

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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