

# BERGEN NEW JERSEY County

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



## 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

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## BERGENFIELD SENIOR ACTIVITY CENTER Bergen County Department of Human Services Division of Senior Services/ADRC April 2024

April 1:	Jewelry Making w/ Ybis Nina*	9:30AM
April 3:	Movie: "Mamma Mia"	9:30AM
April 8:	Total Brain Health* w/ Aggie & Doreen	10:30AM
April 10:	Daisy Bingo	12:15PM
April 12:	Volunteer Breakfast	9:30AM
April 15:	Spring Painting Project* w/ Ybia Nina	9:30AM
April 19:	Nutrition Education with ShopRite	10:30AM
April 22:	Hand Massages* w/ Aggie & Doreen*	9:00AM
April 24:	Bingo Bash	12:15PM
April 25:	April Birthdays Celebration	12:00PM
April 29:	Planting Project* w/ Aggie & Doreen*	10:00AM

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

## Caregivers Conference

Thursday, April 11th  
5:00 PM - 9:00 PM  
Bergen County Administration Building  
Multi-Purpose Room

SAVE THE DATE



To RSVP Call 201-336-7400 or  
Email [seniors@co.bergen.nj.us](mailto:seniors@co.bergen.nj.us)

## Public Hearing on the Needs of Older Adults

Tuesday, April 30th  
8:30 AM - 11:30 AM  
Bergen County Administration Building  
Public Meeting Room (5th floor)



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

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.

**Lunch Served Daily at 11:30**

**BERGENFIELD SENIOR ACTIVITY CENTER**

**April 2024**

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
1	<p>9:30 <b>Jewelry Making</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>	2	<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>	3	<p>9:30 Dominoes/Puzzles/Cards            9:30 <b>Movies: "Mamma Mia"</b>            10:00 Blood Pressure Screenings            12:30 Regular Bingo</p> <p><b>Homestyle Meatloaf w/ Gravy</b></p>	4	<p>9:30 Dominoes/Puzzles/Cards            10:00 Cardio Exercise            12:30 Dance Class with Lourdes            1:00 Poker/Dominoes</p> <p><b>Stuffed Cabbage</b></p>	5	<p>9:30 Dominoes/Puzzles/Cards            9:30 Zumba Exercise            12:30 Bingo</p> <p><b>Turkey &amp; Swiss Sandwich</b></p>
8	<p>9:30 Crochet/Knitting Group            9:30 Dominoes/Puzzles/Cards            10:00 Qigong/Tai Chi Class            10:30 <b>Total Brain Health</b>            12:30 Bingo</p> <p><b>Korean BBQ Chicken Leg</b></p>	9	<p>9:30 Ceramics            10:00 Yoga Exercise            12:30 Line Dancing Class            1:00 Poker/Dominoes</p> <p><b>Egg Salad on Romaine</b></p>	10	<p>9:30 Dominoes/Puzzles/Cards            10:30 Cabanics Exercise            12:15 <b>Daisy Bingo</b>            12:30 Regular Bingo</p> <p><b>Ham Steak</b></p>	11	<p>9:30 Dominoes/Puzzles/Cards            10:00 Cardio Exercise            12:30 Dance Class with Lourdes            1:00 Poker/Dominoes</p> <p><b>Salisbury Steak</b></p>	12	<p>9:30 <b>Volunteer Breakfast</b>            9:30 Dominoes/Puzzles/Cards            9:30 Zumba Exercise            12:30 Bingo</p> <p><b>Chicken Parmesan</b></p>
15	<p>9:30 <b>Spring Painting Project</b>            9:30 Crochet/Knitting Group            9:30 Dominoes/Puzzles/Cards            10:00 Qigong/Tai Chi Class            12:30 Bingo</p> <p><b>Stuffed Peppers</b></p>	16	<p>9:30 Ceramics            10:00 Yoga Exercise            12:30 Line Dancing Class            1:00 Poker/Dominoes</p> <p><b>Roast Beef w/ Gravy</b></p>	17	<p>9:30 Dominoes/Puzzles/Cards            10:30 Cabanics Exercise            12:30 Bingo</p> <p><b>Tuna Salad Platter</b></p>	18	<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>	19	<p>9:30 Dominoes/Puzzles/Cards            9:30 Zumba Exercise            10:30 <b>Nutrition Education w/ ShopRite</b>            12:30 Bingo</p> <p><b>Eggplant Rollatini</b></p>
22	<p>9:00 <b>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>Herbed Roasted Chicken Leg</b></p>	23	<p>9:30 Ceramics            10:00 Yoga Exercise            12:30 Line Dancing Class            1:00 Poker/Dominoes</p> <p><b>Cheese Omlet</b></p>	24	<p>9:30 Dominoes/Puzzles/Cards            12:15 <b>Bingo Bash</b>            12:30 Regular Bingo</p> <p><b>Baked Ziti &amp; Meatballs</b></p>	25	<p>9:30 Dominoes/Puzzles/Cards            10:00 Cardio Exercise            12:00 <b>April Birthdays Celebration</b>            12:30 Dance Class with Lourdes            1:00 Poker/Dominoes</p> <p><b>Chicken Piccata</b></p>	26	<p>9:30 Dominoes/Puzzles/Cards            9:30 Zumba Exercise            12:30 Bingo</p> <p><b>Swedish Meatballs</b></p>
29	<p>9:30 Crochet/Knitting Group            9:30 Dominoes/Puzzles/Cards            10:00 Qigong/Tai Chi Class            10:00 <b>Planting Project</b>            12:30 Bingo</p> <p><b>Grilled Chicken Cacciatore</b></p>	30	<p>9:30 Ceramics            10:00 Yoga Exercise            12:30 Line Dancing Class            1:00 Poker/Dominoes</p> <p><b>Beer Battered Fish</b></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>Lunch Served Daily ~ 11:30 AM            (Suggested Lunch Donation: \$1.25)  <b>Please reserve 1 day in advance</b></p> <p><b>MENU SUBJECT TO CHANGE WITHOUT NOTICE.</b></p>		29	<p><i>Continental Breakfast available Monday- Friday 9:00 AM - 10:15 AM</i></p> 