

TENAFLY SENIOR CENTER

20 South Summit Street
201-569-2159
Monday - Friday
9:00 am - 4:00 pm

Activities: Exercise classes; Dance classes; Art classes; Bridge; Canasta; Mahjonn - American and Chinese; Knitting; Craft classes; Grief counseling group; Bingo; Trips; Book club; Monthly luncheons and speakers.

Other services: Blood pressure/wellness checks twice monthly; Notary service by appointment.

KAPLEN JCC ON THE PALISADES

411 East Clinton Avenue
201-569-7900 ext. 1450
Offers a wide range of programs and services for seniors.

KOREAN COMMUNITY CENTER

100 Grove Street
201-541-1200 ext. 117 or 126
Offers a variety of programs for seniors, e.g. dancing, art and exercise classes.

PEACE OF MIND PROGRAM

Registration for cognitively impaired residents.
Call Tenafly Police Department
201-568-5100

PSE&G - INFORMATION Power Outage Emergencies

Life Sustaining Equipment
Service
800-436-7734

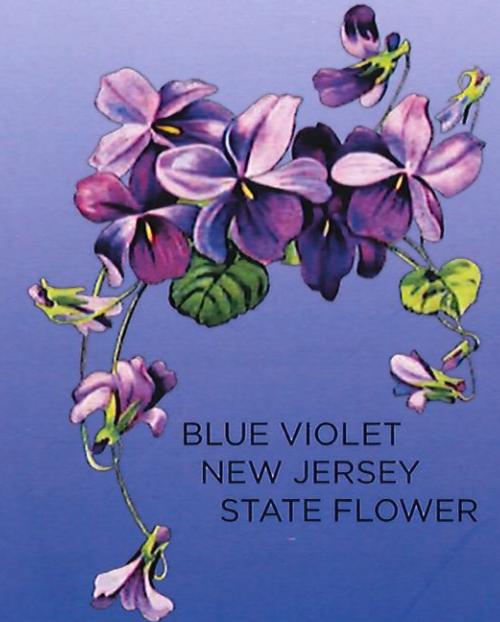
MEDICAL CARE

A nurse from Hackensack University Medical Center is available at the Tenafly Senior Center, 20 South Summit Street, during the following times:

- Second and Fourth Mondays of the month at 9:30 am

Borough of Tenafly
100 Riveredge Road
Tenafly, New Jersey 07670

TENAFLY RESOURCE GUIDE FOR OLDER ADULTS & THEIR FAMILIES



BLUE VIOLET
NEW JERSEY
STATE FLOWER

**TENAFLY SENIOR
SERVICES COORDINATOR
201-741-0419**

**EMERGENCIES
For police, fire or ambulance
Call 911**

**For non-emergencies:
Tenafly Police Department
Tenafly Fire Department
Tenafly Volunteer Ambulance
100 Riveredge Rd
201-568-5100**

FOOD PROGRAMS

Meals on Wheels New Jersey

201-358-0050 – Call for information

Mom's Meals

877-508-6667

Fresh made meals delivered to clients.
Special diet menus available.

LEGAL ASSISTANCE

Bergen County Bar Association, Inc.

15 Bergen St, Hackensack, NJ 07601
201-488-0044 Referrals to lawyers

Legal Services of New Jersey

888-576-5529
Provides advice and brief service
over phone & possibly referrals.
Mon-Fri 8:30 am – 5:30 pm

TAX PROGRAM

For current information about
the Property Tax Reimbursement
Program (Senior Freeze), Homestead
Rebate, Senior Citizen and Disabled
Deduction, and Veterans Deduction,
call Tenafly Tax Office at
201-568-6100

HOUSING

Tenafly House (Senior Housing)

201-569-7933/ FAX 201-568-1180

Shared Housing Program

201-568-1166

Brings home owners together with home
seekers in exchange for a mutually agreed
upon monthly fee.

Housing Authority of Bergen County

201-336-7600

1 Bergen County Plaza, 2nd Floor
Hackensack, NJ 07601

Reverse Mortgage (Home Equity Conversion Mortgage) Counseling

800-569-4287

Certified, HUD-trained counselors advise
seniors on accessing home equity.

Bergen Volunteer Center – for Seniors 60+ and disabled individuals

Chore Volunteer Handyman Service (No fee) 201-489-7790

Residential Handyman Program

Cheer Program (No Fee)

201-489-7790

Weekly friendly visitor program for grocery
shopping and errands.

Weatherization Assistance Program

973-910-2500 Press #1

Assists low-income households in
improving the energy efficiency of
their homes.

TRANSPORTATION

Tenafly Senior Bus (No Fee)

Medical, Shopping, Mall, etc.

Available: Mon-Fri, 9:00 am-4:00 pm

Call 201-408-3625 to schedule

between 9:00 am – 1:00 pm

Bergen County Community Transportation (No Fee)

201-368-5955

8:00 am to 4:00 pm

Provides door-to-door scheduled
transportation for elderly and frail
residents of Bergen County.

GoGoGrandparent

855-464-6872

A senior focused transportation
network. Service 24/7. Smart phone
not required. (Uber/Lyft fee + small
fee)

Ryde4Life Program (EZride)

866-208-1307, Press #4

Email: Ryde4Life@ezride.org

Transportation for adults 50
years or older in partnership with
transportation network companies
Smart phone not required.
(Membership & fee required)

BERGEN COUNTY AGENCIES

Board of Social Services

NJ Care/Medicaid/Food Stamps
201-368-4200

Bergen County Help Line

Aging & Disability Resource Connection
201-336-7400

Bergen Passaic Division of Consumer Affairs-201-336-6400

Charged with the protection of the public,
educating consumers about their rights,
and enforcing consumer protection laws.

Division of Veterans Affairs

201-336-6325

Advises and assists Bergen County
Veterans and their dependents.

STATE AND FEDERAL SERVICES

State Health Insurance Program (SHIP) 201-336-4713

Provides Medicare information and
counseling—helps with health insurance
claim forms, assists with evaluating
Medigap policies and prescription coverage
programs.

PAAD/Senior Gold/Lifeline/HAAD

800-792-9745

Prescription discount program, annual
utility credit, hearing aid reimbursement

Social Security – 800-772-1213

Medicare – 800-633-4227

Medicaid– 201-368-4200