

# ALL ABILITIES ADULT SUPPORT GROUP PROGRAM

The All Abilities Adult Support Group Program sponsors four (4) support groups that meet physically and virtually for adults aged 60 and older and/or disabled adults aged 18 and older. Program functions include:

- ▶ Socialization
- ▶ Group discussions
- ▶ Activities geared to promote personal fitness
- ▶ Arts & crafts
- ▶ Ceramics
- ▶ Trivia games
- ▶ Exercises
- ▶ Physical therapy (limited)
- ▶ Music & reminiscence sessions
- ▶ Guest speakers
- ▶ Occasional leisure (i.e., recreational) outings

**NO FEE IS CHARGED TO PARTICIPATE!**

Funding provided by Bergen County Division of Senior Services



## Group Meetings Schedule:

\*Schedule Subject To Change\*

### ENGLEWOOD

Friday  
9:30 AM - 12:30 PM

### ENGLEWOOD

3rd Saturday  
(of each month)  
10:00 AM - 12:00 PM

### MAYWOOD

Monday  
10:00 AM - 12:00 PM

### VIRTUAL

3rd Thursday  
(of each month)  
1:00 PM - 2:30 PM

**BERGEN COUNTY**  
DEPARTMENT OF HUMAN SERVICES  
DIVISION OF DISABILITY SERVICES

*Providing Programs and Services for 40 Years*

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**James J. Tedesco III**

*Bergen County Executive  
and the*

**Bergen County Board of Commissioners**