

# BERGEN NEW JERSEY *County*

**James J. Tedesco III**  
*County Executive*

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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**

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


# 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**  
**January 2022**  
**Happy New Year!**

**JANUARY**



January 3:	First Cabanics Exercise Class	9:30 AM
January 7:	FROST Bingo	12:45 PM
January 12:	NJ Plastic Bag Initiative Presentation	12:30 PM
January 17:	Dr. Martin Luther King, Jr. Birthday— CENTER CLOSED	
January 19:	Bingo Bash	1:00 PM










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.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>3</b></p> <p><b>MORNING SESSION:</b> 9:30 CABANICS EXERCISE 11:30 LUNCH PICK UP</p> <p><b>AFTERNOON SESSION:</b> 1:00 BINGO</p> <p><b>Tuna Salad</b> </p>	<p><b>4</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>Cheese &amp; Spinach Lasagna</b></p>	<p><b>5</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>Meatloaf with Brown Gravy</b></p>	<p><b>6</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>Stuffed Flounder</b></p>	<p><b>7</b></p> <p><i>FROST</i> Bingo</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>Beef Stroganoff</b> </p>
<p><b>10</b></p> <p><b>MORNING SESSION:</b> 9:30 CABANICS EXERCISE 11:30 LUNCH PICK UP</p> <p><b>AFTERNOON SESSION:</b> 1:00 BINGO</p> <p><b>Roast Beef with Provolone Sandwich</b></p>	<p><b>11</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>12</b></p> <p>Plastic Bag Initiative</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>Meat Lasagna</b></p>	<p><b>13</b></p> <p><b>MORNING SESSION:</b> 9:30 SIT &amp; BE FIT EXERCISE 11:30 LUNCH PICK UP</p> <p><b>AFTERNOON SESSION:</b> 12:30 WALKING PROGRAM</p> <p><b>Swedish Meatballs</b></p>	<p><b>14</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>Salisbury Steak</b></p>
<p><b>17</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>18</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>Turkey &amp; Provolone Sandwich</b> </p>	<p><b>19</b></p> <p>BINGO BASH </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>Baked Penne with Ricotta</b></p>	<p><b>20</b></p> <p><b>MORNING SESSION:</b> 9:30 SIT &amp; BE FIT EXERCISE 11:30 LUNCH PICK UP</p> <p><b>AFTERNOON SESSION:</b> 12:30 WALKING PROGRAM</p> <p><b>Orange Chicken</b></p>	<p><b>21</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>Beef &amp; Macaroni Casserole</b></p>
<p><b>24</b></p> <p><b>MORNING SESSION:</b> 9:30 CABANICS EXERCISE 11:30 LUNCH PICK UP</p> <p><b>AFTERNOON SESSION:</b> 1:00 BINGO</p> <p><b>Milano Sandwich</b></p>	<p><b>25</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>Rotini w/ Crumbled Turkey Sausage</b></p>	<p><b>26</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>Marinated Pork Loin</b></p>	<p><b>27</b></p> <p><b>MORNING SESSION:</b> 9:30 SIT &amp; BE FIT EXERCISE 11:30 LUNCH PICK UP</p> <p><b>AFTERNOON SESSION:</b> 12:30 WALKING PROGRAM</p> <p><b>Chicken Fillet with Honey</b></p>	<p><b>28</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>Open Face Turkey Sandwich</b></p>
<p><b>31</b></p> <p><b>MORNING SESSION:</b> 9:30 CABANICS EXERCISE 11:30 LUNCH PICK UP</p> <p><b>AFTERNOON SESSION:</b> 1:00 BINGO</p> <p><b>Egg Salad</b></p>			<p><b>293 Murray Hill Terrace</b> <b>Bergenfield, NJ 07621</b> <b>(201) 387-7212</b></p> <p>Center Hours: 8:00 AM- 3:30 PM Lunch Pick Up~ 11:30 AM- 12:30 PM (Suggested Lunch Donation ~ \$1.25) <b>Please reserve 1 day in advance</b></p>	



**January**

