

BERGEN NEW JERSEY *County*

James J. Tedesco III
County Executive

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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. Meals have returned 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

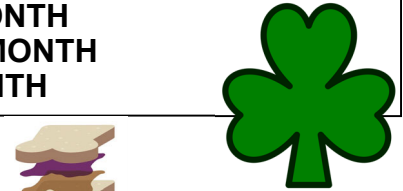
Open: Monday - Friday 8:00AM - 3:30PM






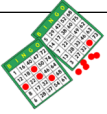
BERGEN NEW JERSEY *County*

James J. Tedesco III, County Executive

BERGENFIELD SENIOR ACTIVITY CENTER Bergen County Department of Human Services Division of Senior Services/ADRC March 2023

NATIONAL NUTRITION MONTH
NATIONAL SOCIAL WORK MONTH
NATIONAL PEANUT MONTH



March 6:	Peanut Butter and Jelly in our PJ's Party 	10:00 AM
March 12:	Daylight Savings Time Begins– Spring Forward 	
March 13:	Movie Morning Monday 	9:30 AM
March 15:	LUCKY Bingo	12:15 PM
March 16:	SNAP Program	10:00 AM -2:00 PM
March 17:	St. Patrick's Day- Wear Green Day Irish Soda bread and Tea 	9:30 AM
March 27:	Jewelry Making with Ybis Nina 	9:30 AM
March 29:	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












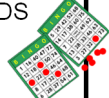
MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>293 Murray Hill Terrace Bergenfield, NJ 07621 (201) 387-7212 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>MARCH IS... National Peanut Month</p>	<p>1</p> <p>9:00 CONTINENTAL BREAKFAST 9:30 DOMINOES/PUZZLES/CARDS 10:00 CABANICS EXERCISE 12:30 BINGO</p> <p>Korean BBQ Pulled Pork</p>	<p>2</p> <p>9:00 CONTINENTAL BREAKFAST 9:30 DOMINOES/PUZZLES/CARDS 10:00 CARDIO EXERCISE 12:30 WALKING GROUP 1:00 POKER/DOMINOES</p> <p>Herb Roasted Chicken Leg</p>	<p>3</p> <p>9:00 CONTINENTAL BREAKFAST 9:30 DOMINOES/PUZZLES/CARDS 9:30 ZUMBA EXERCISE 12:30 BINGO</p> <p>Eggplant Rollatini</p>
<p>6 PB&J in our PJs</p> <p>9:00 CONTINENTAL BREAKFAST 9:30 DOMINOES/PUZZLES/CARDS 10:00 VIDEO EXERCISE 12:30 BINGO</p> <p>Sweet and Sour Meatballs</p> 	<p>7</p> <p>9:00 CONTINENTAL BREAKFAST 9:30 CERAMICS 10:00 YOGA EXERCISE 1:00 LINE DANCING CLASS 1:00 POKER/DOMINOES</p> <p>Baked Fish w/ Dill Sauce</p>	<p>8</p> <p>9:00 CONTINENTAL BREAKFAST 9:30 DOMINOES/PUZZLES/CARDS 10:00 CABANICS EXERCISE 12:30 BINGO</p> <p>Chicken Florentine</p>	<p>9</p> <p>9:00 CONTINENTAL BREAKFAST 9:30 DOMINOES/PUZZLES/CARDS 10:00 CARDIO EXERCISE 12:30 WALKING GROUP 1:00 POKER/DOMINOES</p> <p>Hamburger</p>	<p>10</p> <p>9:00 CONTINENTAL BREAKFAST 9:30 DOMINOES/PUZZLES/CARDS 9:30 ZUMBA EXERCISE 12:30 BINGO</p> <p>Tuna & Bowtie Pasta Salad</p>
<p>13 Movie Monday</p> <p>9:00 CONTINENTAL BREAKFAST 9:30 DOMINOES/PUZZLES/CARDS 10:00 VIDEO EXERCISE 12:30 BINGO</p> <p>Pork Tenderloin w/ Applesauce</p>  	<p>14</p> <p>9:00 CONTINENTAL BREAKFAST 9:30 CERAMICS 10:00 YOGA EXERCISE 1:00 LINE DANCING CLASS 1:00 POKER/DOMINOES</p> <p>Salisbury Steak w/ Gravy</p>	<p>15 LUCKY BINGO</p> <p>9:00 CONTINENTAL BREAKFAST 9:30 DOMINOES/PUZZLES/CARDS 10:00 CABANICS EXERCISE 12:30 BINGO</p> <p>Chicken Cutlet Parmesan</p> 	<p>16 SNAP Program Information</p> <p>9:00 CONTINENTAL BREAKFAST 9:30 DOMINOES/PUZZLES/CARDS 10:00 CARDIO EXERCISE 12:30 WALKING GROUP 1:00 POKER/DOMINOES</p> <p>Corned Beef</p> 	<p>17 St. Patrick's Day—Wear Green Day Irish Soda Bread and Tea</p> <p>9:00 CONTINENTAL BREAKFAST 9:30 DOMINOES/PUZZLES/CARDS 9:30 ZUMBA EXERCISE 12:30 BINGO</p> <p>Baked Fish w/ Garlic Lemon Sauce</p> 
<p>20</p> <p>9:00 CONTINENTAL BREAKFAST 9:30 DOMINOES/PUZZLES/CARDS 10:00 VIDEO EXERCISE 12:30 BINGO</p> <p>Turkey & Swiss Cheese Sandwich</p> 	<p>21</p> <p>9:00 CONTINENTAL BREAKFAST 9:30 CERAMICS 10:00 YOGA EXERCISE 1:00 LINE DANCING CLASS 1:00 POKER/DOMINOES</p> <p>Hot Tuna Noodle Casserole</p>	<p>22</p> <p>9:00 CONTINENTAL BREAKFAST 9:30 DOMINOES/PUZZLES/CARDS 10:00 CABANICS EXERCISE 12:30 BINGO</p> <p>Chicken Cordon Bleu</p>	<p>23</p> <p>9:00 CONTINENTAL BREAKFAST 9:30 DOMINOES/PUZZLES/CARDS 10:00 CARDIO EXERCISE 12:30 WALKING GROUP 1:00 POKER/DOMINOES</p> <p>Sloppy Joe</p>	<p>24</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>27 Jewelry Making with Ybis Nina</p> <p>9:00 CONTINENTAL BREAKFAST 9:30 DOMINOES/PUZZLES/CARDS 10:00 VIDEO EXERCISE 12:30 BINGO</p> <p>Swedish Meatballs</p> 	<p>28</p> <p>9:00 CONTINENTAL BREAKFAST 9:30 CERAMICS 10:00 YOGA EXERCISE 1:00 LINE DANCING CLASS 1:00 POKER/DOMINOES</p> <p>Meatloaf w/ Gravy</p>	<p>29 BINGO BASH</p> <p>9:00 CONTINENTAL BREAKFAST 9:30 DOMINOES/PUZZLES/CARDS 10:00 CABANICS EXERCISE 12:30 BINGO</p> <p>Shaved Philly Beef Sandwich</p> 	<p>30</p> <p>9:00 CONTINENTAL BREAKFAST 9:30 DOMINOES/PUZZLES/CARDS 10:00 CARDIO EXERCISE 12:30 WALKING GROUP 1:00 POKER/DOMINOES</p> <p>Korean BBQ Chicken Leg</p>	<p>31</p> <p>9:00 CONTINENTAL BREAKFAST 9:30 DOMINOES/PUZZLES/CARDS 9:30 ZUMBA EXERCISE 12:30 BINGO</p> <p>Baked Fish w/ Dill Sauce</p>