



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

**ELMWOOD PARK
SENIOR ACTIVITY CENTER**

500 Mola Boulevard
Elmwood Park, NJ, 07407
Phone: (201) 7963342 #2 • Fax (201) 000-0000

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**

October 1	Presentation: All About Squash w/ Kristiana Rufo	12:30pm
October 7, 28	Sound Bowls w/ Judith	9:45am
October 13	Center Closed - Columbus/ Indigenous People Day	All Day
October 15	Total Brain Health Class: Naming Games #19 w/ Agata	12:30pm
October 17	AARP Safety Driver's Course	8:30am-3:00pm
October 20	Presentation: "West Nile Virus" w/ Laura Checki	12:45pm
October 21	Blood Pressure Screenings w/ Bergen County Health Services	9:30am-11:30am
October 22	Bingo Bash!	12:45pm
October 23	Hand Massages w/ Agata	9:30am
October 29	POM-POM Craft Class w/ Agata	10:00am
October 29	Presentation: Balance Exercise w/ Bill Wright	12:30pm
October 29	Book Club	1:00pm
October 31	Halloween Party w/ DJ Scott Reddin	11:00am-2:00pm

Bergen County Department of Human Services,
Division of Senior Services

Caregivers Conference

Saturday, October 4th, 2025

9:00 AM - 2:00 PM

Public Meeting Room (5th floor)
Bergen County Administration Building
One Bergen County Plaza, Hackensack, NJ 07601

To RSVP Call 201-336-7400 or
Email seniors@bergencountynj.gov



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
Continental Breakfast Monday-Friday 8:00-am11:00am 	Suggested Lunch Donation: \$1.25 Per Meal Please reserve lunch by 11:30 AM the day before Lunch will Be Served at 11:30 Daily	1 9:30 Diamond Art 10:45 Zumba Gold w/ Lauren 12:30 Presentation: All About Squash Eggplant Parmesan	2 9:30 Diamond Art 9:30 Need-L-Wits 10:30 Movements To Dance w/ Gerri 12:30 Senior Fitness w/ Lisa Ham and Cheddar	3 9:30 Diamond Art 10:30 Line Dance w/ Elise 1:00 Exercise Class w/ Katty Salisbury Steak
6 9:00 Bergen County Senior Services Benefits Navigators 9:30 Diamond Art 10:00 Tai-Chi w/ James 1:00 Zumba Gold w/ Lourdes Stuffed Cabbage	7 9:30 Diamond Art 9:45 Sound Bowls w/ Judith 10:30 Movements To Dance w/ Gerri 12:30 Yoga w/ Elise Tuna Noodle Salad	8 9:30 Diamond Art 10:45 Zumba Gold w/ Lauren Chicken Florentine	9 9:30 Diamond Art 9:30 Need-L-Wits 10:30 Movements To Dance w/ Gerri 12:30 Senior Fitness w/ Lisa BBQ Pulled Pork Sandwich	10 9:30 Diamond Art 10:30 Line Dance w/ Elise 1:00 Exercise Class w/ Katty Roast Turkey with Gravy
13 Center Closed Columbus/ Indigenous People Day	14 9:30 Diamond Art 10:30 Movements To Dance w/ Gerri 12:30 Yoga w/ Elise Turkey Tacos	15 9:30 Diamond Art 10:45 Zumba Gold w/ Lauren 12:30 Class: Total Brain Health #19 Naming Games Lemon Caper Fish	16 9:30 Diamond Art 9:30 Need-L-Wits 10:30 Movements To Dance w/ Gerri Chicken Parmesan	17 8:30 AARP Safety Driver's Course 9:30 Diamond Art 10:30 Line Dance w/ Elise 1:00 Exercise Class w/ Katty Egg Salad Platter
20 9:00 Bergen County Senior Services Benefits Navigators 9:30 Diamond Art 10:00 Tai-Chi w/ James 12:45 Presentation: West Nile Virus 1:00 Zumba Gold w/ Lourdes Hungarian Goulash	21 9:30 Diamond Art 9:30 Blood Pressure Screenings 10:30 Movement To Dance w/ Gerri 12:30 Yoga w/ Elise Ham Steak with Pinapple	22 9:30 Diamond Art 10:45 Zumba Gold w/ Lauren 12:45 Bingo Bash! Stuffed Peppers	23 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 Korean BBQ Chicken Leg	24 9:30 Diamond Art 10:30 Line Dance w/ Elise 1:00 Exercise Class w/ Katty Seafood Salad
27 9:00 Bergen County Senior Services Benefits Navigators 9:30 Diamond Art 10:00 Tai-Chi w/ James 1:00 Zumba Gold w/ Lourdes Pork Tenderloin with Gravy	28 9:30 Diamond Art 9:45 Sound Bowls w/ Judith 10:30 Movements To Dance w/ Gerri 12:30 Yoga w/ Elise Bratwurst	29 9:30 Diamond Art 10:00 Pom-Pom Craft Class 10:45 Zumba Gold w/ Lauren 12:30 Presentation: Balance Exercise 1:00 Book Club Korean Beef	30 9:30 Diamond Art 9:30 Need-L-Wits 10:30 Movements To Dance w/ Gerri 12:30 Senior Fitness w/ Lisa Chicken Cordon Bleu	31 No Classes Today HALLOWEEN PARTY 11:00am–2:00pm Entertainment by: DJ Scott Reddin