

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

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

BergenfieldCenter@co.bergen.us.nj

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

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

October 11	Columbus Day CENTER CLOSED	
October 29	Bergen County Board of Social Services	9:00-11:30am
Mondays, Wednesdays, Fridays	Bingo	1:00
Tuesdays, Thursdays	Walking Club	12:30

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.

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.



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.

OCTOBER

BERGENFIELD SENIOR ACTIVITY CENTER

2021

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

				<p>1 MORNING SESSION: 10:00 Sun Yoga 11:30 LUNCH PICK UP AFTERNOON SESSION: 1:00 Bingo</p> <p>Roast Turkey with Gravy</p>
<p>4 MORNING SESSION: 9:30 Arthritis Exercise 11:30 LUNCH PICK UP AFTERNOON SESSION: 1:00 Bingo</p> <p>Italian Chicken Sandwich</p>	<p>5 MORNING SESSION: 9:30 Yoga w/ the YWCA 11:30 LUNCH PICK UP AFTERNOON SESSION: 12:30 Walking Program</p> <p>Rigatoni with Bolognese Sauce</p>	<p>6 MORNING SESSION: 9:30 Ceramics 11:30 LUNCH PICK UP AFTERNOON SESSION: 1:00 Bingo</p> <p>Shaved BBQ Chicken Sandwich</p>	<p>7 MORNING SESSION: 9:30 Sit & be Fit w/ the YWCA 11:30 LUNCH PICK UP AFTERNOON SESSION: 12:30 Walking Program</p> <p>Ham Steak with Pineapple</p>	<p>8 MORNING SESSION: 10:00 Sun Yoga 11:30 LUNCH PICK UP AFTERNOON SESSION: 1:00 Bingo</p> <p>Meatloaf with Mushroom Gravy</p>
<p>11 COLUMBUS DAY CENTER CLOSED</p>	<p>12 MORNING SESSION: 9:30 Yoga w/ the YWCA 11:30 LUNCH PICK UP AFTERNOON SESSION: 12:30 Walking Program</p> <p>Chicken Salad</p>	<p>13 MORNING SESSION: 9:30 Ceramics 11:30 LUNCH PICK UP AFTERNOON SESSION: 1:00 Bingo</p> <p>Chicken Cordon Bleu</p>	<p>14 MORNING SESSION: 9:30 Sit & be Fit w/ the YWCA 11:30 LUNCH PICK UP AFTERNOON SESSION: 12:30 Walking Program</p> <p>Sweet & Sour Meatballs</p>	<p>15 MORNING SESSION: 10:00 Sun Yoga 11:30 LUNCH PICK UP AFTERNOON SESSION: 1:00 Bingo</p> <p>Chicken Chow Mein</p>
<p>18 MORNING SESSION: 9:30 Arthritis Exercise 11:30 LUNCH PICK UP AFTERNOON SESSION: 1:00 Bingo</p> <p>Imitation Crab Salad Sandwich</p>	<p>19 MORNING SESSION: 9:30 Yoga w/ the YWCA 11:30 LUNCH PICK UP AFTERNOON SESSION: 12:30 Walking Program</p> <p>Chicken Piccata</p>	<p>20 MORNING SESSION: 9:30 Ceramics 11:30 LUNCH PICK UP AFTERNOON SESSION: 1:00 Bingo</p> <p>Roast Beef with Gravy</p>	<p>21 MORNING SESSION: 9:30 Sit & be Fit w/ the YWCA 11:30 LUNCH PICK UP AFTERNOON SESSION: 12:30 Walking Program</p> <p>Chicken with Country Gravy</p>	<p>22 MORNING SESSION: 10:00 Sun Yoga 11:30 LUNCH PICK UP AFTERNOON SESSION: 1:00 Bingo</p> <p>Spinach & Cheese Lasagna</p>
<p>25 MORNING SESSION: 9:30 Arthritis Exercise 11:30 LUNCH PICK UP AFTERNOON SESSION: 1:00 Bingo</p> <p>Chicken Sandwich with Pink Sauce</p>	<p>26 MORNING SESSION: 9:30 Yoga w/ the YWCA 11:30 LUNCH PICK UP AFTERNOON SESSION: 12:30 Walking Program</p> <p>Beer-Battered Fish</p>	<p>27 MORNING SESSION: 9:30 Ceramics 11:30 LUNCH PICK UP AFTERNOON SESSION: 1:00 Bingo</p> <p>General Tao's Chicken</p>	<p>28 MORNING SESSION: 9:30 Sit & be Fit w/ the YWCA 11:30 LUNCH PICK UP AFTERNOON SESSION: 12:30 Walking Program</p> <p>Pork Cutlet Marsala</p>	<p>29 10:00 11:30 Treat To Go MORNING SESSION: SUN YOGA LUNCH PICK UP AFTERNOON SESSION: Bingo</p> <p>Chicken Parmesan</p>