

BERGEN NEW JERSEY *County*

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



KEY TELEPHONE NUMBERS

Division of Senior Services
Bergen ADRC (formerly NJ EASE)
(201) 336-7400
(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 • Fax: (201) 475-9403

elmwoodparkcenter@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
March 2026



March 4	Pottery Class w/ Peter Lagomarsino	10:00AM
March 4	Bingo Bash!	12:45PM
March 9	Tech Support w/ Meadowlands Family Success Center	12:15PM
March 11	Senior Resources & Information w/ Meadowlands Family Success Center	9:30AM
March 11	Pottery Class w/ Peter Lagomarsino	9:30AM
March 12	Total Brain Health w/ Agata Halat, Bergen County Division of Senior Services	12:30PM
March 13	Podiatry w/ Dr. Eric Rosen	8:30AM
March 17	Blood Pressure Screenings w/ Bergen County Health Services	9:30AM
March 18	Hand Massage w/ Agata Halat, Bergen County Division of Senior Services	9:45AM
March 18	Pottery Class w/ Peter Lagomarsino	10:00AM
March 18	Bingo Bash!	12:45PM
March 20	AARP Safety Driver's Course	8:30AM
March 23	Tech Support w/ Meadowlands Family Success Center	12:15PM
March 24	Presentation: Women's Health w/ Bergen New Bridge Medical Center	10:30AM
March 25	Pottery Class w/ Peter Lagomarsino	10:00AM
March 25	Book Club	1:00PM
March 27	Movie Day – Wicked For Good: Part 2	10:00AM
March 30	Presentation: Bullying Among Seniors w/ Act Now Foundation	10:00AM

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.

Spring Luncheon
Sunday April 5th, 10AM-2PM
Garfield Senior Activity Center, 480 Midland Avenue, Garfield NJ 07026
RSVP by Monday March 30th to your Senior Activity Center Director

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>9:00 Bergen County Senior Services Benefits Navigators 9:30 Diamond Art / Jigsaw Jam 10:00 Tai-Chi w/ James 1:00 Zumba Gold w/ Lourdes</p> <p>Stuffed Cabbage</p>	<p>3</p> <p>9:30 Diamond Art / Jigsaw Jam 10:30 Movement to Dance w/ Gerri 12:30 Yoga w/ Elise</p> <p>Tuna Salad w/ Romaine</p>	<p>4</p> <p>9:30 Diamond Art / Jigsaw Jam 10:00 Pottery Class w/ Peter 10:20 Zumba Gold w/ Lauren 12:45 Bingo Bash!</p> <p>Roast Turkey w/ Gravy</p>	<p>5</p> <p>9:30 Diamond Art / Jigsaw Jam 9:30 Need-L-Wits 10:30 Movement to Dance w/ Gerri 12:15 Tech Support w/ Meadowlands 12:30 Senior Fitness w/ Lisa</p> <p>Korean BBQ Chicken Leg</p>	<p>6</p> <p>9:30 Diamond Art / Jigsaw Jam 9:30 Ping Pong & Pool Fun Day 10:30 Line Dance w/ Elise 1:00 Exercise Class w/ Katty</p> <p>Cheese Omelet</p>
<p>9</p> <p>9:00 Bergen County Senior Services Benefits Navigators 9:30 Diamond Art / Jigsaw Jam 10:00 Tai-Chi w/ James 12:15 Tech Support 1:00 Zumba Gold w/ Lourdes</p> <p>Cheeseburger w / Lettuce & Tomato</p>	<p>10</p> <p>9:30 Diamond Art / Jigsaw Jam 10:30 Movement to Dance w/ Gerri 12:30 Yoga w/ Elise</p> <p>Chicken Salad Platter over Greens</p>	<p>11</p> <p>9:30 Diamond Art / Jigsaw Jam 9:30 Senior Resources & Information 9:30 Pottery Class w/ Peter 10:20 Zumba Gold w/ Lauren</p> <p>Pork Tenderloin w/ Apple Cinnamon Glaze</p>	<p>12</p> <p>9:30 Diamond Art / Jigsaw Jam 9:30 Need-L-Wits 10:30 Movement to Dance w/ Gerri 12:30 Total Brain Health w/ Agata 12:30 Senior Fitness w/ Lisa</p> <p>Chicken Florentine</p>	<p>13</p> <p>8:30 Podiatry w/ Dr. Eric Rosen 9:30 Diamond Art / Jigsaw Jam 10:30 Line Dance w/ Elise 1:00 Exercise Class w/ Katty</p> <p>Stuffed Shells w/ Marinara</p>
<p>16</p> <p>9:00 Bergen County Senior Services Benefits Navigators 9:30 Diamond Art / Jigsaw Jam 10:00 Tai-Chi w/ James 12:15 Birthday Celebrations 1:00 Zumba Gold w/ Lourdes</p> <p>Fish Filet with Lemon Sauce</p>	<p>17</p> <p>9:30 Diamond Art / Jigsaw Jam 9:30 Blood Pressure Screening 10:30 Movement to Dance w/ Gerri 12:30 Yoga w/ Elise</p> <p> Happy ST. PATRICK'S DAY</p> <p>Corned Beef</p>	<p>18</p> <p>9:30 Diamond Art / Jigsaw Jam 9:45 Hand Massage w/ Agata 10:00 Pottery Class w/ Peter 10:20 Zumba Gold w/ Lauren 12:45 Bingo Bash!</p> <p>Chicken Parmesan</p>	<p>19</p> <p>9:30 Diamond Art / Jigsaw Jam 9:30 Need-L-Wits 10:30 Movement to Dance w/ Gerri 12:30 70's Name That Tune</p> <p>Meatloaf w/ Mushroom Gravy</p>	<p>20</p> <p>8:30 AARP Safety Driver's Course 9:30 Diamond Art / Jigsaw Jam 10:30 Line Dance w/ Elise 1:00 Exercise Class w/ Katty</p> <p>Egg Salad Platter on Spinach</p>
<p>23</p> <p>9:00 Bergen County Senior Services Benefits Navigators 9:30 Diamond Art / Jigsaw Jam 10:00 Tai-Chi w/ James 12:15 Tech Support 1:00 Zumba Gold w/ Lourdes</p> <p>Stuffed Peppers</p>	<p>24</p> <p>9:30 Diamond Art / Jigsaw Jam 10:30 Presentation: Women's Health 10:30 Movement to Dance w/ Gerri 12:30 Yoga w/ Elise</p> <p>LS Ham Steak w/ Pineapple</p>	<p>25</p> <p>9:30 Diamond Art / Jigsaw Jam 10:00 Pottery Class w/ Peter 10:20 Zumba Gold w/ Lauren 1:00 Book Club</p> <p>Pot Roast w/ Gravy</p>	<p>26</p> <p>9:30 Diamond Art / Jigsaw Jam 9:30 Need-L-Wits 10:30 Movement to Dance w/ Gerri 12:30 Senior Fitness w/ Lisa</p> <p>Seafood Salad on Spinach</p>	<p>27</p> <p>9:30 Diamond Art / Jigsaw Jam 10:00 Movie Day 10:30 Line Dance w/ Elise 1:00 Exercise Class w/ Katty</p> <p>Manicotti w/ Marinara</p>
<p>30</p> <p>9:00 Bergen County Senior Services Benefits Navigators 9:30 Diamond Art / Jigsaw Jam 10:00 Presentation: Bullying Among Seniors 10:00 Tai-Chi w/ James 1:00 Zumba Gold w/ Lourdes</p> <p>Sweet Chicken Sausage</p>	<p>31</p> <p>9:30 Diamond Art / Jigsaw Jam 10:30 Movement to Dance w/ Gerri 12:30 Yoga w/ Elise</p> <p>Roast Turkey & Cheddar w/ Lettuce & Tomato</p>	<p> Happy International Women's Day March 8</p>	<p>Suggested Lunch Donation: \$1.25 Per Meal</p> <p><i>Please reserve lunch by 11:30AM the day before</i></p> <p>Lunch is served at 11:45AM daily</p>	<p>Continental Breakfast</p> <p>Served Daily 8:00AM – 11:00AM</p> <p></p>