



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

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 • Fax (201) 475-9403

elmwoodparkcenter@bergencountynj.gov

Open: Monday - Friday, 8:00am - 3:30pm



BERGEN NEW JERSEY
County

James J. Tedesco III, County Executive



Elmwood Park Senior Activity Center
Bergen County Department of Human Services
Division of Senior Services/ADRC
April 2026



April 1, 7	Pottery Class w/ Peter Lagomarsino	10:00am
April 1, 15	Strength & Balance w/ Christopher Carroll	12:30pm
April 2	Rock Painting Craft	10:00am
April 2	Class: Total Brain Health w/ Agata Halat, Bergen County Division of Senior Services	12:30pm
April 3	Center Closed – Good Friday	
April 6, 20	Tech Support w/ Meadowlands Family Success Center	12:15pm
April 8	Senior Resources & Information w/ Meadowlands Family Success Center	9:30am
April 8,15,22	Presentation: Get Connected w/ The Center for Alcohol and Drug Resources	10:00am
April 10	Movie Day – “Ghost”	10:00am
April 13	Presentation: Radon Safety w/ Bergen County Department of Health Services	10:30am
April 14, 28	A Brighter Side of Life w/ Bergen New Bridge Medical Center	10:30am
April 15	Hand Massages w/ Agata Halat, Bergen County Division of Senior Services	9:45am
April 16	Senior Safety Round Up w/ Harvey Silberstein, Bergen County Division of Senior Services	12:30am
April 17	AARP Safety Driver’s Course	8:30am
April 21	Blood Pressure Screening w/ Bergen County Health Services	9:30am
April 22	Bingo Bash!	12:45pm
April 27	Presentation: Understanding Alzheimer’s & Dementia w/ Act Now Foundation	10:45am
April 29	Spring Craft w/ Agata Halat, Bergen County Division of Senior Services	10:00am
April 29	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.

Caregivers Conference

Thursday, April 9, 2026
5:00PM-9:00PM
(Registration will begin at 4:30PM)

Bergen County Administration Building
Multi-Purpose Room - 1st Floor
One Bergen County Plaza, Hackensack, NJ

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<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>Monday-Friday 8:00am - 11:00am</p> 	<p>1</p> <p>9:30 Diamond Art / Jigsaw Jam 10:00 Pottery Class w/ Peter Lagomarsino 10:15 Zumba Gold w/ Lauren 12:30 Strength & Balance</p> <p>Cheese Omelet</p>	<p>2</p> <p>9:30 Diamond Art / Jigsaw Jam 9:30 Need-L-Wits 10:00 Rock Painting Craft 10:30 Movement to Dance w/ Gerri 12:30 Class: Total Brain Health w/ Agata 12:30 Senior Fitness w/ Lisa</p> <p>Cheeseburger</p>	 <p>CENTER CLOSED</p>
<p>6</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>Korean BBQ Chicken Leg</p>	<p>7</p> <p>9:30 Diamond Art / Jigsaw Jam 10:00 Pottery Class w/ Peter Lagomarsino 10:30 Movement to Dance w/ Gerri 12:30 Yoga w/ Elise</p> <p>Eggplant, Peppers & Mozzarella</p>	<p>8</p> <p>9:30 Diamond Art / Jigsaw Jam 9:30 Senior Resources & Information 10:00 Presentation: Get Connected w/ The Center for Alcohol and Drug Resources 10:15 Zumba Gold w/ Lauren</p> <p>Chicken Florentine</p>	<p>9</p> <p>9:30 Diamond Art / Jigsaw Jam 9:30 Need-L-Wits 10:30 Movement to Dance w/ Gerri 12:30 Yoga w/ Elise 12:30 Senior Fitness w/ Lisa</p> <p>Stuffed Peppers</p>	<p>10</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>Pork w/ Apple Cinnamon Glaze</p>
<p>13</p> <p>9:00 Bergen County Senior Services Benefits Navigators 9:30 Diamond Art / Jigsaw Jam 10:00 Tai-Chi w/ James 10:30 Presentation: Radon Safety 1:00 Zumba Gold w/ Lourdes</p> <p>Teriyaki Glazed Salmon</p>	<p>14</p> <p>9:30 Diamond Art / Jigsaw Jam 10:30 A Brighter Side of Life w/ New Bridge Medical Center 10:30 Movement to Dance w/ Gerri 12:30 Yoga w/ Elise</p> <p>Homestyle Meatloaf w/ Gravy</p>	<p>15</p> <p>9:30 Diamond Art / Jigsaw Jam 9:45 Hand Massages w/ Agata 10:00 Presentation: Get Connected w/ The Center for Alcohol and Drug Resources 10:15 Zumba Gold w/ Lauren 12:15 April Birthday Celebration</p> <p>Chicken Cordon Bleu</p>	<p>16</p> <p>9:30 Diamond Art Jigsaw Jam 9:30 Need-L-Wits 10:00 60' Name That Tune 10:30 Movement to Dance w/ Gerri 12:30 Senior Safety Roundup</p> <p>Tuna Salad Sandwich</p>	<p>17</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>Roast Turkey & Cheddar</p>
<p>20</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>Ham Steak w/ Pineapple</p>	<p>21</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>Roast Turkey w/ Gravy</p>	<p>22</p> <p>9:30 Diamond Art / Jigsaw Jam 10:00 Presentation: Get Connected w/ The Center for Alcohol and Drug Resources 10:15 Zumba Gold w/ Lauren 12:45 Bingo Bash!</p> <p>Swedish Meatballs</p>	<p>23</p> <p>9:30 Diamond Art / Jigsaw Jam 9:30 Need-L-Wits 10:30 Movement to Dance w/ Gerri 12:30 Yoga w/ Elise 12:30 Senior Fitness w/ Lisa</p> <p>Egg Salad on Spinach</p>	<p>24</p> <p>9:30 Diamond Art / Jigsaw Jam 10:30 Line Dance w/ Elise 1:00 Exercise Class w/ Katty</p> <p>Chicken Parmesan</p>
<p>27</p> <p>9:00 Bergen County Senior Services Benefits Navigators 9:30 Diamond Art Jigsaw Jam 10:00 Tai-Chi w/ James 10:00 Presentation: Understanding Alzheimer's & Dementia 1:00 Zumba Gold w/ Lourdes</p> <p>Stuffed Cabbage</p>	<p>28</p> <p>9:30 Diamond Art / Jigsaw Jam 10:30 Movement to Dance w/ Gerri 12:30 Yoga w/ Elise</p> <p>Seafood Salad on Romaine</p>	<p>29</p> <p>9:30 Diamond Art / Jigsaw Jam 10:00 Spring Craft w/ Agata 10:15 Zumba Gold w/ Lauren 1:00 Book Club!</p> <p>Salisbury Steak w/ Gravy</p>	<p>30</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>Chicken Cacciatore</p>	 <p>April 22</p>