

# BERGEN NEW JERSEY *County*

James J. Tedesco III  
County Executive

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DEPARTMENT OF HUMAN SERVICES  
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Director

DIVISION OF SENIOR SERVICES  
Lorraine Joewono  
Director



## For Your Information...

### 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

### BERGENFIELD SENIOR ACTIVITY CENTER

Eleanor Contreras, Director  
293 Murray Hill Terrace  
Bergenfield, NJ 07621  
Phone: (201) 387-7212 • Fax (201) 439-1598

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


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

# BERGEN NEW JERSEY *County*

James J. Tedesco III, County Executive

**BERGENFIELD SENIOR ACTIVITY CENTER**  
Bergen County Department of Human Services  
Division of Senior Services/ADRC  
May 2024



May 1:	Karaoke w/ Aggie & Doreen	9:30AM
May 6:	Spring Painting Project* w/ Ybia Nina (Conclusion)	9:30AM
May 8:	<b>Oldie</b> Bingo	12:15PM
May 10:	Mother's Day Celebration	10:00AM
May 14:	OPEN HOUSE* 	9:00AM– 2:00PM
May 16:	May Birthdays Celebration	12:00PM
May 17:	Medication Management w/ Bergenfield Pharmacy	10:30AM
May 20:	Hand Massages* w/ Aggie & Doreen*	9:00AM
May 22:	<b>Farmers' Market Voucher Distribution</b> <i>for questions call 201-387-7212</i> Application and Self-Declarations can be obtained at the center	10:00AM– 1:00PM
May 24:	Spring Fling Party*	9:30AM– 1:30PM
May 27:	Memorial Day– <b>CENTER CLOSED</b>	
May 29:	Bingo Bash	12:15PM
May 30:	SNAP Program Information	10:00AM– 2:00PM

**\*Registration Required. Please call Center 201-387-7212**

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.

## Open House

Please join us at one of the 24  
Senior Activity Centers or Nutrition Sites in  
Bergen County to celebrate  
Older Americans Month

**For More Information Email:**  
[seniors@co.bergen.nj.us](mailto:seniors@co.bergen.nj.us)



## Senior Festival

September 12, 2024  
Rain Date: Tuesday September 17, 2023  
10AM - 2PM











Van Saun County Park, Paramus

To RSVP Call 201-336-7417 or  
Email [seniors@co.bergen.nj.us](mailto:seniors@co.bergen.nj.us)

**Lunch Served Daily at 11:30**

**BERGENFIELD SENIOR ACTIVITY CENTER**

**May 2024**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>Continental Breakfast available Monday- Friday 9:00 AM - 10:15 AM</i></p> 	<p>The Bergenfield Borough Nurse, Liliza Pancho, RN, will be coming every <b>first Wednesday</b> of the month from <b>10:00 am – 12:00 pm</b> to check blood pressure and other vitals. She will be in the Library during these hours.</p>	<p><b>1</b></p> <p>9:30 Dominoes/Puzzles/Cards  <b>9:30 Karaoke</b>            10:00 Blood Pressure Screenings            12:30 Regular Bingo</p> <p><b>Roasted Turkey w/ Gravy</b></p>	<p><b>2</b></p> <p>9:30 Dominoes/Puzzles/Cards            10:00 Cardio Exercise            12:30 Dance Class with Lourdes            1:00 Poker/Dominoes</p> <p><b>Chef Salad</b></p> 	<p><b>3</b></p> <p>9:30 Dominoes/Puzzles/Cards            9:30 Zumba Exercise            12:30 Bingo</p> <p><b>Chicken Fajitas</b></p>
<p><b>6</b></p> <p>9:30 Crochet/Knitting Group            9:30 Dominoes/Puzzles/Cards  <b>9:30 Painting Project (Conclusion)</b>            10:00 Qigong/Tai Chi Class            12:30 Bingo</p> <p><b>Stuffed Cabbage</b></p>	<p><b>7</b></p> <p>9:30 Ceramics            10:00 Yoga Exercise            12:30 Line Dancing Class            1:00 Poker/Dominoes</p>  <p><b>Chicken Cordon Bleu</b></p>	<p><b>8</b></p> <p>9:30 Dominoes/Puzzles/Cards            10:30 Cabanics Exercise  <b>12:15 Oldie Bingo</b>            12:30 Regular Bingo</p> <p><b>Pepper Steak</b></p>	<p><b>9</b></p> <p>9:30 Dominoes/Puzzles/Cards            10:00 Cardio Exercise            12:30 Dance Class with Lourdes            1:00 Poker/Dominoes</p> <p><b>Balsamic Chicken</b></p> 	<p><b>10</b></p> <p>9:30 Dominoes/Puzzles/Cards            9:30 Zumba Exercise  <b>10:00 Mother's Day Celebration</b>            12:30 Bingo</p> <p><b>Eggplant Rollatini</b></p>
<p><b>13</b></p> <p>9:30 Crochet/Knitting Group            9:30 Dominoes/Puzzles/Cards            10:00 Qigong/Tai Chi Class            12:30 Bingo</p> <p><b>Chicken Piccata</b></p> 	<p><b>14</b></p> <p><b>9:00 Open House</b>            9:30 Ceramics            10:00 Yoga Exercise            12:30 Line Dancing Class            1:00 Poker/Dominoes</p>  <p><b>Stuffed Peppers</b></p>	<p><b>15</b></p> <p>9:30 Dominoes/Puzzles/Cards            10:30 Cabanics Exercise            12:30 Bingo</p> <p><b>Korean BBQ Chicken Leg</b></p>	<p><b>16</b></p> <p>9:30 Dominoes/Puzzles/Cards            10:00 Cardio Exercise  <b>12:00 May Birthdays Celebration</b>            12:30 Dance Class with Lourdes            1:00 Poker/Dominoes</p> <p><b>Homestyle Meatloaf w/ Gravy</b></p>	<p><b>17</b></p> <p>9:30 Dominoes/Puzzles/Cards            9:30 Zumba Exercise  <b>10:30 Medication Management</b>            12:30 Bingo</p> <p><b>Chicken Parmesan</b></p> 
<p><b>20</b></p> <p><b>9:00 Hand Massages</b>            9:30 Crochet/Knitting Group            9:30 Dominoes/Puzzles/Cards            10:00 Qigong/Tai Chi Class            12:30 Bingo</p> <p><b>Pork Loin w/ Gravy</b></p>	<p><b>21</b></p> <p>9:30 Ceramics            10:00 Yoga Exercise            12:30 Line Dancing Class            1:00 Poker/Dominoes</p> <p><b>Tuna Salad Platter</b></p>	<p><b>22</b></p> <p>9:30 Dominoes/Puzzles/Cards  <b>10:00 Farmers' Market : Voucher Distribution</b>            12:30 Regular Bingo</p> <p><b>Baked Ziti &amp; Meatballs</b></p> 	<p><b>23</b></p> <p>9:30 Dominoes/Puzzles/Cards            10:00 Cardio Exercise            12:30 Dance Class with Lourdes            1:00 Poker/Dominoes</p> <p><b>Cheeseburger</b></p>	<p><b>24</b></p> <p>9:30 Dominoes/Puzzles/Cards            9:30 Zumba Exercise  <b>9:30 Spring Fling Party</b>            12:30 Bingo</p> <p><b>Turkey &amp; Swiss Sandwich</b></p>
 <p><b>CENTER CLOSED Memorial Day</b></p>	<p><b>28</b></p> <p>9:30 Ceramics            10:00 Yoga Exercise            12:30 Line Dancing Class            1:00 Poker/Dominoes</p> <p><b>Hawaiian Chicken</b></p> 	<p><b>29</b></p> <p>9:30 Dominoes/Puzzles/Cards            10:30 Cabanics Exercise  <b>12:15 Bingo Bash</b>            2:30 Regular Bingo</p> <p><b>Egg Salad on Spinach</b></p>	<p><b>30</b></p> <p>9:30 Dominoes/Puzzles/Cards            10:00 Cardio Exercise  <b>10:00 SNAP Program Information</b>            12:30 Dance Class with Lourdes            1:00 Poker/Dominoes</p> <p><b>Beer Battered Fish</b></p>	<p><b>31</b></p> <p>9:30 Dominoes/Puzzles/Cards            9:30 Zumba Exercise            12:30 Bingo</p> <p><b>Salisbury Steak w/ Gravy</b></p>