

BERGEN NEW JERSEY *County*

James J. Tedesco III
County Executive

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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 September 2022 NATIONAL SENIOR CENTER MONTH



September 5:	Labor Day– CENTER CLOSED	
September 6:	Ice Cream Social	12:00 PM
September 7:	CIDER Bingo	12:15 PM
September 12:	9/11 Documentary	9:00 AM
September 15:	Bergen County Board of Social Services- Medicaid Information Consumer Affairs Presentation: Retail World	9:00 AM - 12:00 PM 10:30 AM
September 16:	Jewelry Making with Ybis Nina	9:30 AM
September 21:	Bingo Bash	12:15 PM
September 27:	Stress Management Presentation	10:45 AM
September 29:	Theater Thursday	12:00 PM

The Wallington 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>293 Murray Hill Terrace Bergenfield, NJ 07621 (201) 387-7212</p> <p>Center Hours: 8:00 AM- 3:30 PM Lunch Served Daily ~ 11:30 AM (Suggested Lunch Donation ~ \$1.25) <i>Please reserve 1 day in advance</i></p>		<p>1</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>Sliced Turkey w/ Turkey Gravy</p>	<p>2</p> <p>9:00 CONTINENTAL BREAKFAST 9:30 DOMINOES/PUZZLES/CARDS 9:30 ZUMBA EXERCISE 12:30 BINGO</p> <p>Rigatoni Bolognese</p>
<p>5</p> <p>C E N T E R</p>  <p>C L O S E D</p>	<p>6</p> <p>Ice Cream Social</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>Hamburger (Beef) w/ Sausage & Garlic Oil</p>	<p>7</p> <p>CIDER BINGO</p> <p>9:00 CONTINENTAL BREAKFAST 9:30 DOMINOES/PUZZLES/CARDS 9:30 CERAMICS 12:30 BINGO</p>  <p>Chicken Florentine</p>	<p>8</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>Fish Sticks w/ Lemon Wedge & Tarter Sauce</p>	<p>9</p> <p>9:00 CONTINENTAL BREAKFAST 9:30 DOMINOES/PUZZLES/CARDS 9:30 ZUMBA EXERCISE 12:30 BINGO</p> <p>BBQ Pulled Pork Sandwich</p>
<p>12</p> <p>9/11 Documentary</p> <p>9:00 CONTINENTAL BREAKFAST 9:30 DOMINOES/PUZZLES/CARDS 10:00 CABANICS EXERCISE 12:30 BINGO</p>  <p>Grilled Chicken Caesar Salad</p>	<p>13</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>Salisbury Steak w/ Brown Gravy</p>	<p>14</p> <p>9:00 CONTINENTAL BREAKFAST 9:30 DOMINOES/PUZZLES/CARDS 9:30 CERAMICS 12:30 BINGO</p> <p>Italian Meatballs w/ Tomato Basil Sauce</p>	<p>15</p> <p>9:00 Medicaid Information w/BCBSS Consumer Affairs Presentation 10:30</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>Turkey Burger w/ Brown Gravy</p>	<p>16</p> <p>Jewelry Making with Ybis Nina</p> <p>9:00 CONTINENTAL BREAKFAST 9:30 DOMINOES/PUZZLES/CARDS 9:30 ZUMBA EXERCISE 12:30 BINGO</p>  <p>Orange Chicken</p>
<p>19</p> <p>9:00 CONTINENTAL BREAKFAST 9:30 DOMINOES/PUZZLES/CARDS 10:00 CABANICS EXERCISE 12:30 BINGO</p> <p>Turkey & Swiss Cheese Sandwich w/ Arugula on WW Roll</p>	<p>20</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>Stuffed Cabbage</p>	<p>21</p> <p>BINGO BASH</p> <p>9:00 CONTINENTAL BREAKFAST 9:30 DOMINOES/PUZZLES/CARDS 9:30 CERAMICS 12:30 BINGO</p>  <p>Lemon Pepper Baked Fish</p>	<p>22</p> <p>First Day of Autumn</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>Sloppy Joe on Kaiser Roll</p>	<p>23</p> <p>9:00 CONTINENTAL BREAKFAST 9:30 DOMINOES/PUZZLES/CARDS 9:30 ZUMBA EXERCISE 12:30 BINGO</p> <p>Egg Salad on Romaine Lettuce</p>
<p>26</p> <p>9:00 CONTINENTAL BREAKFAST 9:30 DOMINOES/PUZZLES/CARDS 10:00 CABANICS EXERCISE 12:30 BINGO</p> <p>Tuna Noodle Salad</p>	<p>27</p> <p>Stress Management Presentation</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>Pork Tenderloin w/ Gravy</p>	<p>28</p> <p>9:00 CONTINENTAL BREAKFAST 9:30 DOMINOES/PUZZLES/CARDS 9:30 CERAMICS 12:30 BINGO</p> <p>Korean BBQ Chicken Leg Quarter</p>	<p>29</p> <p>Theater Thursday</p> <p>9:00 CONTINENTAL BREAKFAST 9:30 DOMINOES/PUZZLES/CARDS 9:30 CARDIO EXERCISE 12:30 WALKING GROUP</p>  <p>Cheese Ravioli in Spinach Sauce</p>	<p>30</p> <p>9:00 CONTINENTAL BREAKFAST 9:30 DOMINOES/PUZZLES/CARDS 9:30 ZUMBA EXERCISE 12:30 BINGO</p> <p>Shaved Chicken Sandwich</p>