD OF COUNTY COMMISSIONERS

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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: 201-797-3342 • Fax (201) 475-9403

ccobb@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
April 2024

| | | |
|----------|--|----------------|
| April 3 | Presentation: "Foot Care" w/ Dr. Freundlich | 10:00AM |
| April 9 | Memory Screening w/ Act Now | 9:30AM-12:30PM |
| April 10 | Gardening Craft w/ Aggie & Dorene <i>Must Register- Space is Limited</i> | 12:45PM |
| April 12 | Spring Wreath Craft w/ Aggie & Dorene <i>Must Register- Space is Limited</i> | 9:45AM |
| April 16 | Total Brain Health- Part 5 | 12:15PM |
| April 16 | Blood Pressure Screenings w/ Bergen County Health Services | 9:30AM-12:30PM |
| April 17 | Presentation: "Benefits Of Eggs" w/ Kristiana Rufo, RD, ShopRite of Fairlawn | 12:15PM |
| April 24 | Music & Drum Circle w/ Aggie & Zrinka <i>Must Register- Space is Limited</i> | 1:00PM |
| April 25 | Celebrating Our Volunteers At Lunch Please Join Us To Thank Them For All They Do! | 11:45AM |

Caregivers Conference

Thursday, April 11th
5:00 PM - 9:00 PM
Bergen County Administration Building
Multi-Purpose Room



To RSVP Call 201-336-7400 or
Email seniors@co.bergen.nj.us

SAVE THE DATE

**Public Hearing
on the
Needs of Older Adults**

Tuesday, April 30th
8:30 AM - 11:30 AM
Bergen County Administration Building
Public Meeting Room (5th floor)

To RSVP Call 201-336-7417 or
Email seniors@co.bergen.nj.us



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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.

Lunch Served Daily at 11:30

ELMWOOD PARK SENIOR ACTIVITY CENTER

April 2024

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|--|---|--|
| <div>1</div> <div>10:00 Tai-Chi w/ James 1:00 Zumba Gold w/ Lourdes</div> <div>Pork Loin w/ Gravy</div> | <div>2</div> <div>10:00 Movements to Dance w/ Gerri 1:00 Yoga & Meditation w/ Maggie</div> <div>Chicken Cordon Bleu</div> | <div>3</div> <div>9:45 Diamond Art w/ Aggie & Dorene 10:00 Presentation: Foot Care w/ Dr. Fredundlich 1:00 DVD Exercise: Sun Yoga</div> <div>Homestyle Meatloaf w/ Gravy</div> | <div>4</div> <div>9:30 Need-L-Wits 10:00 Movements to Dance w/ Gerri 12:30 Senior Fitness w/ Lisa</div> <div>Stuffed Cabbage</div> | <div>5</div> <div>10:30 Line Dance w/ Sasha 1:00 Exercise to Dance w/ Donna</div> <div>Turkey & Swiss</div> |
| <div>8</div> <div>10:00 Tai-Chi w/ James 1:00 Zumba Gold w/ Lourdes</div> <div>Korean BBQ Chicken Leg</div> | <div>9</div> <div>9:30 Memory Screening w/ Act Now 10:00 Movements to Dance w/ Gerri 1:00 Yoga & Meditation w/ Maggie</div> <div>Egg Salad</div> | <div>10</div> <div>9:45 Diamond Art w/ Aggie & Dorene 12:45 Gardening Craft</div> <div>LS Ham Steak</div> | <div>11</div> <div>9:30 Need-L-Wits 10:00 Movements to Dance w/ Gerri 12:30 Senior Fitness</div> <div>Salisbury Steak</div> | <div>12</div> <div>9:45 Spring Craft 10:30 Line Dance w/ Sasha 1:00 Exercise to Dance w/ Donna</div> <div>Chicken Parmesan</div> |
| <div>15</div> <div>10:00 Tai-Chi w/ James 1:00 Zumba Gold w/ Lourdes</div> <div>Stuffed Peppers (Turkey)</div> | <div>16</div> <div>9:00 Blood Pressure Screening 10:00 Movements to Dance w/ Gerri 12:15 Total Brain Health Part 5 1:00 Yoga & Meditation w/ Maggie</div> <div>Roast Beef w/ Gravy</div> | <div>17</div> <div>9:45 Diamond Art w/ Aggie & Dorene 12:15 Lunch Time Presentation w/ ShopRite</div> <div>Tuna Salad Platter</div> | <div>18</div> <div>9:30 Need-L-Wits 10:00 Movements to Dance w/ Gerri 12:30 Senior Fitness</div> <div>Cheeseburger</div> | <div>19</div> <div>10:30 Line Dance w/ Sasha 1:00 Exercise to Dance w/ Donna</div> <div>Eggplant Rollatini</div> |
| <div>22</div> <div>10:00 Tai-Chi w/ James 1:00 Zumba Gold w/ Lourdes</div> <div>Herb Roasted Chicken Leg</div> | <div>23</div> <div>10:00 Movements to Dance w/ Gerri 1:00 DVD Exercise : Swing & Sway</div> <div>Cheese Omelet</div> | <div>24</div> <div>9:45 Diamond Art w/ Aggie & Dorene 1:00 Music & Drum Circle</div> <div>Baked Ziti w/ Meatballs</div> | <div>25</div> <div>9:30 Need-L-Wits 10:00 Movements to Dance w/ Gerri 11:45 Volunteer Lunch 12:30 Senior Fitness</div> <div>Chicken Piccata</div> | <div>26</div> <div>10:30 Line Dance w/ Sasha 1:00 Exercise to Dance w/ Donna</div> <div>Swedish Meatballs</div> |
| <div>29</div> <div>10:00 Tai-Chi w/ James 1:00 Zumba Gold w/ Lourdes</div> <div>Chicken Cacciatore</div> | <div>30</div> <div>10:00 Movements to Dance w/ Gerri 1:00 Yoga & Meditation w/ Maggie</div> <div>Beer Battered Fish</div> | <div></div> | <div>Suggested Lunch Donation: \$1.25 Per Meal Please reserve lunch by 11:30 AM the day before Lunch will Be Served at 11:45 Daily</div> | <div>Continental Breakfast Monday-Friday 8:00AM to 11:00AM</div> |