



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
September 2026



Sept 2	Class: Total Brain Health w/ Agata Halat, Bergen County Division of Senior Services	12:30 pm
Sept 3	Arts & Crafts: Lavender Abstract Painting w/ Agata Halat, Bergen County Division of Senior Services	10:00 am
Sept 7	Labor Day – Center Closed	All Day
Sept 9	Nutrition Presentation: Healthy Aging w/ Kristiana Rufo, ShopRite Dietitian	12:30 pm
Sept 11	9/11 Moment of Silence A brief moment of silence will be observed in remembrance of 9/11 to honor the lives lost and the heroes of that day	9:00 am
Sept 15	Blood Pressure Screenings w/ Bergen County Department of Health Services	9:30 am
Sept 16	Celebration: September Birthdays!	12:15 pm
Sept 17	Hand Massages w/ Agata Halat, Bergen County Division of Senior Services	9:45 am
Sept 18	AARP Drivers Safety Course w/ AARP staff	8:30 am
Sept 23	Presentation: Depression Myths w/ Harvey Silberstein, Bergen County Division of Senior Services	10:30 am
Sept 24	Annual Senior Festival at Van Saun Park Rain date Sept 29 (Registration required by Sept 11)	10:00 am
Sept 25	Bingo Bash!	12:45 pm
Sept 30	Book Club!	1:00 pm

The Senior Activity Center will hold an event in honor of POW/MIA on a date to be announced.

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

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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	1 9:30 Diamond Art 10:30 Movements to Dance w/ Gerri 12:30 Yoga w/ EJ Ham Steak w/ Pineapple	2 9:30 Diamond Art 10:20 Zumba Gold w/ Lauren <u>12:30 Class: Total Brain Health</u> 12:30 Yoga w/ EJ Korean BBQ Chicken Leg	3 9:30 Diamond Art 9:30 Need-L-Wits <u>10:00 Arts & Crafts: Lavender Abstract Painting</u> 10:30 Movements to Dance w/ Gerri 12:30 Senior Fitness w/ Lisa Seafood Salad over Spinach	4 9:30 Diamond Art 1:00 Exercise Class w/ Katty Roast Turkey w/ Gravy
7  CENTER CLOSED	8 9:30 Diamond Art 10:30 Movements to Dance w/ Gerri 12:30 Yoga w/ EJ Stuffed Cabbage	9 9:30 Diamond Art 10:20 Zumba Gold w/ Lauren <u>12:30 Nutrition Education: Healthy Aging</u> 12:30 Yoga w/ EJ Italian Meatballs	10 9:30 Diamond Art 9:30 Need-L-Wits 10:30 Movements to Dance w/ Gerri 12:30 Senior Fitness w/ Lisa Tuna Noodle Salad over Romaine	11 <u>9:00 9/11 Moment of Silence</u> 9:30 Diamond Art <u>9:59 9/11 Remembrance</u> 1:00 Exercise Class w/ Katty Chicken with Pineapple
14 9:00 Bergen County Senior Services Benefits Navigators 9:30 Diamond Art 10:00 Tai-Chi w/ James 1:00 Zumba Gold w/ Lourdes BBQ Pulled Pork Sandwich	15 9:30 Diamond Art <u>9:30 Blood Pressure Screenings</u> 10:30 Movements to Dance w/ Gerri 12:30 Yoga w/ EJ Fish w/ Lemon Dill Sauce	16 9:30 Diamond Art 10:20 Zumba Gold w/ Lauren <u>12:15 Celebration: September Birthdays!</u> 12:30 Yoga w/ EJ Egg Salad Sandwich	17 9:30 Diamond Art 9:30 Need-L-Wits <u>9:45 Hand Massages</u> 10:30 Movements to Dance w/ Gerri Homestyle Meatloaf w/ Gravy	18 <u>8:30 AARP Safety Driver's Course</u> 9:30 Diamond Art 1:00 Exercise Class w/ Katty Sweet & Sour Chicken
21 9:00 Bergen County Senior Services Benefits Navigators 9:30 Diamond Art 10:00 Tai-Chi w/ James 1:00 Zumba Gold w/ Lourdes Roast Beef w/ Gravy	22 9:30 Diamond Art 10:30 Movements to Dance w/ Gerri 12:30 Yoga w/ EJ Cheese Omelet	23 9:30 Diamond Art 10:20 Zumba Gold w/ Lauren <u>10:30 Presentation: Depression Myths</u> 12:30 Yoga w/ EJ Chicken Cacciatore	24 9:30 Diamond Art 9:30 Need-L-Wits 10:30 Movements to Dance w/ Gerri 12:30 Senior Fitness w/ Lisa Annual Senior Festival at Van Saun Park Cheeseburger w/ Lettuce & Tomato	25 9:30 Diamond Art <u>12:45 Bingo Bash!</u> 1:00 Exercise Class w/ Katty Chicken Salad Sandwich
28 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 Florentine	29 9:30 Diamond Art 10:30 Movements to Dance w/ Gerri 12:30 Yoga w/ EJ Stuffed Peppers	30 9:30 Diamond Art 10:20 Zumba Gold w/ Lauren 12:30 Yoga w/ EJ <u>1:00 Book Club!</u> Roast Beef w/ Provolone	 HISPANIC HERITAGE MONTH	Continental Breakfast Monday-Friday 8:00AM - 11:00AM 