

BERGEN NEW JERSEY *County*

James J. Tedesco III
County Executive

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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.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





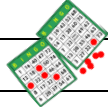

MAY

Division of Senior Services/ADRC

May 2023

OLDER AMERICANS MONTH








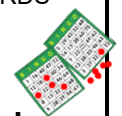


May 1:	Movie Monday 	9:30 AM
May 10:	OLDIE Bingo 	12:15 PM
May 12:	Mother's Day Celebration 	ALL DAY
May 16:	SENIOR CENTER OPEN HOUSE Call (201) 387-7212 for Reservations Jewelry Making with Ybis Nina  Emergency Preparedness Presentation	9:00 AM -2:00 PM
May 18:	SNAP Program	10:00 AM -2:00 PM
May 22:	Armchair Aerobics with BNBMC 	10:00 AM
May 24:	Bingo Bash	12:15 PM
May 29:	Memorial Day- CENTER CLOSED 	
May 30:	Senior Luncheon	12:00 PM -2:30 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.

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 a 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.



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 Movie Monday</p> <p>9:00 CONTINENTAL BREAKFAST 9:30 CROCHET/KNITTING GROUP 9:30 DOMINOES/PUZZLES/CARDS 10:00 VIDEO EXERCISE 12:30 BINGO</p>  <p>Italian Meatballs</p>	<p>2</p> <p>9:00 CONTINENTAL BREAKFAST 9:30 CERAMICS 10:00 YOGA EXERCISE 1:00 LINE DANCING CLASS 1:00 POKER/DOMINOES</p> <p>Tuna & Bowtie Pasta Salad</p>	<p>3</p> <p>9:00 CONTINENTAL BREAKFAST 9:30 DOMINOES/PUZZLES/CARDS 10:00 CABANICS EXERCISE 12:30 BINGO</p> <p>Pork Chop in Garlic Sauce</p>	<p>4</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>Balsamic Breaded Chicken</p>	<p>5</p> <p>9:00 CONTINENTAL BREAKFAST 9:30 DOMINOES/PUZZLES/CARDS 9:30 ZUMBA EXERCISE 12:30 BINGO</p> <p>Mexican Chicken Breast</p>
<p>8</p> <p>9:00 CONTINENTAL BREAKFAST 9:30 CROCHET/KNITTING GROUP 9:30 DOMINOES/PUZZLES/CARDS 10:00 VIDEO EXERCISE 12:30 BINGO</p> <p>Baked Fish w/ Lemon</p>	<p>9</p> <p>9:00 CONTINENTAL BREAKFAST 9:30 CERAMICS 10:00 YOGA EXERCISE 1:00 LINE DANCING CLASS 1:00 POKER/DOMINOES</p> <p>Korean BBQ Chicken Leg</p>	<p>10 OLDIE BINGO</p> <p>9:00 CONTINENTAL BREAKFAST 9:30 DOMINOES/PUZZLES/CARDS 10:00 CABANICS EXERCISE 12:30 BINGO</p> <p>Stuffed Peppers</p>	<p>11</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>Ham Steak</p>	<p>12 <i>Mother's Day Celebration</i></p> <p>9:00 CONTINENTAL BREAKFAST 9:30 DOMINOES/PUZZLES/CARDS 9:30 ZUMBA EXERCISE 12:30 BINGO</p> <p>Boneless Chicken Scampi</p>
<p>15 Women's Health with BNBMC</p> <p>9:00 CONTINENTAL BREAKFAST 9:30 CROCHET/KNITTING GROUP 9:30 DOMINOES/PUZZLES/CARDS 10:00 VIDEO EXERCISE 12:30 BINGO</p> <p>Tuna Salad on Romaine</p> 	<p>16 <i>Open House- OEM Presentation</i> <i>Jewelry Making with Ybis Nina</i></p> <p>9:00 CONTINENTAL BREAKFAST 9:30 CERAMICS 10:00 YOGA EXERCISE 1:00 LINE DANCING CLASS 1:00 POKER/DOMINOES</p>  <p>Chicken Marsala</p>	<p>17</p> <p>9:00 CONTINENTAL BREAKFAST 9:30 DOMINOES/PUZZLES/CARDS 10:00 CABANICS EXERCISE 12:30 BINGO</p> <p>Sweet Pork Sausage Sandwich</p>	<p>18 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>Salisbury Steak w/ Gravy</p>	<p>19</p> <p>9:00 CONTINENTAL BREAKFAST 9:30 DOMINOES/PUZZLES/CARDS 9:30 ZUMBA EXERCISE 12:30 BINGO</p> <p>Eggplant Rollatini w/ Meatballs</p>
<p>22 Nutrition Education</p> <p>9:00 CONTINENTAL BREAKFAST 9:30 CROCHET/KNITTING GROUP 9:30 DOMINOES/PUZZLES/CARDS 10:00 VIDEO EXERCISE 10:00 ARMCHAIR AEROBICS 12:30 BINGO</p> <p>Orange Chicken</p>	<p>23</p> <p>9:00 CONTINENTAL BREAKFAST 9:30 CERAMICS 10:00 YOGA EXERCISE 1:00 LINE DANCING CLASS 1:00 POKER/DOMINOES</p> <p>Roast Beef w/ Gravy</p>	<p>24 BINGO BASH</p> <p>9:00 CONTINENTAL BREAKFAST 9:30 DOMINOES/PUZZLES/CARDS 10:00 CABANICS EXERCISE 12:30 BINGO</p>  <p>Chicken Waldorf Salad</p>	<p>25</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>Pork Tenderloin w/ Gravy</p>	<p>26</p> <p>9:00 CONTINENTAL BREAKFAST 9:30 DOMINOES/PUZZLES/CARDS 9:30 ZUMBA EXERCISE 12:30 BINGO</p> <p>Swedish Meatballs</p>
<p>29</p> <p>C E N T E R</p>  <p>C L O S E D</p>	<p>30 Senior Luncheon</p> <p>9:00 CONTINENTAL BREAKFAST 9:30 CERAMICS 10:00 YOGA EXERCISE 1:00 LINE DANCING CLASS 1:00 POKER/DOMINOES</p>  <p>Beef Hamburger</p>	<p>31</p> <p>9:00 CONTINENTAL BREAKFAST 9:30 DOMINOES/PUZZLES/CARDS 10:00 CABANICS EXERCISE 12:30 BINGO</p> <p>Chicken Florentine</p>	<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) Please reserve 1 day in advance</p>	
