

# 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*



On behalf of the County of Bergen, we thank you for your patience during the Covid-19 pandemic. At this time, the County has lifted most restrictions related to Covid-19, but will continue to require health screenings upon entrance to the centers. Masks are now optional throughout the centers. Masks are still required on the bus for those who are unvaccinated, although it is preferable for all to wear a mask when on the bus. Meals will return to congregate setting, and there will no longer be a Grab & Go option. We look forward to seeing you again as we resume all regular activities. If you have any questions, kindly contact your center directly at (201) 387-7212.

## 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.nj.us**



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 August 2022 NATIONAL WELLNESS MONTH



August 4:	Theater Thursday	12:00 PM
August 9:	Rhonda Benjamin, Elder Law Attorney	10:45 AM
August 11:	Stress Management Presentation	10:30 AM
August 17:	<b>WAVES</b> Bingo 	12:15 PM
August 18:	Bergen County Board of Social Services- Medicaid Information	9:00AM - 12:00PM
August 19:	Jewelry Making 	9:30 AM
August 30:	Nutrition Education with Shoprite	10:45 AM
August 31:	Bingo Bash	12:15 PM



***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>1</p> <p>9:00 CONTINENTAL BREAKFAST 9:30 DOMINOES/PUZZLES/CARDS 10:00 CABANICS EXERCISE 12:30 BINGO</p> <p><b>Chicken Rotini Salad</b></p>	<p>2</p> <p>9:00 CONTINENTAL BREAKFAST 9:30 DOMINOES/PUZZLES/CARDS 9:30 YOGA EXERCISE 12:30 WALKING GROUP 1:00 POKER/DOMINOES</p> <p><b>Sliced Turkey w/ Turkey Gravy</b></p>	<p>3</p> <p>9:00 CONTINENTAL BREAKFAST 9:30 DOMINOES/PUZZLES/CARDS 9:30 CERAMICS 12:30 BINGO</p> <p><b>Baked Fish Florentine</b></p>	<p>4 <b>Theater Thursday</b></p> <p>9:00 CONTINENTAL BREAKFAST 9:30 DOMINOES/PUZZLES/CARDS 9:30 CARDIO EXERCISE 12:30 WALKING GROUP 1:00 POKER/DOMINOES</p> <p><b>Homestyle Meatloaf w/ Brown Gravy</b></p>	<p>5</p> <p>9:00 CONTINENTAL BREAKFAST 9:30 DOMINOES/PUZZLES/CARDS 9:30 ZUMBA EXERCISE 12:30 BINGO</p> <p><b>Chicken Parmesan</b></p>
<p>8</p> <p>9:00 CONTINENTAL BREAKFAST 9:30 DOMINOES/PUZZLES/CARDS 10:00 CABANICS EXERCISE 12:30 BINGO</p> <p><b>Chicken Salad w/ Lettuce Leaf</b></p>	<p>9 <b>Elder Law Presentation</b></p> <p>9:00 CONTINENTAL BREAKFAST 9:30 DOMINOES/PUZZLES/CARDS 9:30 YOGA EXERCISE 12:30 WALKING GROUP 1:00 POKER/DOMINOES</p> <p><b>Penne w/ Crumbled Pork Sausage w/ Garlic &amp; Olive Oil</b></p>	<p>10</p> <p>9:00 CONTINENTAL BREAKFAST 9:30 DOMINOES/PUZZLES/CARDS 9:30 CERAMICS 12:30 BINGO</p> <p><b>Chicken Chow Mein</b></p>	<p>11 <b>Stress Management Presentation</b></p> <p>9:00 CONTINENTAL BREAKFAST 9:30 DOMINOES/PUZZLES/CARDS 9:30 CARDIO EXERCISE 12:30 WALKING GROUP 1:00 POKER/DOMINOES</p> <p><b>Sweet &amp; Sour Meatballs</b></p>	<p>12</p> <p>9:00 CONTINENTAL BREAKFAST 9:30 DOMINOES/PUZZLES/CARDS 9:30 ZUMBA EXERCISE 12:30 BINGO</p> <p><b>Chicken Filet with Honey Dijon Sauce</b></p>
<p>15</p> <p>9:00 CONTINENTAL BREAKFAST 9:30 DOMINOES/PUZZLES/CARDS 10:00 CABANICS EXERCISE 12:30 BINGO</p> <p><b>Tuna &amp; Bowtie Pasta Salad</b></p>	<p>16</p> <p>9:00 CONTINENTAL BREAKFAST 9:30 DOMINOES/PUZZLES/CARDS 9:30 YOGA EXERCISE 12:30 WALKING GROUP 1:00 POKER/DOMINOES</p> <p><b>Turkey Burger</b></p>	<p>17 <b>WAVES BINGO</b></p> <p>9:00 CONTINENTAL BREAKFAST 9:30 DOMINOES/PUZZLES/CARDS 9:30 CERAMICS 12:30 BINGO</p> <p><b>Unbreaded Chicken Piccata</b> </p>	<p>18 <b>Medicaid Information w/ BCBSS</b></p> <p>9:00 CONTINENTAL BREAKFAST 9:30 DOMINOES/PUZZLES/CARDS 9:30 CARDIO EXERCISE 12:30 WALKING GROUP 1:00 POKER/DOMINOES</p> <p><b>Homestyle Salisbury Steak w/ Brown Gravy</b></p>	<p>19 <b>Jewelry Making</b></p> <p>9:00 CONTINENTAL BREAKFAST 9:30 DOMINOES/PUZZLES/CARDS 9:30 JEWELRY MAKING 12:30 BINGO</p>  <p><b>Rosemary Roasted Pork w/Gravy</b></p>
<p>22</p> <p>9:00 CONTINENTAL BREAKFAST 9:30 DOMINOES/PUZZLES/CARDS 10:00 CABANICS EXERCISE 12:30 BINGO</p> <p><b>Egg Salad w/ Romaine Lettuce</b></p>	<p>23 <b>Bank Fraud Presentation</b></p> <p>9:00 CONTINENTAL BREAKFAST 9:30 DOMINOES/PUZZLES/CARDS 9:30 YOGA EXERCISE 12:30 WALKING GROUP 1:00 POKER/DOMINOES</p> <p><b>Boneless Chicken Scampi</b></p>	<p>24</p> <p>9:00 CONTINENTAL BREAKFAST 9:30 DOMINOES/PUZZLES/CARDS 9:30 CERAMICS 12:30 BINGO</p> <p><b>Pork Chops w/Applesauce</b></p>	<p>25</p> <p>9:00 CONTINENTAL BREAKFAST 9:30 DOMINOES/PUZZLES/CARDS 9:30 CARDIO EXERCISE 12:30 WALKING GROUP 1:00 POKER/DOMINOES</p> <p><b>Turkey Chili with Beans</b></p>	<p>26</p> <p>9:00 CONTINENTAL BREAKFAST 9:30 DOMINOES/PUZZLES/CARDS 9:30 ZUMBA EXERCISE 12:30 BINGO</p> <p><b>Chicken Marsala</b></p>
<p>29</p> <p>9:00 CONTINENTAL BREAKFAST 9:30 DOMINOES/PUZZLES/CARDS 10:00 CABANICS EXERCISE 12:30 BINGO</p> <p><b>Pulled BBQ Pork</b></p>	<p>30 <b>Nutrition Education</b></p> <p>9:00 CONTINENTAL BREAKFAST 9:30 DOMINOES/PUZZLES/CARDS 9:30 YOGA EXERCISE 12:30 WALKING GROUP 1:00 POKER/DOMINOES</p> <p><b>Korean BBQ Chicken Leg Quarter</b></p>	<p>31 <b>BINGO BASH</b></p> <p>9:00 CONTINENTAL BREAKFAST 9:30 DOMINOES/PUZZLES/CARDS 9:30 CERAMICS 12:30 BINGO</p> <p><b>Pepper Steak</b> </p>	<p><b>293 Murray Hill Terrace Bergenfield, NJ 07621 (201) 387-7212</b></p> <p>Center Hours: 8:00 AM- 3:30 PM Lunch Served Daily ~ 11:30 AM (Suggested Lunch Donation ~ \$1.25) <b>Please reserve 1 day in advance</b></p>	

