

Please join us for

Participating In Activities As You Age

Discover how staying active physically, socially, and mentally can help you maintain independence, boost well-being, and enrich your life as you age.



with

Kristin Mullins, CTRS

Director Long Term Care Therapeutic Recreation
Bergen New Bridge Medical Center

&

Bill Wright, CTRS

Community Outreach Liason
Bergen New Bridge Medical Center



WENESDAY, MAY 6, 2026 • 1:00 pm

Age-Friendly Teaneck Community Room

1425 Teaneck Road, Teaneck, NJ, 07666

Parking is available at the municipal lot at 1391 Teaneck Rd., entrance near Beveridge St.

For questions, please contact Bill Wright at 201.247.7438

RSVP:

201-530-6756 or info@agefriendlyteaneck.org.

Add "Participating In Activities As You Age" in the subject line when you RSVP.

