

BERGENFIELD SENIOR ACTIVITY CENTER

Eleanor Contreras, Center Director

AUGUST

(201) 387-7212


Monday

Tuesday

Wednesday

Thursday

Friday

<p>293 Murray Hill Terrace Bergenfield, NJ 07621 Center Hours: 8:00 - 3:30 Lunch Served Daily ~ 11:30 (Suggested Lunch Donation ~ \$1.25) Please reserve 1 day in advance</p>	<p>AUGUST</p> 	<p>SHIP volunteer Theresa Wright is here on Tuesdays to help you with health insurance questions. Please make an appointment with one of the Center's staff.</p>	<p>1</p> <p>9:00 CONTINENTAL BREAKFAST 9:30 DOMINOES 9:45 WALKING GROUP 10:00 CARDIO EXERCISE 1:00 POKER</p> <p>Chicken Scampi</p>	<p>2</p> <p>9:00 CONTINENTAL BREAKFAST 9:45 ZUMBA GOLD w/Rita 10:00 DOMINOES 12:30 BINGO</p> <p>Egg Omelet & Breakfast Sausage</p>
<p>5 <i>Jewelry Making</i></p> <p>9:00 CONTINENTAL BREAKFAST 9:30 DOMINOES 9:30 ARTHRITIS EXERCISE 12:30 BINGO</p>  <p>Vegetable Lasagna</p>	<p>6</p> <p>9:00 CONTINENTAL BREAKFAST 9:30 DOMINOES 9:45 WALKING GROUP 10:30 YOGA EXERCISE w/EJ 1:00 POKER/CERAMICS</p> <p>Beef Teriyaki</p>	<p>7</p> <p>9:00 CONTINENTAL BREAKFAST 9:30 DOMINOES 10:00 TONING w/EJ 10:30 HELPING HANDS KNITTING CLUB 12:30 BINGO</p> <p>Parmesan Crusted Fish</p>	<p>8</p> <p>9:00 CONTINENTAL BREAKFAST 9:30 DOMINOES 9:45 WALKING GROUP 10:00 CARDIO EXERCISE 1:00 POKER</p> <p>Roast Pork with Gravy</p>	<p>9</p> <p>9:00 CONTINENTAL BREAKFAST 9:45 ZUMBA GOLD w/Rita 10:00 DOMINOES 12:30 BINGO</p> <p>Breaded Chicken Cutlet Milanese</p>
<p>12 MORNING BINGO WITH KATHY</p> <p>9:00 CONTINENTAL BREAKFAST 9:30 DOMINOES 9:30 ARTHRITIS EXERCISE 12:30 BINGO</p>  <p>Beer-Battered Fish</p>	<p>13</p> <p>9:00 CONTINENTAL BREAKFAST 9:30 DOMINOES 9:45 WALKING GROUP 10:30 YOGA EXERCISE w/EJ 1:00 POKER/CERAMICS</p> <p>Chicken Stuffed with Broccoli</p>	<p>14</p> <p>9:00 CONTINENTAL BREAKFAST 9:30 DOMINOES 10:00 TONING w/EJ 10:30 HELPING HANDS KNITTING CLUB 12:30 BINGO</p> <p>Turkey and Bean Chili</p>	<p>15</p> <p>9:00 CONTINENTAL BREAKFAST 9:30 DOMINOES 9:45 WALKING GROUP 10:00 CARDIO EXERCISE 1:00 POKER</p> <p>Eggplant Rollatini</p>	<p>16 COUNTRY HOEDOWN</p> <p>9:00 CONTINENTAL BREAKFAST 9:45 ZUMBA GOLD w/Rita 10:00 DOMINOES 12:30 BINGO</p> <p>Homestyle Meatloaf with Gravy</p>
<p>19 How Diabetes Affect Your Feet</p> <p>9:00 CONTINENTAL BREAKFAST 9:30 DOMINOES 12:30 BINGO</p> <p>Asian-Style Chicken & Broccoli</p>	<p>20</p> <p>9:00 CONTINENTAL BREAKFAST 9:30 DOMINOES 9:45 WALKING GROUP 10:30 YOGA EXERCISE w/EJ 1:00 POKER/CERAMICS</p> <p>Rigatoni with Turkey Bolognese Sauce</p>	<p>21 BINGO BASH</p> <p>9:00 CONTINENTAL BREAKFAST 9:30 DOMINOES 10:00 TONING w/EJ 10:30 HELPING HANDS KNITTING CLUB 12:30 BINGO</p> <p>Italian Pork Sausage Sandwich</p>	<p>22</p> <p>9:00 CONTINENTAL BREAKFAST 9:30 DOMINOES 9:45 WALKING GROUP 10:00 CARDIO EXERCISE 1:00 POKER</p> <p>Roast Turkey with Gravy</p>	<p>23</p> <p>9:00 CONTINENTAL BREAKFAST 9:45 ZUMBA GOLD w/Rita 10:00 DOMINOES 12:30 BINGO</p> <p>Coconut Crusted Haddock</p>
<p>26</p> <p>9:00 CONTINENTAL BREAKFAST 9:30 DOMINOES 9:45 ARTHRITIS EXERCISE 12:30 BINGO</p> <p>Boneless BBQ Beef Rib</p>	<p>27</p> <p>9:00 CONTINENTAL BREAKFAST 9:30 DOMINOES 9:45 WALKING GROUP 10:30 YOGA EXERCISE w/EJ 1:00 POKER/CERAMICS</p> <p>Breaded Flounder</p>	<p>28</p> <p>9:00 CONTINENTAL BREAKFAST 9:30 DOMINOES 10:00 TONING w/EJ 10:30 HELPING HANDS KNITTING CLUB 12:30 BINGO</p> <p>Chicken Piccata</p>	<p>29 Medicaid Information w/ BCBSS</p> <p>9:00 CONTINENTAL BREAKFAST 9:30 DOMINOES 9:45 WALKING GROUP 10:00 CARDIO EXERCISE 1:00 POKER</p> <p>Swedish Meatballs</p>	<p>30 August Birthdays</p> <p>9:00 CONTINENTAL BREAKFAST 9:45 ZUMBA GOLD w/Rita 10:00 DOMINOES 12:30 BINGO</p>  <p>Baked Ziti with Ricotta</p>

BERGEN NEW JERSEY *County*

James J. Tedesco III
County Executive

Board of Chosen Freeholders

Germaine M. Ortiz
Chairwoman
Mary J. Amoroso
Vice Chairwoman
Joan M. Voss
Chair Pro Tempore

David L. Ganz
Thomas J. Sullivan
Steven A. Tanelli
Tracy Silna Zur

DEPARTMENT OF HUMAN SERVICES

Melissa DeBartolo, Esq.
Acting Department Director

DIVISION OF SENIOR SERVICES/ADRC

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 on Disability Services
201-336-6500

**Bergen County
Board of Social Services**
201-368-4200





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

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.

August 2019



- | | | |
|------------|---|----------|
| August 5: | Jewelry Making w/ Ybis Nina | 10:30 AM |
| August 12: | Special Morning Bingo with Kathy | 10:30 AM |
| August 16: | Country Hoedown Party | 9:30 AM |
| August 19: | How Diabetes Affect Your Feet? NJ Foot & Ankle Center | 9:30 AM |
| August 21: | Bingo Bash  | 12:30 PM |
| August 29: | Medicaid Information w/ BCBSS | 10:30 AM |
| August 30: | July Birthdays' Celebration  | 12:30 PM |

BERGENFIELD SENIOR ACTIVITY CENTER

293 Murray Hill Terrace
Bergenfield, NJ 07621

Phone: (201) 387-7212 • Fax (201) 439-1598
Open: Monday - Friday, 8:00AM - 3:30PM
BergenfieldCenter@co.bergen.nj.us



293 Murray Hill Terrace • Bergenfield, NJ 07621
Phone: (201) 387-7212 • Fax (201) 439-1598
Eleanor Contreras, Center Director
BergenfieldCenter@co.bergen.nj.us
Open: Monday - Friday, 8:00AM - 3:30PM