



**James J. Tedesco, III**  
County Executive

**Board of County Commissioners**

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**Thomas J. Sullivan**

**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**

**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**  
**June 2026**



<b>June 3</b>	<b>Hand Massage</b> w/ Agata Halat, Bergen County Division of Senior Services	<b>9:45 am</b>
<b>June 3</b>	<b>Bingo Bash!</b>	<b>12:45 pm</b>
<b>June 5</b>	<b>Presentation: Practical Steps to Lowering your Food Bill</b> w/ Bergen County Division of Senior Services staff	<b>10:00 am</b>
<b>June 8</b>	<b>Ice Cream Social</b>	<b>12:30 am</b>
<b>June 9</b>	<b>Class: Men's Health</b> w/ Bergen County New Bridge Medical Center	<b>10:30 am</b>
<b>June 10</b>	<b>Senior Tech Support</b> w/ Meadowlands Family Success Center	<b>9:30 am</b>
<b>June 12</b>	<b>Movie: Secretariat</b>	<b>10:00 am</b>
<b>June 16</b>	<b>Blood Pressure Screenings</b> w/ Bergen County Department of Health Services	<b>9:30 am</b>
<b>June 17</b>	<b>Class: Total Brain Health</b> w/ Agata Halat, Bergen County Division of Senior Services	<b>12:30 pm</b>
<b>June 18</b>	<b>Farmers' Market Voucher Distribution</b>	<b>9:00 am</b>
<b>June 19</b>	<b>Center Closed – Juneteenth</b>	<b>ALL DAY</b>
<b>June 24</b>	<b>Book Club</b>	<b>1:00 pm</b>
<b>June 26</b>	<b>AARP Driver's Safety Course</b> w/ staff from AARP	<b>8:30 am</b>
<b>June 29</b>	<b>Bingo Bash!</b>	<b>12:45 pm</b>

*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.

**SAVE THE DATE**

**SENIOR FESTIVAL**

**THURSDAY, SEPTEMBER 24**  
**(RAIN DATE TUESDAY, SEPTEMBER 29)**

**VAN SAUN COUNTY PARK**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>1</b> 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 style="text-align: center;"><b>Pot Roast w/ Gravy</b></p>	<p><b>2</b> 9:30 Diamond Art 10:30 Movement to Dance w/ Gerri 12:30 Yoga w/ Elise</p> <p style="text-align: center;"><b>Roast Turkey &amp; Cheddar</b></p>	<p><b>3</b> 9:30 Diamond Art <u>9:45 Hand Massage</u> 10:20 Zumba Gold w/ Lauren <u>12:45 Bingo Bash!</u></p> <p style="text-align: center;"><b>Turkey Tacos</b></p>	<p><b>4</b> 9:30 Diamond Art 9:30 Need-L-Wits 10:30 Movement to Dance w/ Gerri 12:30 Senior Fitness w/ Lisa 12:30 Yoga w/ Elise</p> <p style="text-align: center;"><b>Salisbury Steak w/ Mushroom Gravy</b></p>	<p><b>5</b> 9:30 Diamond Art <u>10:00 Presentation: Practical Steps to Lowering Your Food Bill</u> 10:30 Line Dance w/ Elise 1:00 Exercise Class w/ Katty</p> <p style="text-align: center;"><b>Cheese Omelet</b></p>
<p><b>8</b> 9:00 Bergen County Senior Services Benefits Navigators 9:30 Diamond Art 10:00 Tai-Chi w/ James <u>12:30 Ice Cream Social</u> 1:00 Zumba Gold w/ Lourdes</p> <p style="text-align: center;"><b>Stuffed Peppers</b></p>	<p><b>9</b> 9:30 Diamond Art 10:30 Movement to Dance w/ Gerri <u>10:30 Class: Men's Health</u> 12:30 Yoga w/ Elise</p> <p style="text-align: center;"><b>Pork Tenderloin</b></p>	<p><b>10</b> 9:30 Diamond Art <u>9:30 Senior Tech Support w/ Meadowlands Family Success Center</u> 10:20 Zumba Gold w/ Lauren</p> <p style="text-align: center;"><b>Korean BBQ Chicken Leg</b></p>	<p><b>11</b> 9:30 Diamond Art 9:30 Need-L-Wits 10:30 Movement to Dance w/ Gerri 12:30 Senior Fitness w/ Lisa 12:30 Yoga w/ Elise</p> <p style="text-align: center;"><b>Seafood Salad w/ Romaine</b></p>	<p><b>12</b> 9:30 Diamond Art <u>10:00 Movie: Secretariat</u> 10:30 Line Dance w/ Elise 1:00 Exercise Class w/ Katty</p> <p style="text-align: center;"><b>Chicken Marsala w/ Mushrooms</b></p>
<p><b>15</b> 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 style="text-align: center;"><b>Italian Meatballs</b></p>	<p><b>16</b> 9:30 Diamond Art <u>9:30 Blood Pressure Screenings</u> 10:30 Movement to Dance w/ Gerri 12:30 Yoga w/ Elise</p> <p style="text-align: center;"><b>Egg Salad w/ Spinach &amp; Tomato</b></p>	<p><b>17</b> 9:30 Diamond Art 10:20 Zumba Gold w/ Lauren 12:15 Birthday Celebration <u>12:30 Class: Total Brain Health</u></p> <p style="text-align: center;"><b>Beef Stroganoff</b></p>	<p><b>18</b> <u>9:00 Farmers' Market Voucher Distribution</u> 9:30 Diamond Art 9:30 Need-L-Wits 10:30 Movement to Dance w/ Gerri</p> <p style="text-align: center;"><b>Hawaiian Chicken</b></p>	<p style="text-align: center;"><b>19</b></p> <p style="text-align: center;"></p> <p style="text-align: center;"><b>CENTER CLOSED</b></p>
<p><b>22</b> 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 style="text-align: center;"><b>Ham Steak w/ Pineapple</b></p>	<p><b>23</b> 9:30 Diamond Art 10:30 Movement to Dance w/ Gerri 12:30 Yoga w/ Elise</p> <p style="text-align: center;"><b>Stuffed Cabbage</b></p>	<p><b>24</b> 9:30 Diamond Art 10:20 Zumba Gold w/ Lauren <u>1:00 Book Club</u></p> <p style="text-align: center;"><b>Tuna Salad w/ Lettuce &amp; Tomato Wrap</b></p>	<p><b>25</b> 9:30 Diamond Art 9:30 Need-L-Wits 10:30 Movement to Dance w/ Gerri 12:30 Senior Fitness w/ Lisa</p> <p style="text-align: center;"><b>Chicken Parmesan</b></p>	<p><b>26</b> <u>8:30 AARP Driver's Safety Course</u> 9:30 Diamond Art 10:30 Line Dance w/ Elise 1:00 Exercise Class w/ Katty</p> <p style="text-align: center;"><b>Baked Stuffed Flounder w/ Broccoli</b></p>
<p><b>29</b> 9:00 Bergen County Senior Services Benefits Navigators 9:30 Diamond Art 10:00 Tai-Chi w/ James <u>12:45 Bingo Bash!</u> 1:00 Zumba Gold w/ Lourdes</p> <p style="text-align: center;"><b>Ham and Swiss w/ Lettuce &amp; Tomato</b></p>	<p><b>30</b> 9:30 Diamond Art 10:30 Movement to Dance w/ Gerri 12:30 Yoga w/ Elise</p> <p style="text-align: center;"><b>BBQ Pulled Pork Sandwich</b></p>	<p style="text-align: center;"><b>Continental Breakfast</b></p> <p><b>Monday-Friday</b> <b>8:00AM - 11:00AM</b></p> <p style="text-align: center;"></p>	<p style="text-align: center;"><b>Suggested Lunch Donation:</b> \$1.25 Per Meal</p> <p style="text-align: center;"><i>Please reserve lunch by 11:30AM the day before</i></p> <p style="text-align: center;"><b>Lunch is served at 11:45am daily</b></p>	<p style="text-align: center;">World Elder Abuse Awareness Day  June 15</p>