



**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**

**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**  
**July 2026**



July 2	*Presentation: Beat the Heat w/ Harvey Silberstein, Bergen County Senior Services	10:00 am
July 3	*Center Closed – Fourth of July	ALL DAY
July 8	*Senior Resources & Information w/ Meadowlands Family Success Center	9:30 am
July 8	*Nutrition Education: Blueberry Month w/ Kristiana Rufo, ShopRite Dietitian	12:30 pm
July 10	*Movie: Book Club	10:00 am
July 13	*Waffle Day!	10:00 am
July 15	*Hand Massages w/ Agata Halat, Bergen County Division of Senior Services	9:45 am
July 15	*Semi quincennial Quiz Bowl w/ Visiting Angels	12:30 pm
July 16	*Birthday Celebration!	12:15 pm
July 17	*Bingo Bash!	12:25 pm
July 17	*AARP Driver's Safety Course	8:30 am
July 21	*Blood Pressure Screenings w/ Bergen County Department of Health Services	9:30 am
July 22	*Total Brain Health w/ Agata Halat, Bergen County Division of Senior Services	12:30 pm
July 24	*Podiatry w/ Dr. Eric Rosen	8:30 am
July 29	*Book Club!	1:00 pm

**Advanced registration for programs with \* required.**

To register please call **(201) 336-7471** or email

**elmwoodparkcenter@bergencountynj.gov** or visit the Elmwood Park Senior Center Office.

The Amphitheater at  
Overpeck County Park

**Bergen County's**  
**Star-Spangled**  
**Spectacular**

July 4<sup>th</sup> 2PM  
Rain Date: July 5th



**FIREWORKS**  
**FOOD TRUCKS**  
**BEER & WINE GARDEN**

**LIVE MUSIC**  
**CARNIVAL ATTRACTIONS**  
**& MORE!**

*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.

<p><b>MONDAY</b></p> <p><b>Continental Breakfast</b></p> <p><b>Monday-Friday</b> <b>8:00am- 11:00am</b></p> 	<p><b>TUESDAY</b></p> <p><b>Suggested Lunch Donation:</b> \$1.25 Per Meal</p> <p><i>Please reserve lunch by 11:30am the day before</i></p> <p><b>Lunch is served at 11:45am daily</b></p>	<p><b>WEDNESDAY</b></p> <p><b>1</b></p> <p>9:30 Diamond Art 10:20 Zumba Gold w/ Lauren 12:30 Yoga w/ EJ</p> <p><b>Chicken Florentine</b></p>	<p><b>THURSDAY</b></p> <p><b>2</b></p> <p>9:30 Diamond Art 9:30 Need-L-Wits <b>10:00 Presentation: Beat the Heat w/ Harvey Silberstein</b> 12:30 Senior Fitness w/ Lisa</p> <p><b>Hot Dogs/Hot Dog Buns</b></p>	<p><b>FRIDAY</b></p>  <p><b>CENTER CLOSED</b></p>
<p><b>6</b></p> <p>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><b>Cheeseburger w/ Lettuce and Tomato</b></p>	<p><b>7</b></p> <p>9:30 Diamond Art 10:30 Movement to Dance w/ Gerri 12:30 Yoga w/ EJ</p> <p><b>Roast Turkey &amp; Swiss w/ Lettuce</b></p>	<p><b>8</b></p> <p>9:30 Diamond Art <b>9:30 Senior Resources &amp; Information w/ Meadowlands Family Success</b> 10:20 Zumba Gold w/ Lauren <b>12:30 Nutrition Education: Blueberry Month w/ Kristiana Rufo, ShopRite</b></p> <p><b>Stuffed Cabbage</b></p>	<p><b>9</b></p> <p>9:30 Diamond Art 9:30 Need-L-Wits 12:30 Senior Fitness w/ Lisa</p> <p><b>Korean BBQ Chicken Leg</b></p>	<p><b>10</b></p> <p>9:30 Diamond Art <b>10:00 Movie: "Book Club" (2018)</b> 10:30 Movement to Dance w/ Gerri 1:00 Exercise Class w/ Katty</p> <p><b>Roast Pork Loin w/ Apple Cinnamon</b></p>
<p><b>13</b></p> <p>9:00 Bergen County Senior Services Benefits Navigators 9:30 Diamond Art <b>10:00 Waffle Day!</b> 10:00 Tai-Chi w/ James 1:00 Zumba Gold w/ Lourdes</p> <p><b>Hawaiian Chicken</b></p>	<p><b>14</b></p> <p>9:30 Diamond Art 10:30 Movement to Dance w/ Gerri 12:30 Yoga w/ EJ</p> <p><b>Chef Salad w/ Diced Turkey</b></p>	<p><b>15</b></p> <p>9:30 Diamond Art <b>9:45 Hand Massages w/ Agata Halat, BC Division of Senior Services</b> 10:20 Zumba Gold w/ Lauren 12:30 Yoga w/ EJ <b>12:30 Semi quincennial Quiz Bowl w/ Visiting Angels</b></p> <p><b>Chicken Parmesan</b></p>	<p><b>16</b></p> <p>9:30 Diamond Art 9:30 Need-L-Wits <b>12:15 Birthday Celebration!</b></p> <p><b>Egg Salad with Lettuce/Tomato</b></p>	<p><b>17</b></p> <p><b>8:30 AARP Driver's Safety Course</b> 9:30 Diamond Art 10:30 Movement to Dance w/ Gerri <b>12:45 Bingo Bash!</b> 1:00 Exercise Class w/ Katty</p> <p><b>Teriyaki Glazed Salmon</b></p>
<p><b>20</b></p> <p>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><b>Cheese Omelet</b></p>	<p><b>21</b></p> <p>9:30 Diamond Art <b>9:30 Blood Pressure Screenings w/ BC Dep. Of Health Services</b> 10:30 Movement to Dance w/ Gerri 12:30 Yoga w/ EJ</p> <p><b>Italian Meatballs</b></p>	<p><b>22</b></p> <p>9:30 Diamond Art 10:20 Zumba Gold w/ Lauren <b>12:30 Total Brain Health w/ Agata Halat, BC Division of Senior Services</b> 12:30 Yoga w/ EJ</p> <p><b>Seafood Salad on Spinach</b></p>	<p><b>23</b></p> <p>9:30 Diamond Art 9:30 Need-L-Wits 12:30 Senior Fitness w/ Lisa</p> <p><b>BBQ Pulled Pork Sandwich</b></p>	<p><b>24</b></p> <p><b>8:30 Podiatry w/ Dr. Eric Rosen</b> 9:30 Diamond Art 10:30 Movement to Dance w/ Gerri 1:00 Exercise Class w/ Katty</p> <p><b>Chicken Cordon Bleu</b></p>
<p><b>27</b></p> <p>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><b>Roast Beef with Gravy</b></p>	<p><b>28</b></p> <p>9:30 Diamond Art 10:30 Movement to Dance w/ Gerri 12:30 Yoga w/ EJ</p> <p><b>Breaded Haddock</b></p>	<p><b>29</b></p> <p>9:30 Diamond Art 10:20 Zumba Gold w/ Lauren 12:30 Yoga w/ EJ <b>1:00 Book Club!</b></p> <p><b>LS Ham Steak with Pineapple</b></p>	<p><b>30</b></p> <p>9:30 Diamond Art 9:30 Need-L-Wits 12:30 Senior Fitness w/ Lisa</p> <p><b>Chicken Piccata with Capers</b></p>	<p><b>31</b></p> <p>9:30 Diamond Art 10:30 Movement to Dance w/ Gerri 1:00 Exercise Class w/ Katty</p> <p><b>Stuffed Peppers</b></p>