



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**

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

[rthompson@bergencountynj.gov](mailto:rthompson@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**  
**JANUARY 2026**

January 1	New Year's Day - Center Closed	Closed
January 7	Total Brain Health Class w/ Agata, Bergen County Senior Services	12:30pm
January 9	Movie Day	10:00am
January 13	January Birthdays Celebration	12:15pm
January 14	Presentation: Senior Resources & Information w/ Meadowlands Family Success Center	9:30am-11:00am
January 14	Hand Massages w/ Agata, Bergen County Senior Services	9:45am
January 14	Bingo Bash!	12:45pm
January 16	AARP Safety Driver's Course	8:30am-3:00pm
January 19	Martin Luther King Jr. Day - Center Closed	Closed
January 20	Blood Pressure Screenings w/ Bergen County Health Services	9:30am-11:30am
January 21	Pancake Palooza	9:30am
January 21	Bingo Bash!	12:45pm
January 27	Presentation: Stress Management w/ Bill Wright, Bergen New Bridge Medical Center	10:30am
January 28	Book Club!	1:00pm

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
<p>Suggested Lunch Donation: \$1.25 Per Meal Please reserve lunch by 11:30 AM the day before</p> <p>Lunch will Be Served at 11:45 Daily</p>	<p><i>Continental Breakfast</i></p> <p>Monday-Friday 8:00am-11:00am</p> 		<p>1</p> <p>HAPPY <i>New Year</i></p> <p>Center Closed</p>	<p>2</p> <p>9:30 Diamond Art 10:30 Movement w/ MaryAnn 1:00 Exercise Class w/ Katty</p> <p>Stuffed Peppers</p>
<p>5</p> <p>9:00 Bergen County Senior Services Benefits Navigators 9:30 Diamond Art 10:00 Thai-Chi w/ James 1:00 Zumba Gold w/ Lourdes</p> <p>Homestyle Meatloaf w/ Gravy</p>	<p>6</p> <p>9:30 Diamond Art 9:45 Sound Bowls w/ Judith 10:30 Movement To Dance w/ Gerri 12:30 Yoga w/ Elise</p> <p>Sliced Pork Loin</p>	<p>7</p> <p>9:30 Diamond Art 10:30 <b>Total Brain Health Class</b> 10:20 Zumba Gold w/ Lauren</p> <p>Roast Turkey and Cheddar</p>	<p>8</p> <p>9:30 Diamond Art 9:30 Need-L-Wits 10:30 Movements To Dance w/ Gerri 12:30 Senior Fitness w/ Lisa</p> <p>Chicken Parmesan</p>	<p>9</p> <p>9:30 Diamont Art 10:00 <b>Movie Day</b> 10:30 Line Dance w/ Elise 1:00 Exercise Class w/ Katty</p> <p>Cheese Omelet</p>
<p>12</p> <p>9:00 Bergen County Senior Services Benefits Navigators 9:30 Diamond Art 10:00 Thai-Chi w/ James 1:00 Zumba Gold w/ Lourdes</p> <p>Stuffed Cabbage</p>	<p>13</p> <p>9:30 Diamond Art 10:30 Movement To Dance w/ Gerri 12:15 <b>January Birthday Celebration</b> 12:30 Yoga w/ Elise</p> <p>Chicken Marsala</p>	<p>14</p> <p>9:30 Diamond Art 9:30 <b>Presentation: Senior Resources &amp; Information</b> 9:45 <b>Hand Massages w/ Agata</b> 10:20 Zumba Gold w/ Lauren 12:45 <b>Bingo Bash!</b></p> <p>Ham and Swiss</p>	<p>15</p> <p>9:30 Diamond Art 9:30 Need-L-Wits 10:30 Movements To Dance w/ Gerri 12:30 Senior Fitness w/ Lisa</p> <p>Chicken Fajitas w/ Onions &amp; Peppers</p>	<p>16</p> <p>8:30 <b>AARP Safety Driver's Course</b> 9:30 Diamond Art 10:30 Line Dance w/ Elise 1:00 Exercise Class w/ Kathy</p> <p>Cheeseburger w/ Lettuce &amp; Tomato</p>
<p>19</p>  <p>Center Closed</p>	<p>20</p> <p>9:30 Diamond Art 9:30 <b>Blood Pressure Screenings</b> 10:30 Movement To Dance w/ Gerri 12:30 Yoga w/ Elise</p> <p>Chicken Cordon Bleu</p>	<p>21</p> <p>9:30 Diamond Art 9:30 <b>Pancake Palooza</b> 10:20 Zumba Gold w/ Lauren 12:45 Bingo Bash!</p> <p>Salisbury Steak w/ Mushroom Gravy</p>	<p>22</p> <p>9:30 Diamond Art 9:30 Need-L-Wits 10:30 Movements To Dance w/ Gerri</p> <p>Seafood Salad Platter</p>	<p>23</p> <p>9:30 Diamond Art 10:30 Line Dance w/ Elise 1:00 Exercise Class w/ Kathy</p> <p>Roast Pork</p>
<p>25</p> <p>9:00 Bergen County Senior Services Benefits Navigators 9:30 Diamond Art 10:00 Thai-Chi w/ James 1:00 Zumba Gold w/ Lourdes</p> <p>Roast Turkey w/ Gravy</p>	<p>27</p> <p>9:30 Diamond Art 9:45 Sound Bowls w/ Judith 10:30 Movement To Dance w/ Gerri 10:30 <b>Presentation: Stress Management</b> 12:30 Yoga w/ Elise</p> <p>Italian Beef Meatballs</p>	<p>28</p> <p>9:30 Diamond Art 10:20 Zumba Gold w/ Lauren 1:00 Book Club</p> <p>Beer Battered Cod</p>	<p>29</p> <p>9:30 Diamond Art 9:30 Need-L-Wits 10:30 Movements To Dance w/ Gerri 12:30 Senior Fitness w/ Lisa</p> <p>Korean BBQ Chicken Leg</p>	<p>30</p> <p>9:30 Diamond Art 10:30 Line Dance w/ Elise 1:00 Exercise Class w/ Kathy</p> <p>Pot Roast with Gravy</p>