



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

**ELMWOOD PARK
SENIOR ACTIVITY CENTER**

500 Mola Boulevard
Elmwood Park, NJ, 07407
Phone: (201)796-3342 #2 • Fax (201) 000-0000

Elmwoodparkcenter@bergencountynj.gov

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



James J. Tedesco III, County Executive

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

September 3	Presentation: Scams & Frauds, Staying Alert w/ Denis Niland, Bergen County Consumer Affairs	12:30pm
September 4	Hand Massages w/ Agata	9:30am
September 9	Ice Cream Social	12:45pm
September 10	Total Brain Health Class #18 w/ Agata	12:30pm
September 12	Bingo Bash!	12:45pm
September 16	Blood Pressure Screening w/ Bergen County Health Services	9:30am-11:30am
September 17	POW/MIA Recognition Ceremony w/ Bergen County Veterans Services	12:45pm
September 18	Senior Festival at Van Saun Park (Rain Date: 9/25) Registration is Required: Please Call (201) 796-3342 #2	10:00am-2:00pm
September 19	AARP Safety Driver's Course	8:30am-3:30pm
September 24	Presentation: The Importance of a Lung Screening w/ Robin, Hackensack Meridian Hospital	12:15pm-1:15pm
September 24	Book Club	1:30pm-2:30pm

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.



Senior Festival

Thursday, September 18, 2025

Rain Date: Thursday, September 25, 2025

10:00AM - 2:00PM



Van Saun County Park, Paramus

When traveling to the
Senior Festival
we encourage everyone to
carpool or use Bergen County
Community Transportation.

For more information,
please contact
Community Transportation at
(201) 368-5955.

ELMWOOD PARK SENIOR ACTIVITY CENTER

September 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>1</div> <div></div> <div>Center Closed</div>	<div>2</div> <div>9:30 Diamond Art 9:30 Sound Bowls w/ Judith 10:30 Movements To Dance w/ Gerri 12:30 Yoga w/ Elise</div> <div>Stuffed Cabbage</div>	<div>3</div> <div>9:00 Diamond Art 10:45 Zumba Gold w/ Lauren 12:30 Presentation: Scams & Frauds, Staying Alert</div> <div>Korean BBQ Chicken Leg</div>	<div>4</div> <div>9:30 Diamond Art 9:30 Hand Massages w/ Agata 9:30 Need-L-Wits 10:30 Movements To Dance w/ Gerri 12:30 Senior Fitness w/ Lisa</div> <div>Tuna Noodle Salad</div>	<div>5</div> <div>9:30 Diamond Art 10:00 Line Dance 1:00 Exercise Class w/ Katty</div> <div>Salisbury Steak</div>
<div>8</div> <div>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 Stir Fry w/ Peppers & Onions</div>	<div>9</div> <div>9:30 Diamond Art 10:30 Movements To Dance w/ Gerri 12:30 Yoga w/ Elise 12:45 Ice Cream Social</div> <div>Pork Tenderloin w/ Gravy</div>	<div>10</div> <div>9:30 Diamond Art 10:45 Zumba Gold w/ Lauren 12:30 Total Brain Health Class #18</div> <div>Lemon Caper Fish</div>	<div>11</div> <div>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 & Swiss</div>	<div>12</div> <div>9:30 Diamond Art 10:00 Line Dance 12:45 Bingo Bash! 1:00 Exercise Class w/ Katty</div> <div>Italian Meatballs w/ Tomato Sauce</div>
<div>15</div> <div>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>BBQ Pulled Pork Sandwich</div>	<div>16</div> <div>9:30 Diamond Art 9:30 Blood Pressure Screening 10:30 Movements To Dance 12:30 Yoga w/ Elise</div> <div>Cheese Omelet</div>	<div>17</div> <div>9:30 Diamond Art 10:45 Zumba Gold 12:45 POW / MIA Recognition Ceremony</div> <div>Beef Teriyaki</div>	<div>18</div> <div>Annual Senior Festival 9:30 Diamond Art 9:30 Need-L-Wits 10:30 Movements To Dance w/ Gerri 12:30 Senior Fitness w/ Lisa</div> <div>Cheese Ravioli</div>	<div>19</div> <div>8:30 AARP Safety Driver's Course 9:30 Diamond Art 10:00 Line Dance 1:00 Exercise Class w/ Katty</div> <div>Chicken Piccata</div>
<div>22</div> <div>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>Homestyle Meatloaf</div>	<div>23</div> <div>9:30 Diamond Art 10:30 Movements To Dance 12:30 Yoga w/ Elise</div> <div>Egg Salad over Spinach</div>	<div>24</div> <div>9:30 Diamond Art 10:45 Zumba Gold 12:15 Presentation: Importance of a Lung Screening 1:30 Book Club</div> <div>Stuffed Peppers</div>	<div>25</div> <div>9:30 Diamond Art 9:30 Need-L-Wits 10:30 Movements To Dance w/ Gerri 12:30 Senior Fitness w/ Lisa</div> <div>Cheeseburger</div>	<div>26</div> <div>9:30 Diamond Art 10:00 Line Dance 1:00 Exercise Class w/ Katty</div> <div>Korean Beef</div>
<div>29</div> <div>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 Fajitas</div>	<div>30</div> <div>9:30 Diamond Art 9:45 Sound Bowls w/ Judith 10:30 Movements To Dance 12:30 Yoga w/ Elise</div> <div>Chicken Cordon Bleu</div>	<div>When traveling to the Senior Festival we encourage everyone to carpool or use Bergen County Community Transportation. For more information, please contact Community Transportation at (201) 368-5955.</div>	<div>Suggested Lunch Donation: \$1.25 Per Meal Please reserve lunch by 11:30 AM the day before Lunch will Be Served at 11:45 Daily</div>	<div>Continental Breakfast Monday—Friday 8:00-11:00am</div> <div></div>