

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
December 2021
Happy Holidays!

DECEMBER

December 6:	Calorie Burning Bingo	1:00 PM
December 15:	Bingo Bash	1:00 PM
December 22:	Holiday Bingo	1:00 PM
December 23:	Board of Social Services Holiday Celebration- Treat To Go	9:00AM- 12:00PM 12:30 PM
December 24:	Christmas Day Observance- CENTER CLOSED	
December 30:	New Year's Toast	11:15 AM
December 31:	New Year's Day Observance- CENTER CLOSED	

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>1</p> <p>MORNING SESSION: 9:30 CERAMICS 11:30 LUNCH PICK UP</p> <p>AFTERNOON SESSION: 1:00 BINGO</p> <p>Whole Wheat Penne & Ricotta</p>	<p>2</p> <p>MORNING SESSION: 9:30 SIT & BE FIT w/THE YWCA 11:30 LUNCH PICK UP</p> <p>AFTERNOON SESSION: 12:30 WALKING PROGRAM</p> <p>Beef Stroganoff</p>	<p>3</p> <p>MORNING SESSION: 10:00 SUN YOGA 11:30 LUNCH PICK UP</p> <p>AFTERNOON SESSION: 1:00 BINGO</p> <p>Roast Turkey with Brown Gravy</p>
<p>6</p> <p><i>Calorie Burning Bingo</i></p> <p>MORNING SESSION: 9:30 VIDEO EXERCISE 11:30 LUNCH PICK UP</p> <p>AFTERNOON SESSION: 1:00 BINGO</p> <p>Italian Chicken Sandwich</p>	<p>7</p> <p>MORNING SESSION: 9:30 YOGA 11:30 LUNCH PICK UP</p> <p>AFTERNOON SESSION: 12:30 WALKING PROGRAM</p> <p>Rigatoni with Beef Bolognese</p>	<p>8</p> <p>MORNING SESSION: 9:30 CERAMICS 11:30 LUNCH PICK UP</p> <p>AFTERNOON SESSION: 1:00 BINGO</p> <p>BBQ Pulled Chicken</p>	<p>9</p> <p>MORNING SESSION: 9:30 SIT & BE FIT w/THE YWCA 11:30 LUNCH PICK UP</p> <p>AFTERNOON SESSION: 12:30 WALKING PROGRAM</p>	<p>10</p> <p>MORNING SESSION: 10:00 SUN YOGA 11:30 LUNCH PICK UP</p> <p>AFTERNOON SESSION: 1:00 BINGO</p> <p>Meatloaf with Brown Gravy</p>
<p>13</p> <p>MORNING SESSION: 9:30 ARTHRITIS EXERCISE 11:30 LUNCH PICK UP</p> <p>AFTERNOON SESSION: 1:00 BINGO</p> <p>Egg Salad</p>	<p>14</p> <p>MORNING SESSION: 9:30 YOGA 11:30 LUNCH PICK UP</p> <p>AFTERNOON SESSION: 12:30 WALKING PROGRAM</p> <p>Pork Tenderloin</p>	<p>15</p> <p>BINGO BASH</p>  <p>MORNING SESSION: 9:30 CERAMICS 11:30 LUNCH PICK UP</p> <p>AFTERNOON SESSION: 1:00 BINGO</p> <p>Chicken Cordon Bleu</p>	<p>16</p> <p>MORNING SESSION: 9:30 SIT & BE FIT w/THE YWCA 11:30 LUNCH PICK UP</p> <p>AFTERNOON SESSION: 12:30 WALKING PROGRAM</p> <p>Italian Meatballs</p>	<p>17</p> <p>MORNING SESSION: 10:00 SUN YOGA 11:30 LUNCH PICK UP</p> <p>AFTERNOON SESSION: 1:00 BINGO</p> <p>Shaved Chicken</p>
<p>20</p> <p>MORNING SESSION: 9:30 ARTHRITIS EXERCISE 11:30 LUNCH PICK UP</p> <p>AFTERNOON SESSION: 1:00 BINGO</p> <p>Tuna Salad</p>	<p>21</p> <p>MORNING SESSION: 9:30 YOGA 11:30 LUNCH PICK UP</p> <p>AFTERNOON SESSION: 12:30 WALKING PROGRAM</p> <p>Turkey, Rice and Beans</p>	<p>22</p> <p>Holiday Bingo</p>  <p>MORNING SESSION: 9:30 CERAMICS 11:30 LUNCH PICK UP</p> <p>AFTERNOON SESSION: 1:00 BINGO</p> <p>Roast Beef with Gravy</p>	<p>23</p> <p>Treat To Go</p> <p>MORNING SESSION: 9:30 SIT & BE FIT w/THE YWCA 11:30 LUNCH PICK UP</p> <p>AFTERNOON SESSION: 12:30 WALKING PROGRAM</p> <p>Italian Meatballs</p>	<p>C E N T E R</p> <p><i>Merry Christmas</i></p>  <p>C L O S E D</p>
<p>27</p> <p>MORNING SESSION: 9:30 ARTHRITIS EXERCISE 11:30 LUNCH PICK UP</p> <p>AFTERNOON SESSION: 1:00 BINGO</p> <p>Breaded Chicken Sandwich</p>	<p>28</p> <p>MORNING SESSION: 9:30 YOGA 11:30 LUNCH PICK UP</p> <p>AFTERNOON SESSION: 12:30 WALKING PROGRAM</p> <p>Beer-Battered Fish</p>	<p>29</p> <p>MORNING SESSION: 9:30 CERAMICS 11:30 LUNCH PICK UP</p> <p>AFTERNOON SESSION: 1:00 BINGO</p> <p>Macaroni and Cheese</p>	<p>30</p> <p>New Year's Toast</p> <p>MORNING SESSION: 9:30 SIT & BE FIT w/THE YWCA 11:30 LUNCH PICK UP</p> <p>AFTERNOON SESSION: 12:30 WALKING PROGRAM</p> <p>Chicken Stuffed with Broccoli</p>	<p>C E N T E R</p> <p><i>Happy New Year</i></p>  <p>C L O S E D</p>