James J. Tedesco, III
County Executive

Board of County Commissioners

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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 • Fax: (201) 475-9403

elmwoodparkcenter@bergencountynj.gov

Open: Monday - Friday, 8:00AM - 3:30PM

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.

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
November 2026

Nov 3	**Election Day – Center Closed**	**ALL DAY**
Nov 6	**Presentation: Handwashing and Flu Prevention** w/ Marielisa Rosado, Bergen County Department of Health Services	**10:30 AM**
Nov 9	**Presentation: SHIP Medicare Open Enrollment – 2027 Medicare Updates** w/ Zaria Evans, Bergen County Division of Senior Services	**10:00 AM**
Nov 11	**Veterans Day – Center Closed**	**ALL DAY**
Nov 12	**Presentation: Medicare Open Enrollment and the Increasing Costs to Seniors** w/ Joel Schneider, Senior Medicare Patrol	**10:15 AM**
Nov 13	**Presentation: Avoiding Scams** w/ Bergen County Sheriff Anthony Cureton	**10:30 AM**
Nov 13	**Bingo Bash**	**12:45 PM**
Nov 17	**Presentation: Exploring the Myths of Aging – Part II** w/ Harvey Silberstein, Bergen County Division of Senior Services	**10:30 AM**
Nov 18	**Celebration: November Birthdays**	**12:00 PM**
Nov 18	**Class: Total Brain Health** w/ Agata Halat, Bergen County Division of Senior Services	**12:15 AM**
Nov 20	**AARP Driver Safety Class** w/ AARP Staff	**8:30 AM**
Nov 20	**Presentation: Let's Talk Memory** w/ Act Now Foundation	**10:00 AM**
Nov 24	**Blood Pressure Screenings** w/ Bergen County Department of Health Services	**9:30 AM**
Nov 25	**Hand Massages** w/ Agata Halat, Bergen County Division of Senior Services	**9:45 AM**
Nov 25	**Book Club**	**1:00 PM**
Nov 26, 27	**Thanksgiving Break – Center Closed**	**ALL DAY**

Thanksgiving Luncheon

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

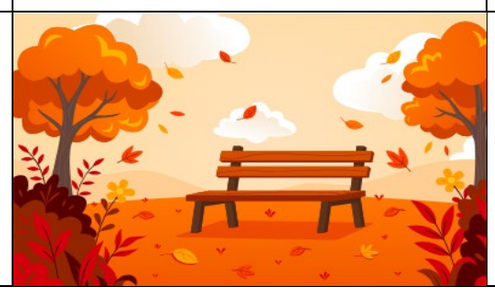
Garfield Senior Activity Center
480 Midland Ave, Garfield NJ 07026

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

(201) 796-3342, Johnn De Marzio, Director

ELMWOOD PARK SENIOR ACTIVITY CENTER

November 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 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**	**3**  **CENTER CLOSED**	**4** 9:30 Diamond Art 10:20 Zumba Gold w/ Lauren 12:30 Yoga w /Elise **Homestyle Meatloaf w/ Mushroom Gravy**	**5** 9:30 Diamond Art 9:30 Need-L-Wits 10:30 Movement to Dance w/ Gerri 12:30 Senior Fitness w/ Lisa **Tuna Salad Sandwich**	**6** 9:30 Diamond Art **10:30 Presentation: Handwashing and Flu Prevention** 1:00 Exercise Class w/ Katty **Chicken Florentine**
9 9:00 Bergen County Senior Services Benefits Navigators 9:30 Diamond Art 10:00 Tai-Chi w/ James **10:00 Presentation: SHIP Medicare Open Enrollment** 1:00 Zumba Gold w/ Lourdes **Sliced Pork Loin w/ Apple Cinnamon Glaze**	**10** 9:30 Diamond Art 10:00 Berry Pancakes Breakfast 10:30 Movement to Dance w/ Gerri 12:30 Yoga w/ Elise **Chicken Fajitas**	**11**  **CENTER CLOSED**	**12** 9:30 Diamond Art 9:30 Need-L-Wits **10:15 Presentation: Medicare Open Enrollment and the Increasing Costs to Seniors** 10:30 Movement to Dance w/ Gerri 12:30 Senior Fitness w/ Lisa **Baked Herbed Chicken Leg**	**13** 9:30 Diamond Art **10:30 Presentation: Avoiding Scams** **12:45 Bingo Bash** 1:00 Exercise Class w/ Katty **Turkey and Swiss Cheese**
16 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 Parmesan**	**17** 9:30 Diamond Art 10:30 Movement to Dance w/ Gerri **10:30 Presentation: Exploring the Myths of Aging – Part II** 12:30 Yoga w/ Elise **Egg Salad with Lettuce & Tomato**	**18** 9:30 Diamond Art 10:20 Zumba Gold w/ Lauren **12:00 Celebration: November Birthdays** **12:15 Class: Total Brain Health w/ Agata** 12:30 Yoga w/ Elise **Lemon Pepper Tilapia**	**19** 9:30 Diamond Art 9:30 Need-L-Wits 10:30 Movement to Dance w/ Gerri **Sweet & Sour Chicken**	**20** **8:30 AARP Driver Safety Course** 9:30 Diamond Art **10:00 Presentation: Let's Talk Memory** 1:00 Exercise Class w/ Katty **Cheeseburger w/ Lettuce and Tomato**
23 9:00 Bergen County Senior Services Benefits Navigators 9:30 Diamond Art 10:00 Tai-Chi w/ James 1:00 Zumba Gold w/ Lourdes **Korean BBQ Chicken Leg**	**24** 9:30 Diamond Art **9:30 Blood Pressure Screenings** 10:30 Movement to Dance w/ Gerri 12:30 Yoga w/ Elise **Cheese Omelet**	**25** 9:30 Diamond Art **9:45 Hand Massages** 10:20 Zumba Gold w/ Lauren 12:30 Yoga w/ Elise **1:00 Book Club** **Ham Steak w/ Pineapple**	**26** *Thanksgiving Luncheon* GARFIELD SENIOR ACTIVITY CENTER 10AM-2PM REGISTRATION REQUIRED PLEASE CALL (973) 478-0502 **CENTER CLOSED**	 **CENTER CLOSED**
30 9:00 Bergen County Senior Services Benefits Navigators 9:30 Diamond Art 10:00 Tai-Chi w/ James 1:00 Zumba Gold w/ Lourdes **Eggplant Rollatini w/ Italian Meatballs**	National Alzheimer's Disease Awareness Month 		**Suggested Lunch Donation:** **$1.25 Per Meal** ***Please reserve lunch by 11:30AM the day before*** **Lunch is served at 11:45AM daily**	**Continental Breakfast** **Monday-Friday** **8:00AM - 11:00AM** 