



James J. Tedesco III
County Executive

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DEPARTMENT OF HUMAN SERVICES
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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 Park Senior Activity Center
Bergen County Department of Human Services
Division of Senior Services/ADRC
June 2025**

June 4	Armchair Aerobics w/ Bill Wright, Bergen New Bridge Medical	12:30pm
June 5	New Class Begins: Pastels and Paint Space is Limited. Please Register 201-796-3342 #2	10:00am
June 6	Hand Massages w/ Agata	9:45am
June 17	Blood Pressure Screenings w/ Bergen County Health Services	9:30am- 12:15pm
June 18	Podiatrist Visit w/ Dr. William Freundlich	10:00am
June 18	Nutrition Education Presentation-Mango Smoothies! w/ Kristiana Rufo, ShopRite of Fairlawn	12:30pm
June 19	Create & Sip Mocktails w/ Agata	12:45pm
June 20	Center Closed– Juneteenth Observed	CLOSED
June 25	Breakfast w/ The Elmwood Park Police Department	9:00am
June 25	Celebrating 100 Years of Julia Colombini & Mary Thornton	12:15pm

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
<div>2</div> <div>9:00 Bergen County Senior Services Benefits Navigators 10:00 Tai-Chi 1:00 Zumba Gold</div> <div>Roast Turkey with Swiss Cheese</div>	<div>3</div> <div>9:45 Sound Bowls 10:30 Movements To Dance 12:30 Yoga Class</div> <div>Hawaiian Chicken</div>	<div>4</div> <div>9:30 Diamond Art 10:45 Zumba Gold 12:30 Armchair Aerobics</div> <div>Pork Tenderloin with Gravy</div>	<div>5</div> <div>10:00 Pastels & Paint Class 10:30 Movements To Dance 12:30 Senior Fitness Class</div> <div>Seafood Salad Platter</div>	<div>6</div> <div>9:45 Hand Massages 10:30 Line Dance Class 1:00 Exercise Class</div> <div>Chicken Cordon Bleu</div>
<div>9</div> <div>9:00 Bergen County Senior Services Benefits Navigators 10:00 Tai-Chi 1:00 Zumba Gold</div> <div>Stuffed Peppers</div>	<div>10</div> <div>10:30 Movements To Dance 12:30 Yoga Class</div> <div>Tuna Noodle Salad</div>	<div>11</div> <div>9:30 Diamond Art 10:45 Zumba Gold</div> <div>Turkey Tacos</div>	<div>12</div> <div>10:00 Pastels & Paint Class 10:30 Movements To Dance 12:30 Senior Fitness Class</div> <div>Chicken Florentine</div>	<div>13</div> <div>9:30 Diamond Art 10:30 Line Dance Class 1:00 Exercise Class</div> <div>Eggplant Parmesan</div>
<div>16</div> <div>9:00 Bergen County Senior Services Benefits Navigators 10:00 Tai-Chi 1:00 Zumba Gold</div> <div>Chicken Fettucine Alfredo</div>	<div>17</div> <div>9:30 Blood Pressure Screenings 10:30 Movements To Dance 12:30 Yoga Class</div> <div>Homestyle Meatloaf with Gravy</div>	<div>18</div> <div>9:30 Diamond Art 10:00 Podiatrist Visit 10:45 Zumba Gold 12:30 Nutrition Education Presentation</div> <div>Jamaican Jerk Chicken Leg</div>	<div>19</div> <div>10:00 Pastels & Paint Class 10:30 Movements To Dance 12:30 Exercise Class 12:45 Create & Sip Mocktails</div> <div>BBQ Pulled Pork Sandwich</div>	<div>20</div> <div></div> <div>Center Closed</div>
<div>23</div> <div>9:00 Bergen County Senior Services Benefits Navigators 10:00 Tai-Chi 1:00 Zumba Gold</div> <div>Stuffed Cabbage</div>	<div>24</div> <div>9:45 Sound Bowls 10:30 Movements To Dance 12:30 Yoga Class</div> <div>Ham Steak with Pineapple</div>	<div>25</div> <div>9:00 Breakfast with Elmwood Park Police Department 12:15 Celebrating 100 years of Julia Colombini & Mary Thornton 1:30 Book Club</div> <div>Chicken Parmesan</div>	<div>26</div> <div>10:00 Pastels & Paint Class 10:30 Movements To Dance 12:30 Senior Fitness</div> <div>Chef Salad</div>	<div>27</div> <div>9:30 Diamond Art 10:30 Line Dance Class 1:00 Exercise Class</div> <div>Pot Roast with Gravy</div>
<div>30</div> <div>9:00 Bergen County Senior Services Benefits Navigators 10:00 Tai-Chi 1:00 Zumba Gold</div> <div>Korean BBQ Chicken Leg</div>	<div></div>	<div>I'd like to Thank all the participants who have come through the doors of The Elmwood Park Senior Center. You all have touched my heart and will be greatly missed. Thank you for everything.</div> <div>Much Love, Cristine</div>	<div>Continental Breakfast</div> <div>Monday-Friday</div> <div>8:00am-11:00pm</div> <div></div>	<div>Suggested Lunch Donation: \$1.25 Per Meal</div> <div>Please reserve lunch by 11:30 AM the day before</div> <div>Lunch will Be Served at 11:45 Daily</div>