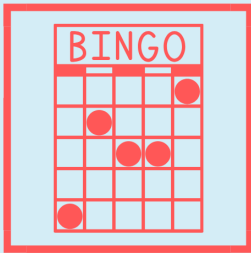


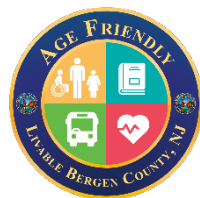
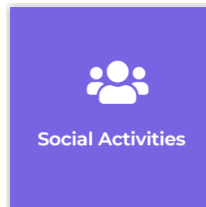
## Social Activities and Recreation for Seniors



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For online guide, visit [www.co.bergen.nj.us/division-of-senior-services](http://www.co.bergen.nj.us/division-of-senior-services)  
and click on the Social Activities icon.



## ARTS & CRAFTS



*Discover the boundless joy of creativity - inspire, empower, and ignite your imagination. Whether you are a seasoned artist or an eager beginner, the journey of crafting is filled with joy, discovery, and a sense of accomplishment.*

55 Kip Center  
55 Kip Avenue  
Rutherford, NJ 07070  
201-460-1600

<https://www.55kipcenter.org/>

- Beginner and intermediate art classes
- Crafts
- Knitting, crocheting
- Quilting

Bergenfield Senior Activity Center  
293 Murray Hill Terrace, Bergenfield, NJ 07621  
201 387-7212

<https://www.co.bergen.nj.us/division-of-senior-services/senior-activity-centers>

- Ceramics
- Jewelry Making w/ Ybis Nina
- Knitting/Crocheting Group

Elmwood Park Senior Activity Center  
500 Mola Boulevard  
Elmwood Park, NJ 07407  
201-796-3342

<https://www.co.bergen.nj.us/division-of-senior-services/senior-activity-centers>

- Crafts with The Visiting Angels
- Diamond Art
- "The Needle Wits" Knitting Club

Garfield Senior Activity Center  
480 Midland Avenue  
Garfield, NJ 07626  
973-478-0502

<https://www.co.bergen.nj.us/division-of-senior-services/senior-activity-centers>

- Jewelry Making w/ Meena Trivedi

Northwest Senior Activity Center  
46-50 Center Street  
Midland Park, NJ 07432  
201-445-5690

<https://www.co.bergen.nj.us/division-of-senior-services/senior-activity-centers>

- Watercolor painting

Palisades Park Senior Activity Center  
300 Highland Avenue  
Palisades Park, NJ 07650  
201-944-5616

<https://www.co.bergen.nj.us/division-of-senior-services/senior-activity-centers>

- Watercolor painting

Richard & Catherine Nest Adult Activity Center  
319 Main Street  
Fort Lee, NJ 07024  
201-592-3500 ext. 1300

<https://www.fortleenj.org/355/Senior-Human-Services>

- Knitting
- Oil painting, watercolor painting
- Sketching

Ridgefield Park Senior Activity Center  
159 Park Street  
Ridgefield Park, NJ 07660  
201-641-1220

<https://www.co.bergen.nj.us/division-of-senior-services/senior-activity-centers>

- Cookie baking, chocolate making
- Coloring
- Diamond Art

Southwest Senior Activity Center  
147 Hackensack Street  
East Rutherford, NJ 07073  
201-935-8920

<https://www.co.bergen.nj.us/division-of-senior-services/senior-activity-centers>

- Knitting Club

Wallington Senior Activity Center  
24 Union Boulevard  
Wallington, NJ 07057  
973-777-5815

<https://www.co.bergen.nj.us/division-of-senior-services/senior-activity-centers>

- Knitting, crocheting
- Arts & crafts
- Painting

### Virtual Arts & Crafts Classes:

- [www.getsetup.io](http://www.getsetup.io)
- <https://seniorplanet.org/>



## DANCE

55 Kip Center  
55 Kip Avenue  
Rutherford, NJ 07070  
201-460-1600  
<https://www.55kipcenter.org/>

- Line dancing

Bergenfield Senior Activity Center  
293 Murray Hill Terrace  
Bergenfield, NJ 07621  
201 387-7212  
<https://www.co.bergen.nj.us/division-of-senior-services/senior-activity-centers>

- Line dancing

Elmwood Park Senior Activity Center  
500 Mola Boulevard  
Elmwood Park, NJ 07407  
201-796-3342  
<https://www.co.bergen.nj.us/division-of-senior-services/senior-activity-centers>

- Movements to Dance

Garfield Senior Activity Center  
480 Midland Avenue  
Garfield, NJ 07626  
973-478-0502  
<https://www.co.bergen.nj.us/division-of-senior-services/senior-activity-centers>

- Line dancing

Northwest Senior Activity Center  
46-50 Center Street  
Midland Park, NJ 07432  
201-445-5690  
<https://www.co.bergen.nj.us/division-of-senior-services/senior-activity-centers>

- Social/ballroom dancing
- Country line dancing
- Tap dancing

Palisades Park Senior Activity Center  
300 Highland Avenue  
Palisades Park, NJ 07650  
201-944-5616  
<https://www.co.bergen.nj.us/division-of-senior-services/senior-activity-centers>

- Korean Folk Dance
- Line dancing

Ridgefield Park Senior Activity Center  
159 Park Street  
Ridgefield Park, NJ 07660  
201-641-1220  
<https://www.co.bergen.nj.us/division-of-senior-services/senior-activity-centers>

- Belly dancing

Southwest Senior Activity Center  
147 Hackensack Street  
East Rutherford, NJ 07073  
201-935-8920  
<https://www.co.bergen.nj.us/division-of-senior-services/senior-activity-centers>

- Line dancing

United Senior Activity Center  
101 Hudson Street  
Hackensack, NJ 07601  
201-336-3320  
<https://www.co.bergen.nj.us/division-of-senior-services/senior-activity-centers>

- Line dancing w/ Irma



*Step into the world of rhythmic movements, where emotions flow freely, and creativity takes center stage. Let the music guide your steps and dance your heart out. In every movement, you will find a captivating tale waiting to be told.*

## EDUCATION

55 Kip Center  
55 Kip Avenue  
Rutherford, NJ 07070  
201-460-1600

<https://www.55kipcenter.org/>

- Computer lab with two levels of classes
- Creative writing

Bergen Community College  
400 Paramus Road  
Paramus, NJ 07652  
201-447-7100

<https://bergen.edu/bursar/tuition-and-fees-current-and-previous-academic-years/>

- Senior Citizens Tuition Waiver - Bergen County residents who have reached their 65th birthday prior to the first day of classes are eligible for the Tuition Waiver. Tuition and technology fees are covered.

Farleigh Dickinson University  
1000 River Road  
Teaneck, NJ 07666  
201-692-6500

<https://www.fdu.edu/academics/centers-institutes/petrocelli-center/>

- Continuing Education

Kaplen JCC on the Palisades  
411 E. Clinton Avenue  
Tenafly, NJ 07670  
201-569-7900

<https://www.jccotp.org/programs/ipad-lending-library/>

- iPad Lending Library. Seniors, stay connected! Sign up for a preloaded iPad with software to keep you in touch delivered to your home. Includes ongoing tech support to ensure everyone can benefit.



*Expand your horizon, embrace new challenges, and forge meaningful connections with like-minded individuals. Offering diverse range of subjects from art and history to technology and wellness.*

Korean American Senior Citizens Association of New Jersey

133 Fort Lee Road - 3rd Floor  
Leonia, NJ 07605  
201-945-2400

- ESL (Korean)

Korean Community Center (KCC)

100 Grove Street  
Tenafly, NJ 07670  
201-541-1200

<https://www.kccus.org/course/kcc-free-elderly-tech/>

- Elderly Tech (Korean)



### Virtual Education

GetSetUp

[www.getsetup.io](http://www.getsetup.io)

- Offers educational online classes in language, technology, travel, finance, health & well-being.

Senior Planet

888-713-3495

[www.seniorplanet.org](http://www.seniorplanet.org)

- Offers online courses in technology, finance, special lectures, discussions, and more.

## EDUCATION AT BERGEN COUNTY SENIOR CENTERS

Bergenfield Senior Activity Center  
293 Murray Hill Terrace  
Bergenfield, NJ 07621  
201-387-7212

- iPad classes

Elmwood Park Senior Activity Center  
500 Mola Boulevard  
Elmwood Park, NJ 07407  
201-796-3342

- iPad classes

Garfield Senior Activity Center  
480 Midland Avenue  
Garfield, NJ 07626  
973-478-0502

- Computer and smartphone classes
- iPad classes

Northwest Senior Activity Center  
46-50 Center Street  
Midland Park, NJ 07432  
201-445-5690

- Computer Workshop
- iPad classes

North Arlington Senior Activity Center  
11 York Road  
North Arlington, NJ 07031  
201-998-5636

- iPad classes

Palisades Park Senior Activity Center  
300 Highland Avenue  
Palisades Park, NJ 07650  
201-944-5616

- Civics class
- ESL (Korean)
- Smartphone classes, iPad classes

Ridgefield Park Senior Activity Center  
159 Park Street  
Ridgefield Park, NJ 07660  
201-641-1220

- ESL
- iPad classes

Southwest Senior Activity Center  
147 Hackensack Street  
East Rutherford, NJ 07073  
201-935-8920

- Korean Citizenship Class
- ESL (Korean)
- Korean Consultation
- iPad classes

United Senior Activity Center  
101 Hudson Street  
Hackensack, NJ 07601  
201-336-3320

- ESL & Citizenship (Spanish)
- iPad classes

Wallington Senior Activity Center  
24 Union Boulevard  
Wallington, NJ 07057  
973-777-5815

- iPad classes

**For more information about educational offerings at Bergen  
County Senior Centers, please visit our website:**

<https://www.co.bergen.nj.us/division-of-senior-services/senior-activity-centers>

## EXERCISE

Bergenfield Senior Activity Center  
293 Murray Hill Terrace  
Bergenfield, NJ 07621  
201 387-7212  
<https://www.co.bergen.nj.us/division-of-senior-services/senior-activity-centers>

- Exercise w/ Gerardo (Cabanics)
- Cardio
- Video Exercise
- Walking Group
- Yoga
- Zumba

Elmwood Park Senior Activity Center  
500 Mola Boulevard  
Elmwood Park, NJ 07407  
201-796-3342  
<https://www.co.bergen.nj.us/division-of-senior-services/senior-activity-centers>

- Exercise w/ Donna
- Senior Fitness Program
- Tai-Chi
- Zumba Gold w/ Lourdes

Garfield Senior Activity Center  
480 Midland Avenue  
Garfield, NJ 07626  
973-478-0502  
<https://www.co.bergen.nj.us/division-of-senior-services/senior-activity-centers>

- Exercise w/ Gerardo (Cabanics)
- Tai-Chi
- Yoga, Sun Yoga
- Zumba Gold

Kaplen JCC on the Palisades  
411 E. Clinton Avenue  
Tenafly, NJ 07670  
201-408-1450  
<https://www.jccotp.org/programs/senior-exercise-wellness/>

- Moving w/ Maurice (virtual fitness class)

North Arlington Senior Activity Center  
11 York Road  
North Arlington, NJ 07031  
201-998-5636  
<https://www.co.bergen.nj.us/division-of-senior-services/senior-activity-centers>

- Walking Group
- Yoga
- Zumba Gold

Northwest Senior Activity Center  
46-50 Center Street  
Midland Park, NJ 07432  
201-445-5690  
<https://www.co.bergen.nj.us/division-of-senior-services/senior-activity-centers>

- Exercise w/ Gerardo (Cabanics)
- Cardio
- Tai-Chi
- Gentle Yoga
- Zumba Gold

Palisades Park Senior Activity Center  
300 Highland Avenue  
Palisades Park, NJ 07650  
201-944-5616  
<https://www.co.bergen.nj.us/division-of-senior-services/senior-activity-centers>

- Tai-Chi Balance
- Video chair exercise
- Zumba, Zumba Osteoporosis

Richard & Catherine Nest Adult Activity Center  
319 Main Street  
Fort Lee, NJ 07024  
201-592-3500 ext. 1300  
<https://www.fortleenj.org/355/Senior-Human-Services>

- Fighting Fit
- Fitness Senior Style
- Functional Fitness
- Senior Strong
- Total Body Fitness
- Resistance
- Yoga for Life
- Zumba



Ridgefield Park Senior Activity Center  
159 Park Street  
Ridgefield Park, NJ 07660  
201-641-1220  
<https://www.co.bergen.nj.us/division-of-senior-services/senior-activity-centers>

- Happy Bones Exercise
- Sit & Be Fit
- Yoga
- Zumba

Southwest Senior Activity Center  
147 Hackensack Street  
East Rutherford, NJ 07073  
201-935-8920  
<https://www.co.bergen.nj.us/division-of-senior-services/senior-activity-centers>

- Balance & Cardio
- Senior Fitness
- Chair Yoga
- Tai-Chi
- Zumba Gold

United Senior Activity Center  
101 Hudson Street  
Hackensack, NJ 07601  
201-336-3320  
<https://www.co.bergen.nj.us/division-of-senior-services/senior-activity-centers>

- Exercise
- Tai-Chi
- Zumba

Wallington Senior Activity Center  
24 Union Boulevard  
Wallington, NJ 07057  
973-777-5815  
<https://www.co.bergen.nj.us/division-of-senior-services/senior-activity-centers>

- Active Senior Exercise
- Chair Yoga
- Strength Training
- Zumba Gold

**Virtual Exercise Classes:**

GetSetUp  
[www.getsetup.io](http://www.getsetup.io)

Senior Planet  
888-713-3495  
[www.seniorplanet.org](http://www.seniorplanet.org)

YWCA Northern NJ  
214 State Street  
Hackensack, NJ 07601  
201-881-1700  
<https://ywcannj.org/seniors/>



*Empower your body, energize your mind. From heart-pumping cardio to mindful yoga, there is a workout for everyone. Let exercise be your path to a healthier, happier, and more vibrant life.*



## GAMES

55 Kip Center  
55 Kip Avenue  
Rutherford, NJ 07070  
201-460-1600  
<https://www.55kipcenter.org/>

- Bridge Club
- Conasta
- Rummikub
- Majong
- Board games

Bergenfield Senior Activity Center  
293 Murray Hill Terrace  
Bergenfield, NJ 07621  
201 387-7212  
<https://www.co.bergen.nj.us/division-of-senior-services/senior-activity-centers>

- Bingo
- Dominoes
- Puzzles
- Card games

Elmwood Park Senior Activity Center  
500 Mola Boulevard  
Elmwood Park, NJ 07407  
201-796-3342  
<https://www.co.bergen.nj.us/division-of-senior-services/senior-activity-centers>

- Billiards
- Card games
- Valentine Bingo Bash

Garfield Senior Activity Center  
480 Midland Avenue  
Garfield, NJ 07626  
973-478-0502  
<https://www.co.bergen.nj.us/division-of-senior-services/senior-activity-centers>

- Billiards
- Bingo

North Arlington Senior Activity Center  
11 York Road  
North Arlington, NJ 07031  
201-998-5636  
<https://www.co.bergen.nj.us/division-of-senior-services/senior-activity-centers>

- Bingo
- Card games

Northwest Senior Activity Center  
46-50 Center Street  
Midland Park, NJ 07432  
201-445-5690  
<https://www.co.bergen.nj.us/division-of-senior-services/senior-activity-centers>

- Bingo
- Bridge
- Mahjong

Palisades Park Senior Activity Center  
300 Highland Avenue  
Palisades Park, NJ 07650  
201-944-5616  
<https://www.co.bergen.nj.us/division-of-senior-services/senior-activity-centers>

- Bingo
- Chess
- Checkers

Richard & Catherine Nest Adult Activity Center  
319 Main Street  
Fort Lee, NJ 07024  
201-592-3500 ext. 1300  
<https://www.fortleenj.org/355/Senior-Human-Services>

- Bingo

Ridgefield Park Senior Activity Center  
159 Park Street  
Ridgefield Park, NJ 07660  
201-641-1220  
<https://www.co.bergen.nj.us/division-of-senior-services/senior-activity-centers>

- Bingo
- Card games
- Dominoes



Southwest Senior Activity Center  
147 Hackensack Street  
East Rutherford, NJ 07073  
201-935-8920  
<https://www.co.bergen.nj.us/division-of-senior-services/senior-activity-centers>

- Bingo

United Senior Activity Center  
101 Hudson Street  
Hackensack, NJ 07601  
<https://www.co.bergen.nj.us/division-of-senior-services/senior-activity-centers>

- Billiards
- Card games
- Bingo, Dice Bingo

Wallington Senior Activity Center  
24 Union Boulevard  
Wallington, NJ 07057  
973-777-5815  
<https://www.co.bergen.nj.us/division-of-senior-services/senior-activity-centers>

- Bingo
- Puzzles
- Board games



*Step into a world of excitement and friendly competition, where laughter and camaraderie reign supreme. Cultivate teamwork, critical thinking, problem-solving skills, and just be part of fun atmosphere.*

## LGBTQ+ ACTIVITIES

Bergen County LGBTQ+ Alliance  
201-470-8946

<https://www.bergencountylgbtq.org/programs/seniors-group>

Senior Meet, Greet & Eat - monthly queer meet up for 60+

- 2nd Tuesday of each month, 11:30am, Rutherford Pancake House, 40 Park Avenue, Rutherford
- 3rd Monday of each month, 11:30am, CoZie Café, 14-25 Paza Road North, Fair Lawn
- 3rd Friday of each month at 11:30am via Zoom

Hudson Pride Connection Center  
3000 John F. Kennedy Blvd - #306  
Jersey City, NJ 07306  
201-963-4779

<https://hudsonpride.org/>

- Rainbow Elders of New Jersey virtual meet up

PFLAG

Parents, Family and Friends of Lesbians and Gays

[www.bergenpflag.com](http://www.bergenpflag.com)

- PFLAG of Bergen County online meet-up

Prime Timers  
P.O. Box 1073  
Sparta, NJ 07871  
973-727-5174

<https://www.meetup.com/North-Jersey-Primetimers/>

- Prime Timers Meet Up

SAGE

212-741-2247

<https://www.sageusa.org/resource-category/social-isolation/>

- Advocacy and services for LGBTQ+ Elders



*Embracing diversity, celebrating unity. Join a vibrant and inclusive community that cherishes individuality and advocates for equality. From pride parades to support groups that foster connections, there is an activity for everyone to feel seen and heard.*

## MINDFULNESS

Northwest Senior Activity Center  
46-50 Center Street  
Midland Park, NJ 07432  
201-445-5690

<https://www.co.bergen.nj.us/division-of-senior-services/senior-activity-centers>

- Meditation & Mindfulness
- Qi Gong

Ridgefield Park Senior Activity Center  
159 Park Street  
Ridgefield Park, NJ 07660  
201-641-1220

<https://www.co.bergen.nj.us/division-of-senior-services/senior-activity-centers>

- Meditation



*Nurturing inner peace, embracing the present. It is the art of being fully present, grounding yourself in the now. By cultivating awareness of thoughts, emotions, and sensations, mindfulness invites a deeper connection to ourselves and the world around us.*



## MUSIC

Palisades Park Senior Activity Center  
300 Highland Avenue  
Palisades Park, NJ 07650  
201-944-5616

<https://www.co.bergen.nj.us/division-of-senior-services/senior-activity-centers>

- Chorus
- Karaoke

Southwest Senior Activity Center  
147 Hackensack Street  
East Rutherford, NJ 07073  
201-935-8920

<https://www.co.bergen.nj.us/division-of-senior-services/senior-activity-centers>

- Choir

United Senior Activity Center  
101 Hudson Street  
Hackensack, NJ 07601  
201-336-3320

<https://www.co.bergen.nj.us/division-of-senior-services/senior-activity-centers>

- Senior Karaoke



*The universal language of emotion and harmony. Enter a world where melodies weave tales of joy, love, and everything in between. Let the notes carry you away, and dance to the rhythm of life – for in music, you will find a symphony of emotions to be explored.*

## OUTDOOR ACTIVITIES

Bergen County Equestrian Center at Overpeck Park

40 Fort Lee Road

Leonia, NJ 07605

201-336-7275

<https://www.co.bergen.nj.us/parks-recreation-areas/overpeck-county-park>

- Indoor/outdoor riding areas
- Boarding
- Lessons

Campgaw Mountain Reservation

200 Campgaw Road

Mahwah, NJ 07430

201-336-7275

<https://www.co.bergen.nj.us/parks-recreation-areas/campgaw-mountain-reservation>

- Archery
- Disc golf
- Skiing, snowboarding and snow tubing
- Hiking
- Campsites available April – November by permit
- Catch-and-release fishing (NJ State Fishing License may be required)

Dahnert's Lake County Park

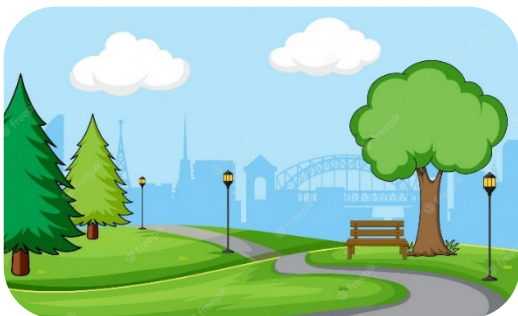
500 County Road 67

Garfield, NJ 07026

201-336-7275

<https://www.co.bergen.nj.us/parks-recreation-areas/dahnert-lake-county-park>

- Playground
- Roller hockey
- Catch-and-release fishing (NJ State Fishing License may be required)
- Biking and walking path



Darlington County Park

600 Darlington Avenue

Mahwah, NJ 07430

201-336-7275

<https://www.co.bergen.nj.us/parks-recreation-areas/darlington-county-park>

- Handball court
- Basketball court
- Swimming lake (\$)
- The Splash Zone (\$)
- Catch-and-release fishing (NJ State Fishing License may be required)
- Biking or walking paths
- Darlington Lake lookout points
- Picnicking

Hackensack River County Park

65 Central Avenue

Hackensack, NJ 07601

201-336-7275

<https://www.co.bergen.nj.us/parks-recreation-areas/hackensack-river-county-park>

- Biking or walking paths
- Wildlife viewing blinds
- Martin Luther King Jr. Memorial Monument and Plaza

Overpeck County Park - Henry Hoebel Area, Leonia

40 Fort Lee Road

Leonia, NJ 07605

201-336-7275

<https://www.co.bergen.nj.us/parks-recreation-areas/overpeck-county-park>

- Henry Hoebel Area North
  - Athletic fields (baseball/softball, football/soccer; permit required)
  - All-weather running track
  - Off-leash dog park
  - Basketball
  - Volleyball
  - World Trade Center Memorial
- Henry Hoebel Area South
  - Picnicking
  - Playground
  - Basketball
  - Fishing pier
  - Nature trails
  - Bird watching

### Pascack Brook County Park

150 Emerson Road  
Westwood, NJ 07675  
201-336-7275

<https://www.co.bergen.nj.us/parks-recreation-areas/pascack-brook-county-park>

- Athletic fields (baseball and softball, permit required)
- Basketball court
- Tennis courts (3)
- Playground
- Catch-and-release fishing (NJ State Fishing License may be required)
- Biking or walking paths
- Picnicking (2 pavilions, permit required)

### Ramapo Valley County Reservation

Ramapo Valley Road  
Mahwah, NJ 07430  
201-336-7275

<https://www.co.bergen.nj.us/parks-recreation-areas/ramapo-valley-county-reservation>

- Camping (permit required)
- Canoe/kayak access to Ramapo River
- Cross-country skiing
- Fishing (license required)
- Marked hiking trails
- Tent campsites (April - November, permit required)

### Riverside County Park - Lyndhurst Area

315 Riverside Avenue  
Lyndhurst, NJ 07071  
201-336-7275

<https://www.co.bergen.nj.us/parks-recreation-areas/riverside-county-park>

- Tennis courts, baseball field, softball field, bocce courts (permits required)
- Over 3 miles of biking or walking paths
- Passaic River lookout point
- Picnicking (pavilions available, permit required)
- Concession stand
- Off-leash dog park



### Riverside County Park - North Arlington Area

516 River Road  
North Arlington, NJ 07031  
201-336-7275

<https://www.co.bergen.nj.us/parks-recreation-areas/riverside-county-park>

- Tennis courts, baseball field, softball field, multipurpose athletic field (permits may be required)
- Playground
- Over 4 miles of biking or walking paths
- Passaic River lookout point
- Picnicking
- Amphitheater
- Rowing Center

### Saddle River County Park

201-336-7275

<https://www.co.bergen.nj.us/parks-recreation-areas/saddle-river-county-park>

Saddle River County Park is a 577-acre linear parks that meanders with the Saddle River through Fair Lawn, Glen Rock, Paramus, Ridgewood, Rochelle Park and Saddle Brook. It consists of five park areas that are linked by a multi-use path. (Permits may be required for some activities).

- Playgrounds
- Tennis courts, softball fields
- Fishing
- Picnicking
- Model boating
- Yitzhak Rabin Tree Grove
- Off-leash dog park

### Samuel Nelkin County Park

Rose Street  
Wallington, NJ 07057  
201-336-7275

<https://www.co.bergen.nj.us/parks-recreation-areas/samuel-nelkin-county-park>

- Playground
- Tennis courts, basketball court, baseball field (permit required)
- Sledding
- Catch-and-release fishing (NJ State Fishing License may be required)
- Biking and walking path
- Picnicking (pavilion with electric available; permit required)
- Dog park

Van Saun County Park / Bergen County Zoo

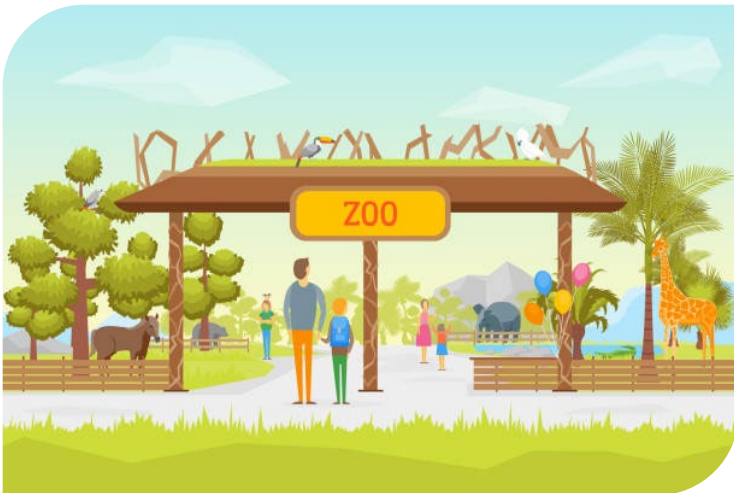
216 Forest Avenue

Paramus, NJ 07652

201-336-7275

<https://www.co.bergen.nj.us/parks-recreation-areas/van-saun-county-park>

- ADA accessible Harmony Playground with water sprinkler feature (open seasonally)
- Tennis courts, 2 athletic fields (baseball and softball, permit required)
- Catch-and-release fishing (NJ State Fishing License may be required)
- Over 3 miles of biking or walking paths
- Walden Pond lookout points
- Picnicking (pavilions available, 3 with electricity; permit required)
- Bergen County Zoo (\$)
- Miniature Train Ride (\$)
- Millennium Carousel (\$)
- Pony rides (\$)
- Volta EV charging stations
- Dog park



*Embrace nature's playground; adventure awaits! Step outside, listen to the symphony of nature, and immerse yourself in Bergen County's parks and great outdoors, providing a canvas for unforgettable memories, a sanctuary for reflection, and source of vitality for both body and mind.*

## SUPPORT GROUPS / MEET UPS

55 Kip Center  
55 Kip Avenue  
Rutherford, NJ 07070  
201-460-1660  
<https://www.55kipcenter.org/>

- Book Discussion

Act Now  
400 38th Street - Suite 405  
Union City, NJ 07087  
201-721-6721  
<https://www.actnowfoundation.org>

- Dementia support groups

Bergen County Division of Disability Services  
One Bergen County Plaza - 2nd floor  
Hackensack, NJ 07601  
201-336-6500  
<https://www.co.bergen.nj.us/divisions-of-disability-services>

- All Abilities Adult Support Group  
This free program sponsors four support groups for adults aged 60 and older and/or disabled adults aged 18 and older. Program activities include: activities geared to promote personal fitness, ceramics, group discussions, interactive music therapy, trivia games.

Bergen County LGBTQ+ Alliance  
201-470-8946  
<https://www.bergencountylgbtq.org/programs/seniors-group>

Senior Meet, Greet & Eat - monthly queer meet up for 60+

- 2nd Tuesday of each month, 11:30am, Rutherford Pancake House, 40 Park Avenue, Rutherford
- 3rd Monday of each month, 11:30am, CoZie Café, 14-25 Paza Road North, Fair Lawn
- 3rd Friday of each month at 11:30am via Zoom

Bergen Family Center  
44 Armory Street  
Englewood, NJ 07631  
201 568-0817  
[https://bergenfamilycenter.org/SandP\\_Eldercare-2.html](https://bergenfamilycenter.org/SandP_Eldercare-2.html)

- Grandparents Raising Grandchildren Support Group

Caregiver to Caregiver Support Group  
800-424-2494  
<https://care2caregivers.com/>

- Provides peer support and guidance on coping with loved ones with dementia. Also provides counseling and education.

Cedar Hill Christian Reformed Church  
422 Cedar Hill Avenue  
Wyckoff, NJ 07481  
<https://www.apdaparkinson.org/community/new-jersey/resources-support-nj/support-groups/>

- Parkinson's Support Group

Hudson Pride Connection Center  
3000 John F. Kennedy Blvd - #306  
Jersey City, NJ 07306  
201-963-4779  
<https://hudsonpride.org/>

- Rainbow Elders of New Jersey virtual meet up

Jewish Family & Children's Services of Northern New Jersey  
1485 Teaneck Road  
Teaneck, NJ 07666  
201-837-9090  
<https://www.jfcsnnj.org/older-adult-services/>

- Holocaust Survivor Support Event  
A special monthly luncheon where Holocaust survivors meet and develop warm, supportive friendships. A kosher lunch is provided as well as entertainment, such as guest speakers and musical performances.



Kaplen JCC on the Palisades  
411 E. Clinton Avenue  
Tenafly, NJ 07670  
201-569-7900 ext. 439  
<https://www.jccotp.org/programs/caregiver-services/>

- Caregiver Support Group

New Jersey Self Help Group Clearing House (NJSHGCH)  
673 Morris Avenue - Suite 100  
Springfield, NJ 07081  
800-367-6274  
<https://www.njgroups.org/>

- Maintains a database of over 4,000 self-help support groups in New Jersey and over 800 organizations. Provides information and referral services as well as training to form self-help groups.

Northwest Senior Activity Center  
46-50 Center Street  
Midland Park, NJ 07432  
201-445-5690  
<https://www.co.bergen.nj.us/division-of-senior-services/senior-activity-centers>

- Connections Book Club

Senior Source  
310 Riverside Square Mall  
Hackensack, NJ 07601  
201-342-0962  
<https://seniorsourcenj.org/>

- Socialization and education for seniors

Vantage Health System  
2 Park Avenue  
Dumont, NJ 07628  
201-385-4400 ext. 3086  
<https://vantagenj.org/other-services/#senior>

- Spouse Caregiver Support Group. Activities available for care recipients during meeting.

YWCA Northern NJ  
214 State Street  
Hackensack, NJ 07601  
201-881-1700  
<https://ywcannj.org/seniors/>

- Virtual Friendship Fridays  
FREE, monthly virtual seminars offer engaging and innovative topics for active older adults



*In times of challenges and triumphs, support groups and meetups offer a lifeline of understanding and compassion. Join a community where shared experiences become the threads that bind hearts together.*

## VIRTUAL ACTIVITIES

### GetSetUp

[www.getsetup.io](http://www.getsetup.io)

- Online classes for older adults, by older adults

### Senior Planet

888-713-3495

<https://seniorplanet.org/>

- Senior Planet from AARP harnesses the power of technology to change the way we age. Classes, articles, videos and activities help seniors learn new skills, save money, exercise, make new friends, and so much more.

### YWCA Northern NJ

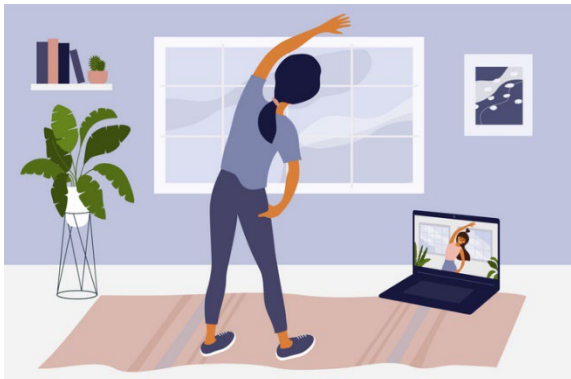
214 State Street

Hackensack, NJ 07601

201-881-1700

<https://ywcannj.org/seniors/>

- Online senior fitness classes



*Step into a digital realm where distance dissolves, and connections know no limits. Virtual activities bring people together. Engage in online workshops, webinars, classes, meetups, and more. Unlock new skills and expand horizons.*

## VOLUNTEER / EMPLOYMENT OPPORTUNITIES

Bergen Volunteers  
64 Passaic Street  
Hackensack, NJ 07601  
201-489-9454 ext. 203  
<https://www.bergenvolunteers.org/>

- Connects people with opportunities to serve, operating model volunteer programs, building capacity for effective volunteering, and participating in strategic partnerships that meet community needs.

Jewish Family & Children's Services of Northern New Jersey  
1485 Teaneck Road  
Teaneck, NJ 07666  
201-837-9090  
<https://www.jfcsnj.org/volunteers/>

- As part of the Telephone Reassurance program, volunteers make weekly calls to homebound seniors keeping them connected to the community and giving peace of mind to seniors who live alone.

Literacy Volunteers of America  
195 Gregory Avenue  
Passaic, NJ 07055  
973-470-0039  
<http://www.lvaep.org/>

- LVA recruits and trains volunteer tutors and provides continued in-service training to tutors

Project Literacy of Greater Bergen County  
355 Main Street  
Hackensack, NJ 07601  
201-489-7066  
<https://www.project-literacy.org/>

- Free tutoring services by trained volunteers to adults in need of basic literacy education (reading and writing), HSE (formerly GED) preparation, math and ESL.

SCORE (Service Corps of Retired Executives)  
201-336-6090  
<https://www.score.org/northeastnj>

- Volunteer mentors for small businesses

Senior Community Service Employment Program  
855-215-4541  
<https://www.dol.gov/agencies/eta/seniors>

- SCSEP is a community service and work-based job training program for older Americans. Authorized by the Older Americans Act, the program provides training for low-income, unemployed seniors. Participants also have access to employment assistance through American Job Centers.



# BERGEN NEW JERSEY *County*

**James J. Tedesco, III**  
*County Executive*

**Board of Commissioners**

**Department of Human Services**  
Melissa H. DeBartolo, Esq.  
*Department Director*

**Division of Senior Services**  
Lorraine Joewono  
*Division Director*

## **Bergen County Division of Senior Services**

Address: One Bergen County Plaza, 2nd Floor  
Hackensack, New Jersey 07601

Phone: 201-336-7400

Email: [seniors@co.bergen.nj.us](mailto:seniors@co.bergen.nj.us)

Website: [www.co.bergen.nj.us/division-of-senior-services](http://www.co.bergen.nj.us/division-of-senior-services)

Facebook: [www.facebook.com/bcseniorservices](http://www.facebook.com/bcseniorservices)