



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
May 2026



May 4	Memory Screenings w/ Act Now Foundation Registration is Required	9:00 am
May 6	Bingo Bash!	12:45 pm
May 7	Total Brain Health w/ Agata Halat, Bergen County Division of Senior Services	12:30 pm
May 8	Movie – Deliver Me from Nowhere	10:00 am
May 12	Pancake Palooza	9:30 am
May 13	Senior Resources w/ Meadowlands Family Success Center	9:30 am
May 15	Podiatry w/ Dr. Eric Rosen	8:30 am
May 18	Presentation: Poor Sleep & Dementia w/ Act Now Foundation	10:00 am
May 19	Blood Pressure Screenings w/ Bergen County Department of Services	9:30 am
May 20	Hand Massage w/ Agata Halat, Bergen County Division of Senior Services	9:45 am
May 20	Nutrition Education: Hummus Benefits w/ Kristiana Rufo, ShopRite Dietician	12:30 pm
May 21	Presentation: Stronger Together w/Harvey Silberstein & Danielle Trippeda, Bergen County Division of Senior Services	12:30 pm
May 22	AARP Safety Driver's Course	8:30 am
May 25	Center Closed – Memorial Day	
May 26	Presentation: Emergency Preparedness and File of Life w/ Bergen New Bridge Medical Center	10:30 am
May 27	Book Club!	1:00 pm

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.



Bergen County Administration
Building
Commissioners Public Meeting
Room – 5th Floor
One Bergen County Plaza,
Hackensack, NJ

Public Hearing
on the
Needs of Older Adults

Tuesday, May 12, 2026
8:30 AM - 11:30 AM

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>1 9:30 Diamond Art 10:30 Line Dance w/ Elise 1:00 Exercise Class w/ Katty</p> <p>Pot Roast w/ Gravy</p>	
<p>4 9:00 Bergen County Senior Services Benefits Navigators <u>9:00 Memory Screenings w/ Act Now Foundation</u> 9:30 Diamond Art 10:00 Tai Chi w/ James 1:00 Zumba Gold w/ Lourdes</p> <p>Egg Salad w/ Spinach</p>	<p>5 9:30 Diamond Art 9:30 Ping Pong & Pool Fun Day 10:30 Movement to Dance w/ Gerri 12:30 Yoga w/ Elise</p> <p>Chicken Fajitas</p>	<p>6 9:30 Diamond Art 10:15 Zumba Gold w/ Lauren <u>12:45 Bingo Bash!</u></p> <p>Stuffed Peppers</p>	<p>7 9:30 Diamond Art 9:30 Need-L-Wits 10:30 Movement to Dance w/ Gerri <u>12:30 Class: Total Brain Health w/ Agata</u> 12:30 Senior Fitness w/ Lisa</p> <p>Salmon w/ Creamy Dill Sauce</p>	<p>8 9:30 Diamond Art <u>10:00 Movie: Deliver Me from Nowhere</u> 10:30 Line Dance w/ Elise 1:00 Exercise Class w/ Katty</p> <p>Chicken Florentine</p>
<p>11 9:00 Bergen County Senior Services Benefits Navigators 9:30 Diamond Art 10:00 Tai Chi w/ James 1:00 Zumba Gold w/ Lourdes</p> <p>Cheese Omelette</p>	<p>12 9:30 Diamond Art 9:30 Pancake Palooza 10:30 Movement to Dance w/ Gerri 12:30 Yoga w/ Elise</p> <p>Meatloaf w/ Mushroom Gravy</p>	<p>13 <u>9:30 Pancake Palooza</u> 9:30 Diamond Art <u>9:30 Senior Resources w/ Meadowlands Family Success Center</u> 10:00 Pottery Class w/ Peter Lagomarsino 10:15 Zumba Gold w/ Lauren</p> <p>Italian Meatballs</p>	<p>14 9:30 Diamond Art 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>Chicken w/ Broccoli & Cheese</p>	<p>15 <u>8:30 Podiatry w/ Dr. Eric Rosen</u> 9:30 Diamond Art 10:30 Line Dance w/ Elise 1:00 Exercise Class w/ Katty</p> <p>Tuna Noodle Salad</p>
<p>18 9:00 Bergen County Senior Services Benefits Navigators 9:30 Diamond Art 10:00 Tai Chi w/ James <u>10:00 Presentation: Poor Sleep & Dementia w/ Act Now Foundation</u> 1:00 Zumba Gold w/ Lourdes</p> <p>Pork w/ Apple Cinnamon Glaze</p>	<p>19 9:30 Diamond Art <u>9:30 Blood Pressure Screenings</u> 10:30 Movement to Dance w/ Gerri 12:15 Birthday Celebration 12:30 Yoga w/ Elise</p> <p>Chicken Tikka Masala</p>	<p>20 9:30 Diamond Art <u>9:45 Hand Massages w/ Agata</u> 10:15 Zumba Gold w/ Lauren <u>12:30 Nutrition Education: Humus Benefits w/ Kristiana Rufo</u></p> <p>Korean BBQ Chicken Leg</p>	<p>21 9:30 Diamond Art 9:30 Need-L-Wits 10:30 Movement to Dance w/ Gerri <u>12:30 Presentation: Stronger Together</u></p> <p>Roast Turkey & Swiss Cheese</p>	<p>22 <u>8:30 AARP Safety Driver's Course</u> 9:30 Diamond Art 10:30 Line Dance w/ Elise 1:00 Exercise Class w/ Katty</p> <p>Cheeseburger</p>
<p>25</p> <p>Happy Memorial Day</p> <p>CENTER CLOSED</p>	<p>26 9:30 Diamond Art 10:30 Movement to Dance w/ Gerri <u>10:30 Presentation: Emergency Preparedness and File of Life</u> 12:30 Yoga w/ Elise</p> <p>Stuffed Cabbage</p>	<p>27 9:30 Diamond Art 10:15 Zumba Gold w/ Lauren <u>1:00 Book Club!</u></p> <p>Hawaiian Chicken</p>	<p>28 9:30 Diamond Art 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>Roast Beef & Provolone</p>	<p>29 9:30 Diamond Art 10:30 Line Dance w/ Elise 1:00 Exercise Class w/ Katty</p> <p>Roast Turkey w/ Gravy</p>