

BERGEN NEW JERSEY *County*

James J. Tedesco III
County Executive

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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) 475 -9403

ccobb@bergencountynj.gov

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

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THE ELMWOOD PARRK SENIOR ACTIVITY CENTER Bergen County Department of Human Services Division of Senior Services/ADRC December 2024

December 6	Holiday Craft w/ Pat Registration Required	9:45AM
December 11	Presentation: Healthy Thoughts Through The Holidays w/ Corrin Registration Required	12:30PM
December 13	HOLIDAY PARTY Entertainment By: D.J. Scott	11:00AM- 2:00PM
December 17	Blood Pressure Screenings w/ Bergen County Health Services	9:30AM- 12:30PM
December 18	Brain Fitness w/ Corrin Registration Required	12:30PM
December 19	Holiday Bingo Bash!	12:45PM
December 25	Center Closed	ALL DAY

Please Note Center will be closed Wednesday, January 1, 2025

Holiday Luncheon

Garfield Senior Activity Center

480 Midland Ave

Garfield, New Jersey, 07026

Wednesday, December 25, 2024

10:00 AM - 2:00 PM

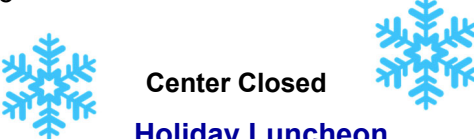


To RSVP call 973-478-0502 or email seniors@bergencountynj.gov



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>2 9:30 Diamond Art 10:00 Tai-Chi w/ James 1:00 Zumba Gold w/ Lourdes</p> <p style="text-align: center;">Turkey & Red Bean Chili</p>	<p>3 9:30 Sound Bowls w/ Judith 10:30 Movements to Dance w/ Gerri 12:30 Yoga w/ Elise</p> <p style="text-align: center;">Eggplant Rollatini</p>	<p>4 9:30 Diamond Art 10:45 Zumba Gold w/ Lauren</p> <p style="text-align: center;">Chicken Piccata</p>	<p>5 9:30 Need-L-Wits 10:30 Movements To Dance w/ Gerri 12:30 Senior Fitness w/ Lisa</p> <p style="text-align: center;">Pork Loin w/ Gravy</p>	<p>6 9:45 Holiday Craft w/ Pat 10:30 Line Dance w/ Sasha 1:00 Exercise To Dance w/ Donna</p> <p style="text-align: center;">Egg Salad Platter w/ Romaine</p>
<p>9 9:30 Diamond Art 10:00 Tai-Chi w/ James 1:00 Zumba Gold w/ Lourdes</p> <p style="text-align: center;">Cheeseburger</p>	<p>10 9:30 Sound Bowls w/ Judith 10:30 Movements to Dance w/ Gerri 12:30 Yoga w/ Elise</p> <p style="text-align: center;">Korean BBQ Chicken Leg</p>	<p>11 9:30 Diamond Art 10:45 Zumba Gold w/ Lauren 12:30 Presentation: Healthy Thoughts</p> <p style="text-align: center;">Salisbury Steak w/ Gravy</p>	<p>12 9:30 Need-L-Wits 10:30 Movements To Dance w/ Gerri 12:30 Senior Fitness w/ Lisa</p> <p style="text-align: center;">Chicken Francese</p>	<p>13 No Exercise Classes Today HOLIDAY PARTY 11:00am -2:00pm Entertainment By: D.J. Scott Balsamic Chicken w/ Peppers</p>
<p>12 9:30 Diamond Art 10:00 Tai-Chi w/ James 1:00 Zumba Gold w/ Lourdes</p> <p style="text-align: center;">Turkey & Swiss</p>	<p>17 9:30 Blood Pressure Screenings 9:30 Sound Bowls w/ Judith 10:30 Movements to Dance w/ Gerri 12:30 Yoga w/ Elise</p> <p style="text-align: center;">Italian Meatballs w/ Ziti Marinara</p>	<p>18 9:30 Diamond Art 10:45 Zumba Gold w/ Lauren 12:30 Brain Fitness w/ Corrin</p> <p style="text-align: center;">Cheese Omelet</p>	<p>19 9:30 Need-L-Wits 10:30 Movements To Dance w/ Gerri 12:30 Holiday Bingo Bash!</p> <p style="text-align: center;">Chicken Florentine</p>	<p>20 9:30 Diamond Art 10:30 Line Dance w/ Sasha 1:00 Exercise To Dance w/ Donna</p> <p style="text-align: center;">Chicken Marsala</p>
<p>23 9:30 Diamond Art 10:00 Tai-Chi w/ James 1:00 Zumba Gold w/ Lourdes</p> <p style="text-align: center;">Fish w/ Lemon Pepper Sauce</p>	<p>24 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>25  Center Closed Holiday Luncheon Garfield Senior Center 10am-2pm</p>	<p>26 9:30 Need-L-Wits 10:30 Movements To Dance w/ Gerri 12:30 Senior Fitness w/ Lisa</p> <p style="text-align: center;">Chicken Fettuccini Alfredo</p>	<p>27 9:30 Diamond Art 10:30 Line Dance w/ Sasha 1:00 Exercise To Dance w/ Donna</p> <p style="text-align: center;">Homestyle Meatloaf w/ Gravy</p>
<p>30 9:30 Diamond Art 10:00 Tai-Chi w/ James 1:00 Zumba Gold w/ Lourdes</p> <p style="text-align: center;">Tuna Salad Platter</p>	<p>31 9:30 Sound Bowls w/ Judith 10:30 Movements to Dance w/ Gerri 12:30 Yoga w/ Elise</p> <p style="text-align: center;">Roasted Chicken Leg</p>	<p> happy holidays!</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 Please reserve lunch by 11:30 AM the day before Lunch will Be Served at 11:45 Daily</p>