



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) 796-3342 #2 • Fax (201) 475-9403

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
November 2025**

November 3	Bergen County Senior Services Benefits Navigators	9:00am 3:00pm
November 4	Center Closed– Election Day	All Day
November 5	Total Brain Health Class w/ Agata	12:30pm 1:30pm
November 11	Center Closed-Veterans Day	All Day
November 12	Nutrition Presentation: Fall for Fiber w/ Kristiana Rufo	12:30pm
November 18	Blood Pressure Screenings w/ Bergen County Health Services	9:30am 11:30am
November 19	Bingo Bash!	12:45pm
November 20	Hand Massages w/ Agata	9:30am
November 21	AARP Safety Driver's Course	8:30am 3:00pm
November 26	Book Club	1:00pm
November 27	Center Closed– Thanksgiving Day	All Day
November 28	Center Closed– Thanksgiving Observed	All Day

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
Continental Breakfast Monday-Friday 8:00am-11:00am 	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			
3 9:00 Bergen County Senior Services Benefits Navigators 9:30 Diamond Art 10:00 Tai-Chi w/ James 1:00 Zumba Gold w/ Lourdes Ham with Pineapple	4  Election Day Center Closed	5 9:30 Diamond Art 10:45 Zumba Gold w/ Lauren 12:30 Total Brain Health Class w/ Agata Korean BBQ Chicken Leg	6 9:30 Diamond Art 9:30 Need-L-Wits 10:30 Movements To Dance w/ Gerri 12:30 Senior Fitness w/ Lisa Swedish Meatballs with Gravy	7 9:30 Diamond Art 10:30 Line Dance w/ Elise 1:00 Exercise Class w/ Katty Cheese Omelet
10 9:30 Diamond Art 10:00 Tai-Chi w/ James 1:00 Zumba Gold w/ Lourdes Homestyle Meatloaf	11  Center Closed	12 9:30 Diamond Art 10:45 Zumba Gold w/ Lauren 12:30 Presentation: "Fall for Fiber" w/ Kristiana Rufo Korean Beef	13 9:30 Diamond Art 9:30 Need-L-Wits 10:30 Movements To Dance w/ Gerri 12:30 Senior Fitness w/ Lisa Tuna Salad Platter	14 9:30 Diamond Art 10:30 Line Dance w/ Elise 1:00 Exercise Class w/ Katty Broccoli Stuffed Chicken
17 9:30 Diamond Art 10:00 Tai-Chi w/ James 1:00 Zumba Gold w/ Lourdes Chicken Parmesan	18 9:30 Diamond Art 9:30 Blood Pressure Screenings 10:30 Movements To Dance w/ Gerri 12:30 Yoga w/ Elise Stuffed Cabbage	19 9:30 Diamond Art 10:45 Zumba Gold w/ Lauren 12:45 Bingo Bash! Egg Salad Platter with Spinach	20 9:30 Diamond Art 9:30 Hand Massages w/ Agata 9:30 Need-L-Wits 10:30 Movements To Dance w/ Gerri Cheeseburger	21 8:30 AARP Safety Driver's Course 9:30 Diamond Art 10:30 Line Dance w/ Elise 1:00 Exercise Class w/ Katty Ham and Swiss
24 9:30 Diamond Art 10:00 Tai-Chi w/ James 1:00 Zumba Gold w/ Lourdes Stuffed Peppers	25 9:30 Diamond Art 9:45 Sound Bowls w/ Judith 10:30 Movements To Dance w/ Gerri 12:30 Yoga w/ Elise Chicken Florentine	26 9:30 Diamond Art 10:45 Zumba Gold w/ Lauren 1:00 Book Club Pot Roast with Gravy	27 Thanksgiving Luncheon Garfield Senior Center 10am-2pm Registration is Required Please call (973) 478-0502 Center Closed	28  Center Closed