

Check out some of our past FUN!



The Senior Times



Borough of Oakland—Department of Senior Services

Building Closed

May 27– Memorial Day

**May & June
2024**

Podiatrist is back!

June 14th– See office for
appointments

Bingo de Mayo

Thursday, May 2, Doors Open 12:00PM

We're having a FIESTA! Our day will start with a Mexican style lunch of burritos, beans, guacamole and more! Following lunch, we'll have an afternoon of BINGO.

Lunch- \$8 per person, BINGO \$1 per card

Register online or in the office. Payments are only accepted in the office

Program is sponsored by 3 Chicas Mexican Kitchen



Heart Health Lunch & Learn

Thursday, May 16 at 12:00PM

Oakland Rehab will be here talking all things heart health! Lunch will be served.

Menu: Variety of Pizza & Salads

Register online or in the office.

Program is sponsored by Oakland Rehabilitation



Memorial Day Picnic

Thursday, May 30 at 12:30PM

Lunch-\$5

Join us as we remember and honor our lost service members. A picnic lunch will be served.

Menu: Assorted Sandwiches, salads, chips & soda

Register online or in the office. Payments are only accepted in the office

Dessert is sponsored by Lakeland Nursing & Rehab



Patriotic Wreath Making

Thursday, June 6, 1:00PM

Create a beautiful patriotic wreath to display in your home just in time for the 4th of July! Debbie will lead you through the process. No artistic ability required and all supplies are included! Anyone can do it!

\$10 per person

Register online or in the office. Payments are only accepted in the office



Summer BBQ Bash

Thursday, June 20, Doors Open 12:30PM

Let's kick off the first day of Summer with a BBQ by locals Amarillo Grilling and entertainment by the Wildcats Doo Wop group! The BBQ will be held indoors.

Lunch- \$12 Per Person



Menu: Burgers, Hot dogs, Pulled Pork, Grilled Chicken, Mac & Cheese, Coleslaw, Baked Beans, Watermelon

Register online or in the office. Payments are only accepted in the office.

Dessert is sponsored by Lakeland Nursing & Rehab



Borough of Oakland Memorial Day Parade

Sunday, May 26th at 1:00pm

Oakland's annual Memorial Day Parade, followed by the American Legion Ceremony in Veterans Park, will be Sunday, May 26 starting at 1pm. This year's Grand Marshal is Vietnam-era Army Infantry Officer Jack Ackerman. After the Ceremony, the Legion will serve refreshments at its Post building on 65 Oak Street.

Did you know you can borrow "things" from the Library?

Some Examples of things you can check out:

- Sewing Machine
 - Metal Detector
 - Outdoor Projector Screen
 - DVD Player
 - Portable Car Jump Starter
 - And More!
- Check out the Library website to reserve!

IMPORTANT TOWN DATES

Property Taxes Due:

May 1st

Mayor & Council Meetings 7:00PM

May 14 & 28

June 11 & 25

Grand Opening of the Arts Pavilion

At Great Oak Park

June 8, 12:00-5:00PM

Styrofoam Drive

June 15 & 16, 9:00AM-12:00PM

Oakland Carnival

June 12 & 13, 6:00-10:00PM

June 14, 5:00-10:00PM

June 15, 5:00-11:00PM

Mayor's Wellness Campaign Blood Drive

Tuesday, June 25, 1:00-4:00PM

www.oakland-nj.org/senior-services

CONTACTS

SENIOR CENTER

201-405-7731

Senior Staff

Arielle Preciado– Director

Sue Greco– Program Aid

Debbie Henry– Program Aid

Tim Clark– Bus Driver

BOROUGH OF OAKLAND

Borough’s Main Line– 201-337-8111

EMERGENCY (Fire, Police, Poison): 911

Oakland Health Dept.– x2018

Oakland Public Library– x7001

Oakland Clerk– x2001

Oakland Tax Collector– x2009

BERGEN COUNTY

Bergen County Division of Senior Services :
201-336-7400

Bergen County Community Transpiration:
201-368-5955

IMPORTANT NUMBERS

Medicare: 800-633-4227

Social Security Office: 800-772-1213

Meals on Wheels: 201-358-0050

Senior Center Clubs

Clubs are open to all Senior Center Members and require no pre-registration. Just drop by!

Billiards Club

Mondays 10:00AM-12:00PM

Dominoes

Tuesdays 12:00-1:00PM

Men’s Poker Club

Wednesdays 9:30AM

Knitting & Crochet Club

Wednesdays 1:00PM



Bergen County Wellness Program (Visiting Nurse)

2nd & 4th Tuesday Monthly

Services Include:

Health History Evaluation

Blood Pressure Management

Individualized Counseling and Education

Referral and Follow-ups

Confidential Consultation with a Public Health Nurse

Podiatrist

June 14th By Appointment

Dr. Eric Rosen will be visiting for routine foot care appointments.

Includes: Nail Clippings, Callus Treatments and other services as discussed with doctor.

Appointments can be billed to Medicare or other insurance providers. It is the patients responsibility to confirm their personal coverage in advance.

Please see the office for appointment availability.

Senior Club Corner

Thursday, May 9— History of Diners Presentation

Thursday, May 23— Pizza Day

Thursday, June 13— Flag Day Program

Thursday, June 27— Senior Club Picnic



Senior Club is open to all Oakland Seniors.

There is an annual \$20 fee to join.

MAY 2024

Su	Mon	Tue	Wed	Thu	Fri	Sat
A * next to the date indicates, the van/bus will be available for that day. Please reach out if you would like to be scheduled for the bus. The letter (z) indicates the class is available on Zoom as well as in person.			1 Zumba 10AM (Z) Men’s Poker Club 11AM Chair Yoga 11:30AM (Z) Knit/Crochet Club 1PM	2 Pilates for Seniors CANCELLED Fit for Life CANCELLED Art Class 9:30AM Bingo de Mayo 12:00PM	3 Art Club 9:30AM Zumba Tone 10AM (Z) Arthritis, Balance and Fall Prevention 11AM Sit, Stand & More 12:30PM	4
5	6 Tai Chi 10AM Billiards Club 10AM Line Dance 11:30AM Mahjongg 12PM	7* Mat Yoga 9:30AM (Z) Sit, Stand & More 10:45AM Dominoes 12PM	8 Zumba 10AM (Z) Men’s Poker Club 11AM Chair Yoga 11:30AM (Z) Knit/Crochet Club 1PM	9* Pilates for Seniors 9:15AM Fit for Life 10:15AM (Z) Art Class 9:30AM Senior Club 12:00PM	10 Art Club 9:30AM Zumba Tone 10AM (Z) Arthritis, Balance and Fall Prevention 11AM Sit, Stand & More 12:30PM	11
12	13 Tai Chi 10AM Billiards Club 10AM Line Dance 11:30AM Mahjongg 12PM	14* Mat Yoga 9:30AM (Z) County Nurse 10AM-12PM Sit, Stand & More 10:45AM Dominoes 12PM	15 Zumba 10AM (Z) Men’s Poker Club 11AM Chair Yoga 11:30AM (Z) Knit/Crochet Club 1PM	16 Pilates for Seniors 9:15AM Fit for Life 10:15AM (Z) Art Class 9:30AM Heart Health Lunch & Learn 12PM	17 Art Club 9:30AM Zumba Tone 10AM (Z) Arthritis, Balance and Fall Prevention 11AM Sit, Stand & More 12:30PM	18
19	20 Tai Chi 10AM Billiards Club 10AM Line Dance 11:30AM Mahjongg 12PM	21* Mat Yoga 9:30AM (Z) Sit, Stand & More 10:45AM Dominoes 12PM	22 Zumba 10AM (Z) Men’s Poker Club 11AM Chair Yoga 11:30AM (Z) Knit/Crochet Club 1PM	23* Pilates for Seniors 9:15AM Fit for Life 10:15AM (Z) Art Class 9:30AM Senior Club 12:00PM	24 Art Club 9:30AM Zumba Tone 10AM (Z) Arthritis, Balance and Fall Prevention 11AM Sit, Stand & More 12:30PM	25
26	27 Senior Center Closed Memorial Day	28* Mat Yoga 9:30AM (Z) County Nurse 10AM-12PM Sit, Stand & More 10:45AM Dominoes 12PM Book Club 1PM	29 Zumba 10AM (Z) Men’s Poker Club 11AM Chair Yoga 11:30AM (Z) Knit/Crochet Club 1PM	30 Pilates for Seniors 9:15AM Fit for Life 10:15AM (Z) Art Class 9:30AM Memorial Day Picnic 12:30PM	31 Art Club 9:30AM Zumba Tone 10AM (Z) Arthritis, Balance and Fall Prevention 11AM Sit, Stand & More 12:30PM	

JUNE 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sa
A * next to the date indicates, the van/bus will be available for that day. Please reach out if you would like to be scheduled for the bus. The letter (z) indicates the class is available on Zoom as well as in person.						1
2	3 Tai Chi 10AM Billiards Club 10AM Line Dance 11:30AM Mahjongg 12PM	4* Mat Yoga 9:30AM (Z) Sit, Stand & More 10:45AM Dominoes 12PM	5 Zumba 10AM (Z) Men’s Poker Club 11AM Chair Yoga 11:30AM (Z) Knit/crochet Club 1PM	6 Pilates for Seniors 9:15AM Fit for Life 10:15AM (Z) Art Class 9:30AM Wreath Class 1:00PM	7 Art Club 9:30AM Zumba Tone 10AM (Z) Arthritis, Balance and Fall Prevention 11AM Sit, Stand & More 12:30PM	8
9	10 Tai Chi 10AM Billiards Club 10AM Line Dance 11:30AM Mahjongg 12PM	11* Mat Yoga 9:30AM (Z) County Nurse 10AM-12PM Sit, Stand & More 10:45AM Dominoes 12PM	12 Zumba 10AM (Z) Men’s Poker Club 11AM Chair Yoga 11:30AM (Z) Knit/crochet Club 1PM	13* Pilates for Seniors 9:15AM Fit for Life 10:15AM (Z) Art Class 9:30AM Senior Club 12:00PM	14 Art Club 9:30AM Zumba Tone 10AM (Z) Arthritis, Balance and Fall Prevention 11AM Sit, Stand & More 12:30PM	15
16	17 Tai Chi 10AM Billiards Club 10AM Line Dance 11:30AM Mahjongg 12PM	18* Mat Yoga 9:30AM (Z) Sit, Stand & More 10:45AM Dominoes 12PM	19 Zumba 10AM (Z) Men’s Poker Club 11AM Chair Yoga 11:30AM (Z) Knit/crochet Club 1PM	20 Pilates for Seniors 9:15AM Fit for Life 10:15AM (Z) Art Class 9:30AM Summer BBQ 12:30PM	21 Art Club 9:30AM Zumba Tone 10AM (Z) Arthritis, Balance and Fall Prevention 11AM Sit, Stand & More 12:30PM	22
23	24 Tai Chi 10AM Billiards Club 10AM Line Dance 11:30AM Mahjongg 12PM	25* Mat Yoga 9:30AM (Z) County nurse 10AM-12PM Sit, Stand & More 10:45AM Dominoes 12PM Book Club 1PM	26 Zumba 10AM (Z) Men’s Poker Club 11AM Chair Yoga 11:30AM (Z) Knit/crochet Club 1PM	27* Pilates for Seniors 9:15AM Fit for Life 10:15AM (Z) Art Class 9:30AM Senior Club 12:00PM	28 Art Club 9:30AM Zumba Tone 10AM (Z) Arthritis, Balance and Fall Prevention 11AM Sit, Stand & More 12:30PM	29
30						