



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

Management Office
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
August 2026



August 5	Bingo Bash!	12:45 pm
August 7	Movie: <i>Book Club – The Next Chapter</i>	12:45 pm
August 11	Exploring the Myths of Aging w/ Harvey Silberstein, Bergen County Senior Services	10:30 am
August 12	Class: Total Brain Health w/ Agata Halat, Bergen County Division of Senior Services	12:30 pm
August 13	Butterfly Diamond Art w/ Agata Halat, Bergen County Division of Senior Services	10:00 am
August 17	Celebration: August Birthdays!	12:15 pm
August 18	Blood Pressure Screenings w/ Bergen County Department of Health Services	9:30 am
August 19	Hand Massages w/ Agata Halat, Bergen County Division of Senior Services	9:45 am
August 20	Berry Pancakes!	10:00 am
August 21	AARP Drivers Safety Course w/ AARP	8:30 am
August 25	Bingo Bash!	12:45 pm
August 26	Women's Equality Day – Movie: <i>On the Basis of Sex</i> Refreshments will be served	10:00 am
August 26	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.

RSVP

Or visit <https://forms.office.com/g/xLLWgs2cv6>

**SENIOR FESTIVAL**
THURSDAY, SEPTEMBER 24
(RAIN DATE TUESDAY, SEPTEMBER 29)
VAN SAUN COUNTY PARK

transport: (201) 368-5955
general questions: (201) 336-7417
email: seniors@Bergencountynj.gov

For more INFO
Contact

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
3 9:00 Bergen County Senior Services Benefits Navigators 9:30 Diamond Art 10:00 Tai-Chi w/ James 1:00 Zumba Gold w/ Lourdes Chicken Scampi		4 9:30 Diamond Art 10:30 Movements to Dance w/ Gerri 12:30 Yoga w/ EJ Pork Loin w/Apple Cinnamon Glaze		5 9:30 Diamond Art 10:20 Zumba Gold w/ Lauren 12:30 Yoga w/ EJ <u>12:45 Bingo Bash!</u> Vegetable Lasagna		6 9:30 Diamond Art 9:30 Need-L-Wits 12:30 Senior Fitness w/ Lisa Roast Turkey & Swiss w/Lettuce		7 9:30 Diamond Art <u>10:00 Movie: Book Club – The Next Chapter</u> 10:30 Movements to Dance w/ Gerri 1:00 Exercise Class w/ Katty Homestyle Meatloaf w/Gravy	
10 9:00 Bergen County Senior Services Benefits Navigators 9:30 Diamond Art 10:00 Tai-Chi w/ James 1:00 Zumba Gold w/ Lourdes Stuffed Cabbage		11 9:30 Diamond Art 10:30 Movements to Dance w/ Gerri <u>10:30 Presentation: Exploring the Myths of Aging</u> 12:30 Yoga w/ EJ Chicken Tikka Masala		12 9:30 Diamond Art 10:20 Zumba Gold w/ Lauren <u>12:30 Class: Total Brain Health</u> 12:30 Yoga w/ EJ Roast Beef & Provolone w/Lettuce		13 9:30 Diamond Art 9:30 Need-L-Wits <u>10:00 Butterfly Diamond Art</u> 12:30 Senior Fitness w/ Lisa LS Ham Steak w/Pineapple		14 9:30 Diamond Art 10:30 Movements to Dance w/ Gerri 1:00 Exercise Class w/ Katty BBQ Chicken Leg	
17 9:00 Bergen County Senior Services Benefits Navigators 9:30 Diamond Art 10:00 Tai-Chi w/ James <u>12:15 Celebration: August Birthdays!</u> 1:00 Zumba Gold w/ Lourdes Stuffed Peppers		18 9:30 Diamond Art <u>9:30 Blood Pressure Screenings</u> 10:30 Movements to Dance w/ Gerri 12:30 Yoga w/ EJ Egg Salad w/ Lettuce & Tomato		19 9:30 Diamond Art <u>9:45 Hand Massages</u> 10:20 Zumba Gold w/ Lauren 12:30 Yoga w/ EJ Beer Battered Cod		20 9:30 Diamond Art 9:30 Need-L-Wits <u>10:00 Berry Pancakes!</u> Beef and Broccoli		21 <u>8:30 AARP Driver's Safety Course</u> 9:30 Diamond Art 10:30 Movements to Dance w/ Gerri 1:00 Exercise Class w/ Katty Chicken Cordon Bleu	
24 9:00 Bergen County Senior Services Benefits Navigators 9:30 Diamond Art 10:00 Tai-Chi w/ James 1:00 Zumba Gold w/ Lourdes Pot Roast w/ Gravy		25 9:30 Diamond Art 10:30 Movements to Dance w/ Gerri 12:30 Yoga w/ EJ <u>12:45 Bingo Bash!</u> Chicken Parmesan		26 9:30 Diamond Art <u>10:00 Women's Equality Day – Movie: On the Basis of Sex</u> 10:20 Zumba Gold w/ Lauren 12:30 Yoga w/ EJ <u>1:00 Book Club!</u> Baked Herbed Chicken		27 9:30 Diamond Art 9:30 Need-L-Wits 12:30 Senior Fitness w/ Lisa Tuna Salad w/Lettuce & Tomato		28 9:30 Diamond Art 10:30 Movements to Dance w/ Gerri 1:00 Exercise Class w/ Katty Beef Hot Dog	
31 9:00 Bergen County Senior Services Benefits Navigators 9:30 Diamond Art 10:00 Tai-Chi w/ James 1:00 Zumba Gold w/ Lourdes Cheeseburger w/Lettuce & Tomato		Continental Breakfast Monday-Friday 8:00AM - 11:00AM 		Suggested Lunch Donation: \$1.25 Per Meal <i>Please reserve lunch by 11:30AM the day before</i> Lunch is served at 11:45am daily		 August National Wellness Month			