



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

Johnn De Marzio, Director
500 Mola Boulevard
Elmwood Park, NJ, 07407
Phone: (201) 796-3342 ext 6005
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
October 2026

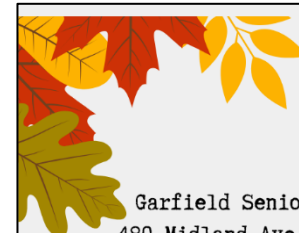


Oct 1	Presentation: The Role of the County Surrogate w/ The Honorable Joseph S. Conte (retired), former judge of the New Jersey Superior Court	10:30 AM
Oct 7	Hand Massages w/ Agata Halat, Bergen County Division of Senior Services	9:45 AM
Oct 7	Bingo Bash	12:45 AM
Oct 12	Indigenous Peoples' Day & Columbus Day – Center Closed	ALL DAY
Oct 13	Presentation: Why Walking is the Ultimate Experience w/ Bill Wright, Bergen New Bridge Medical Center	10:30 AM
Oct 15	Celebration: October Birthdays	12:15 PM
Oct 16	AARP Driver Safety Class w/ AARP staff	8:30 AM
Oct 20	Blood Pressure Screenings w/ Bergen County Health Department	9:30 AM
Oct 20	Presentation: Beat the Cold w/ Harvey Silberstein, Bergen County Division of Senior Services	10:30 AM
Oct 21	Class: Total Brain Health w/ Agata Halat, Bergen County Division of Senior Services	12:15 PM
Oct 28	Book Club	1:00 PM
Oct 30	Halloween Bash	11:00 AM - 2:00 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.



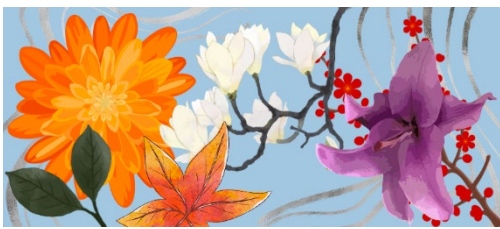
Thanksgiving Luncheon

THURSDAY, NOV. 26, 2026
10:00AM - 2:00PM
(RSVP BY NOV. 19)

Garfield Senior Activity Center
480 Midland Ave, Garfield NJ 07026

To RSVP call (973) 478-0502
or email seniors@bergencountynj.gov



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
Continental Breakfast Monday-Friday 8:00AM - 11:00AM 		Suggested Lunch Donation: \$1.25 Per Meal Please reserve lunch by 11:30AM the day before Lunch is served at 11:45AM daily				19:30 Diamond Art 9:30 Need-L-Wits 10:30 Movement to Dance w/ Gerri 10:30 Presentation: Role of the County Surrogate 12:30 Senior Fitness w/ Lisa Eggplant Rollatini w/ Meatballs		29:30 Diamond Art 1:00 Exercise Class w/ Katty Bratwurst w/ Sauerkraut	
59:00 Bergen County Senior Services Benefits Navigators 9:30 Diamond Art 10:00 Tai-Chi w/ James 1:00 Zumba Gold w/ Lourdes Fish w/ Lemon Caper Sauce		69:30 Diamond Art 10:30 Movement to Dance w/ Gerri 12:30 Yoga w/ Elise Ham Steak w/ Pineapple		79:30 Diamond Art 9:45 Hand Massages w/Agata 10:20 Zumba Gold w/ Lauren 12:30 Yoga w/ EJ 12:45 Bingo Bash Italian Turkey Sausage		89:30 Diamond Art 9:30 Need-L-Wits 10:30 Movement to Dance w/ Gerri 12:30 Senior Fitness w/ Lisa Seafood Salad Platter w/ Spinach		99:30 Diamond Art 1:00 Exercise Class w/ Katty Ginger Soy Chicken	
12 CENTER CLOSED		139:30 Diamond Art 10:30 Movement to Dance w/ Gerri 10:30 Presentation: Why Walking is the Ultimate Experience 12:30 Yoga w/ Elise Homestyle Meatloaf w/ Gravy		149:30 Diamond Art 10:20 Zumba Gold w/ Lauren 12:30 Yoga w/ EJ Chicken Tikka Masala		159:30 Diamond Art 9:30 Need-L-Wits 10:30 Movement to Dance w/ Gerri 12:15 Celebration: October Birthdays 12:30 Senior Fitness w/ Lisa Tuna Noodle Salad over Romaine		168:30 AARP Driver Safety Class 9:30 Diamond Art 1:00 Exercise Class w/ Katty Korean BBQ Chicken Leg	
199:00 Bergen County Senior Services Benefits Navigators 9:30 Diamond Art 10:00 Tai-Chi w/ James 1:00 Zumba Gold w/ Lourdes Roast Turkey w/ Gravy		209:30 Diamond Art 9:30 Blood Pressure Screenings 10:30 Movement to Dance w/ Gerri 10:30 Presentation: Beat the Cold 12:30 Yoga w/ Elise Chicken Marsala		219:30 Diamond Art 10:20 Zumba Gold w/ Lauren 12:15 Class: Total Brain Health 12:30 Yoga w/ EJ Breaded Pork Chop w/ Gravy		229:30 Diamond Art 9:30 Need-L-Wits 10:30 Movement to Dance w/ Gerri 12:30 Senior Fitness w/ Lisa Stuffed Cabbage		239:30 Diamond Art 1:00 Exercise Class w/ Katty Egg Salad Sandwich	
269:00 Bergen County Senior Services Benefits Navigators 9:30 Diamond Art 10:00 Tai-Chi w/ James 1:00 Zumba Gold w/ Lourdes Cheese Omelet		279:30 Diamond Art 10:30 Movement to Dance w/ Gerri 12:30 Yoga w/ Elise Beef Chili Con Carne		289:30 Diamond Art 10:20 Zumba Gold w/ Lauren 12:30 Yoga w/ EJ 1:00 Book Club Turkey and Swiss w/ Lettuce & Tomato		299:30 Diamond Art 9:30 Need-L-Wits 10:00 Fall Diamond Art 10:30 Movement to Dance w/ Gerri 12:30 Senior Fitness w/ Lisa Chicken Cordon Bleu		30HALLOWEEN BASH 11:00-2:00  Chicken Parmesan	