

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

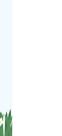


## SPRING LUNCHEON

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





# 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			

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.

## THE ELMWOOD PARK SENIOR ACTIVITY CENTER

**April 2025** 

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
hello	1 9:45 Sound Bowls w/ Judith 10:30 Movements To Dance w/ Gerri 12:30 Yoga w/ Elise	<b>2</b> 9:30 Diamond Art 10:45 Zumba Gold w/ Lauren	3 9:30 Need-L-Wits 10:30 Movements To Dance w/ Gerri 12:30 Senior Fitness w/ Lisa	4 9:30 Diamond Art 10:30 Line Dancing w/ Sasha 1:00 Exercise w/ Katty
spnin9!	Cold Breaded Chicken Cutlet	Tuna Salad w/ Spinach	Cold Herbed Chicken Leg	Chef Salad
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	10:30 Movements To Dance w/ Gerri 12:30 Yoga w/ Elise	9:30 Diamond Art 10:00 Presentation: Foot Care 10:45 Zumba Gold w/ Lauren	9:30 Need-L-Wits	9:30 Diamond Art 10:30 Line Dancing w/ Sasha 1:00 Exercise w/ Katty
Cold Chicken Leg	Egg Salad on Spinach	LS Ham & Cheddar Cheese	Grilled Chicken Caesar Salad	Seafood Salad Platter
9:00 Benefits Navigators 9:30 Diamond Art 10:00 Tai-Chi w/ James 10:30 Seminar: Get Connected: Drug & Alcohol Resource Center	9:30 Blood Pressure Screenings 10:30 Movements To Dance w/ Gerri 12:30 Yoga w/ Elise	16 9:45 Total Brain Health Part 13 10:45 Zumba Gold w/ Lauren 12:30 Presentation: How to Assemble an Emergency Bag	17 9:30 Need-L-Wits 10:30 Movements To Dance w/ Gerri 12:30 Strength Movement Exercises	GOOD
1:00 Zumba Gold w/ Lourdes  Tuna Noodle Salad	Roasted Turkey & Swiss w/ Lettuce & Tomato	Chicken Salad	Roast Beef & Provolone Sandwich	Center Closed
9:30 Diamond Art 10:00 Tai-Chi w/ James 10:30 Seminar: Get Connected: Drug & Alcohol Resource Center	22 10:30 Movements To Dance w/ Gerri 12:30 Yoga w/ Elise	9:30 Diamond Art 10:45 Zumba Gold w/ Lauren 12:45 Bingo Bash	9:30 Need-L-Wits 10:00 Volunteer Breakfast 10:30 Movements To Dance w/ Gerri 12:30 Senior Fitness w/ Lisa	9:30 Diamond Art 10:30 Line Dancing w/ Sasha 1:00 Exercise w/ Katty
1:00 Zumba Gold w/ Lourdes Ham & Swiss Sandwich	Tuna Salad w/ Romaine	Cold Breaded Chicken Cutlet	Chef Salad	Cold Korean BBQ Leg
9:00 Benefits Navigators 9:30 Diamond Art 10:00 Tai-Chi w/ James 1:00 Zumba Gold w/ Lourdes	9:45 Sound Bowls w/ Judith 10:30 Movements To Dance w/ Gerri 12:30 Yoga w/ Elise	30 9:30 Diamond Art 10:45 Zumba Gold w/ Lauren 1:30 First Book Club Meeting	Continental Breakfast  MONDAY- FRIDAY 8:00-11:00	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
Chicken Salad	Seafood Salad w/ Mixed Greens	Egg Salad Platter		·