



**James J. Tedesco III**  
*County Executive*

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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**

**500 Mola Boulevard**  
**Elmwood, NJ, 07407**  
**Phone: (201) 796-3342 #2 • Fax (201) 475-9403**

**[www@bergencountynj.gov](http://www@bergencountynj.gov)**

**Open: Monday - Friday, 8:00AM - 3:30PM**



James J. Tedesco III, County Executive

**The Elmwood Park Senior Activity Center**  
**Bergen County Department of Human Services**  
**Division of Senior Services/ADRC**  
**July 2025**

<b>July 3</b>	<b>Hand Massages</b> w/ Agata	<b>9:45am</b>
<b>July 4</b>	<b>Center Closed– 4th of July</b>	<b>CLOSED</b>
<b>July 9</b>	<b>Total Brain Health Class: Part 16 Memory Minutes</b> w/ Agata	<b>12:30pm</b>
<b>July 15</b>	<b>Blood Pressure Screening</b> w/ Bergen County Health Services	<b>9:30am</b> <b>12:15pm</b>
<b>July 16</b>	<b>Presentation: Legal Tender– Currency from 1862</b> w/ Thomas Lawlor	<b>12:15pm</b>
<b>July 17</b>	<b>Bingo Bash!</b>	<b>12:45pm</b>
<b>July 30</b>	<b>Presentation: Pedestrian Safety</b> w/ Elmwood Park Police Department	<b>12:15pm</b>



# Senior Festival

**Thursday, September 18, 2025**  
*Rain Date: Thursday, September 25, 2025*  
**10:00AM - 2:00PM**  
**Van Saun County Park, Paramus**

*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.

201-796-3342 #2

## THE ELMWOOD PARK SENIOR ACTIVITY CENTER

July 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Continental Breakfast</b>  <b>Monday-Friday</b> <b>8:00-11:00</b> 	1 9:45 Sound Bowls 10:30 Movements To Dance <b>NO YOGA CLASS</b>  Egg Salad Platter with Spinach	2 9:30 Diamond Art 10:45 Zumba Gold  Roast Turkey with Gravy	3 9:30 Need-L-Wits <b>9:45 Hand Massages</b> 10:15 Movements To Dance 12:30 Senior Fitness Class  Beef Hot Dogs	4  Center Closed
7 9:00 Bergen County Senior Services Benefits Navigators 10:00 Tai-Chi 1:00 Zumba Gold  Hawaiian Chicken	8 10:30 Movements To Dance 12:30 Yoga Class  Stuffed Peppers	9 9:30 Diamond Art 10:45 Zumba Gold <b>12:30 Total Brain Health Class</b>  Tuna Noodle Salad over Spinach	10 9:30 Need-L-Wits 10:15 Movements To Dance 12:30 Senior Fitness Class  Stuffed Shells	11 9:30 Diamond Art 10:00 Line Dance 1:00 Exercise Class  Cheeseburger
14 9:00 Bergen County Senior Services Benefits Navigators 10:00 Tai-Chi 1:00 Zumba Gold  Chicken Cordon Bleu	15 9:30 Blood Pressure Screening 10:30 Movements To Dance 12:30 Yoga Class  Salisbury Steak with Gravy	16 9:30 Diamond Art 10:45 Zumba Gold <b>12:15 Presentation: Legal Tender</b>  BBQ Pulled Pork Sandwich	17 9:30 Need-L-Wits <b>NO MOVMENTS TO DANCE</b> 12:45 Bingo  Chicken Parmesan	18 9:30 Diamond Art 10:00 Line Dance 1:00 Exercise Class  Seafood Salad with Mixed Greens
21 9:00 Bergen County Senior Services Benefits Navigators 10:00 Tai-Chi 1:00 Zumba Gold  Homestyle Meatloaf with Gravy	22 10:30 Movements To Dance 12:30 Yoga Class  Cheese Omelet	23 9:30 Diamond Art 10:45 Zumba Gold  Eggplant Rollatini	24 9:30 Need-L-Wits <b>NO MOVMENTS TO DANCE</b> 12:30 Senior Fitness  Turkey and Swiss	25 9:30 Diamond Art 10:00 Line Dance 1:00 Exercise Class  Korean BBQ Chicken Leg
28 9:00 Bergen County Senior Services Benefits Navigators 10:00 Tai-Chi 1:00 Zumba Gold  Beer Battered Fish	29 9:45 Sound Bowls 10:30 Movements To Dance 12:30 Yoga Class  Chicken Florentine	30 9:30 Diamond Art 10:45 Zumba Gold <b>12:15 Elmwood Park Police</b> <b>Presentation: Pedestrian Safety</b> 1:30 Book Club  Chef Salad	31 9:30 Need-L-Wits <b>NO MOVMENTS TO DANCE</b> 12:30 Senior Fitness  Roast Pork with Gravy	<b>Suggested Lunch Donation:</b> <b>\$1.25 Per Meal</b> <b>Please reserve lunch by 11:30 AM the</b> <b>day before</b>  <b>Lunch will Be Served at 11:45 Daily</b>