



James J. Tedesco III  
County Executive

**BOARD OF COUNTY COMMISSIONERS**

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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

**ELMWOOD PARK  
SENIOR ACTIVITY CENTER**

500 Mola BOULEVARD  
Elmwood Park, NJ, 07407  
Phone: (201)796-3342 #2 • Fax (201) 4759403

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

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



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

August 6	Presentation; Nutrition w/ Kristiana Rufo, ShopRite of Fairlawn	12:30pm
August 13	Bingo Bash!	12:45pm
August 19	Blood Pressure Screenings w/ Bergen County Health Services	9:30am- 11:30am
August 20	Total Brain Health Class w/ Agata	12:30pm
August 21	Hand Massages w/ Agata	9:45am
August 22	AARP Safety Driver's Course	8:30am- 3:00pm
August 27	Book Club	1:30pm- 2:30pm



**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.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>Continental Breakfast</div> <div>Monday—Friday</div> <div>8:00am -11:00am</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>	<div></div>	<div></div>	<div>1 9:30 Diamond Art 10:00 Line Dance w/ Sasha 1:00 Exercise Class</div> <div>Eggplant Rollatini</div>
<div>4 9:00 Bergen County Senior Services Benefits Navigators 9:30 Diamond Art 10:00 Tai-Chi w/ James 1:00 Zumba Gold w/ Lourdes</div> <div>Roast Turkey with Gravy</div>	<div>5 9:30 Diamond Art 12:30 Yoga w/ Elise</div> <div>Ham Steak with Pineapple</div>	<div>6 9:30 Diamond Art 10:45 Zumba Gold 12:30 Presentation: Nutrition</div> <div>Chicken Parmesan</div>	<div>7 9:30 Diamond Art 9:30 Need-L-Wits 10:30 Movements To Dance w/ Gerri 12:30 Senior Fitness w/ Lisa</div> <div>Roast Turkey with Swiss</div>	<div>8 9:30 Diamond Art 10:00 Line Dance w/ Sasha 1:00 Exercise Class</div> <div>Lemon Caper Fish</div>
<div>11 9:00 Bergen County Senior Services Benefits Navigators 9:30 Diamond Art 10:00 Tai-Chi w/ James 1:00 Zumba Gold w/ Lourdes</div> <div>Herbed Chicken Leg</div>	<div>12 9:30 Diamond Art 12:30 Yoga w/ Elise</div> <div>Stuffed Peppers</div>	<div>13 9:30 Diamond Art 10:45 Zumba Gold 12:45 Bingo Bash</div> <div>Korean Beef</div>	<div>14 9:30 Diamond Art 9:30 Need-L-Wits 12:30 Senior Fitness w/ Lisa</div> <div>Egg Salad with Spinach</div>	<div>15 9:30 Diamond Art 10:00 Line Dance w/ Sasha 1:00 Exercise Class</div> <div>BBQ Pork Sandwich</div>
<div>18 9:00 Bergen County Senior Services Benefits Navigators 9:30 Diamond Art 10:00 Tai-Chi w/ James 1:00 Zumba Gold w/ Lourdes</div> <div>Italian Beef Meatballs</div>	<div>19 9:30 Diamond Art 9:30 Blood Pressure Screenings 12:30 Yoga w/ Elise</div> <div>Seafood Salad</div>	<div>20 9:30 Diamon Art 11:45 Zumba Gold 12:30 Total Brain Health Class</div> <div>Sesame Chicken</div>	<div>21 9:30 Diamond Art 9:30 Need-L-Wits 9:45 Hand Massages w/ Agata 12:30 Senior Fitness w/ Lisa</div> <div>Pot Roast with Gravy</div>	<div>22 8:30 AARP Safety Driver's Course 9:30 Diamond Art 10:00 Line Dance w/ Sasha 1:00 Exercise Class</div> <div>Stuffed Cabbage</div>
<div>25 9:00 Bergen County Senior Services Benefits Navigators 9:30 Diamond Art 10:00 Tai-Chi w/ James 1:00 Zumba Gold w/ Lourdes</div> <div>Chicken Cordon Bleu</div>	<div>26 9:30 Diamond Art 9:45 Sound Bowls w/ Judith 12:30 Yoga w/ Elise</div> <div>Cheeseburger</div>	<div>27 9:30 Diamond Art 11:45 Zumba Gold 1:30 Book Club</div> <div>Tuna Noodle Salad</div>	<div>28 9:30 Diamond Art 9:30 Need-L-Wits 12:30 Senior Fitness w/ Lisa</div> <div>Beef Hot Dogs</div>	<div>29 9:30 Diamond Art 10:00 Line Dance w/ Sasha 1:00 Exercise Class</div> <div>Crab Cakes</div>