

# 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

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

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

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** **November 2021** **National Alzheimer's Disease Month**

November 2:	Election Day– CENTER CLOSED	
November 7:	Daylight Savings Ends	
November 11:	Veterans Day– CENTER CLOSED	
November 17:	Bingo Bash	1:00 PM
November 24:	Thanksgiving Treat To Go	11:30 AM
November 25:	Thanksgiving Day– CENTER CLOSED	
November 26:	Day after Thanksgiving CENTER CLOSED	
November 28:	Hanukkah Begins	

***The Bergenfield 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.***

Thank you for your patience and understanding as we continue to navigate necessary COVID-19 protocols and preventative measures at our Senior Activity Centers. These protocols are intended to further ensure the health and safety of everyone at the center. Our senior activity center staff are diligently working to bring safe, but fun and enjoyable activities and programming to our centers. At this time, we ask that you please continue to pre-register for morning or afternoon sessions, as well as, for to-go lunches. Please know that your cooperation during these challenging times is very much appreciated. If you have any questions, kindly contact your center directly at (201) 387-7212.



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.





**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

<p><b>1</b></p> <p><b>MORNING SESSION:</b> 9:30 ARTHRITIS EXERCISE 11:30 LUNCH PICK UP</p> <p><b>AFTERNOON SESSION:</b> 1:00 BINGO</p> <p><b>Turkey &amp; Swiss Cheese Sandwich</b></p>	<p><b>2</b></p> <p><b>C</b> <b>E</b> <b>N</b> <b>T</b> <b>E</b> <b>R</b></p> <p><i>It's Election Day</i></p> <p><b>VOTE</b></p> <p><b>C</b> <b>L</b> <b>O</b> <b>S</b> <b>E</b> <b>D</b></p>	<p><b>3</b></p> <p><b>MORNING SESSION:</b> 9:30 CERAMICS 11:30 LUNCH PICK UP</p> <p><b>AFTERNOON SESSION:</b> 1:00 BINGO</p> <p><b>Breaded Chicken Cutlet</b></p>	<p><b>4</b></p> <p><b>MORNING SESSION:</b> 9:30 SIT &amp; BE FIT w/THE YWCA 11:30 LUNCH PICK UP</p> <p><b>AFTERNOON SESSION:</b> 12:30 WALKING PROGRAM</p> <p><b>Beef Stroganoff</b></p>	<p><b>5</b></p> <p><b>MORNING SESSION:</b> 10:00 SUN YOGA 11:30 LUNCH PICK UP</p> <p><b>AFTERNOON SESSION:</b> 1:00 BINGO</p> <p><b>Chicken Stuffed with Broccoli</b></p>
<p><b>8</b></p> <p><b>MORNING SESSION:</b> 9:30 VIDEO EXERCISE 11:30 LUNCH PICK UP</p> <p><b>AFTERNOON SESSION:</b> 1:00 BINGO</p> <p><b>Chicken Salad Sandwich</b></p>	<p><b>9</b></p> <p><b>MORNING SESSION:</b> 9:30 YOGA 11:30 LUNCH PICK UP</p> <p><b>AFTERNOON SESSION:</b> 12:30 WALKING PROGRAM</p> <p><b>BBQ Pulled Pork</b></p>	<p><b>10</b></p> <p><b>MORNING SESSION:</b> 9:30 CERAMICS 11:30 LUNCH PICK UP</p> <p><b>AFTERNOON SESSION:</b> 1:00 BINGO</p> <p><b>Hamburger Patty Plate</b></p>	<p><b>11</b></p> <p><b>C</b> <b>E</b> <b>N</b> <b>T</b> <b>E</b> <b>R</b></p>  <p><b>C</b> <b>L</b> <b>O</b> <b>S</b> <b>E</b> <b>D</b></p>	<p><b>12</b></p> <p><b>MORNING SESSION:</b> 10:00 SUN YOGA 11:30 LUNCH PICK UP</p> <p><b>AFTERNOON SESSION:</b> 1:00 BINGO</p> <p><b>Roast Turkey with Brown Gravy</b></p>
<p><b>15</b></p> <p><b>MORNING SESSION:</b> 9:30 ARTHRITIS EXERCISE 11:30 LUNCH PICK UP</p> <p><b>AFTERNOON SESSION:</b> 1:00 BINGO</p> <p><b>Black Forest Ham &amp; Swiss Sandwich</b></p>	<p><b>16</b></p> <p><b>MORNING SESSION:</b> 9:30 YOGA 11:30 LUNCH PICK UP</p> <p><b>AFTERNOON SESSION:</b> 12:30 WALKING PROGRAM</p> <p><b>Chicken Teriyaki</b></p>	<p><b>17</b></p> <p><b>BINGO BASH</b></p> <p><b>MORNING SESSION:</b> 9:30 CERAMICS 11:30 LUNCH PICK UP</p> <p><b>AFTERNOON SESSION:</b> 1:00 BINGO</p> <p><b>Salisbury Steak</b></p> 	<p><b>18</b></p> <p><b>MORNING SESSION:</b> 9:30 SIT &amp; BE FIT w/THE YWCA 11:30 LUNCH PICK UP</p> <p><b>AFTERNOON SESSION:</b> 12:30 WALKING PROGRAM</p> <p><b>Italian Meatballs</b></p>	<p><b>19</b></p> <p><b>MORNING SESSION:</b> 10:00 SUN YOGA 11:30 LUNCH PICK UP</p> <p><b>AFTERNOON SESSION:</b> 1:00 BINGO</p> <p><b>Shaved Chicken</b></p>
<p><b>22</b></p> <p><b>MORNING SESSION:</b> 9:30 ARTHRITIS EXERCISE 11:30 LUNCH PICK UP</p> <p><b>AFTERNOON SESSION:</b> 1:00 BINGO</p> <p><b>Egg Salad</b></p>	<p><b>23</b></p> <p><b>MORNING SESSION:</b> 9:30 YOGA 11:30 LUNCH PICK UP</p> <p><b>AFTERNOON SESSION:</b> 12:30 WALKING PROGRAM</p> <p><b>Korean BBQ Chicken Leg</b></p>	<p><b>24</b></p> <p><b>MORNING SESSION:</b> 9:30 CERAMICS 11:30 LUNCH PICK UP</p> <p><b>AFTERNOON SESSION:</b> 1:00 BINGO</p> <p><b>Stuffed Cabbage</b></p>	<p><b>25</b></p> <p><b>C</b> <b>E</b> <b>N</b> <b>T</b> <b>E</b> <b>R</b></p>  <p><b>C</b> <b>L</b> <b>O</b> <b>S</b> <b>E</b> <b>D</b></p>	<p><b>26</b></p> <p><b>C</b> <b>E</b> <b>N</b> <b>T</b> <b>E</b> <b>R</b></p>  <p><b>C</b> <b>L</b> <b>O</b> <b>S</b> <b>E</b> <b>D</b></p>
<p><b>29</b></p> <p><b>MORNING SESSION:</b> 9:30 ARTHRITIS EXERCISE 11:30 LUNCH PICK UP</p> <p><b>AFTERNOON SESSION:</b> 1:00 BINGO</p> <p><b>Chicken Cutlet &amp; Provolone</b></p>	<p><b>30</b></p> <p><b>MORNING SESSION:</b> 9:30 YOGA 11:30 LUNCH PICK UP</p> <p><b>AFTERNOON SESSION:</b> 12:30 WALKING PROGRAM</p> <p><b>Meatloaf with Brown Gravy</b></p>	