



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






James J. Tedesco III, County Executive

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



June 2023
NATIONAL FRESH FRUITS AND
VEGETABLES MONTH



June 5:	Jewelry Making with Ybis Nina		9:00 AM
June 6:	Primary Elections- CENTER CLOSED		
June 7:	BEACH Bingo		12:15 PM
June 8:	SFMNP Farmers' Market Voucher Distribution		9:00AM— 11:00AM
June 12:	Movie Monday- Grease Day		9:30 AM
June 15:	Father's Day Celebration- ALL DAY SNAP Program		10:00 AM -2:00 PM
June 16:	Juneteenth (Observed)- CENTER CLOSED		
June 19:	Role of Your Primary Care Physician with BNBMC		10:00 AM
June 21:	Bingo Bash		12:15 PM
June 26:	Summer Party- Pre-registration is required* (201) 387-7212		ALL DAY
June 27:	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.

Bergen County Elder Abuse Awareness Walk

Saturday June 3, 2023

Overpeck County Park Amphitheater
One Challenger Road, Ridgefield Park

Rain Date Sunday, June 11, 2023

9:00am—12:00pm

Register today using the link below or calling 201-336-7416



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 10:00 CARDIO EXERCISE 12:30 CABANICS EXERCISE 1:00 POKER/DOMINOES</p> <p>Pork Chop in Garlic Sauce</p>	<p>2</p> <p>9:00 CONTINENTAL BREAKFAST 9:30 DOMINOES/PUZZLES/CARDS 9:30 ZUMBA EXERCISE 12:30 BINGO</p> <p>Creamed Spinach Stuffed Fish</p>
<p>5 Jewelry Making</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>Shaved Philly Beef Sandwich</p> 	<p>6</p> <p>C E N T E R</p>  <p>C L O S E D</p>	<p>7 BEACH BINGO</p> <p>9:00 CONTINENTAL BREAKFAST 9:30 DOMINOES/PUZZLES/CARDS 10:00 WALKING GROUP 12:30 BINGO</p> <p>WW Ziti w/ Crumbled Turkey Sausage</p>	<p>8 SFMNP Voucher Distribution</p> <p>9:00 CONTINENTAL BREAKFAST 9:30 DOMINOES/PUZZLES/CARDS 10:00 CARDIO EXERCISE 12:30 CABANICS EXERCISE 1:00 POKER/DOMINOES</p>  <p>Baked Fish w/ Lemon Dill Sauce</p>	<p>9</p> <p>9:00 CONTINENTAL BREAKFAST 9:30 DOMINOES/PUZZLES/CARDS 9:30 ZUMBA EXERCISE 12:30 BINGO</p> <p>Swedish Meatballs</p>
<p>12 "GREASE" Day- 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>Meatloaf w/ Gravy</p> 	<p>13</p> <p>9:00 CONTINENTAL BREAKFAST 9:30 CERAMICS 10:00 YOGA EXERCISE 1:00 LINE DANCING CLASS 1:00 POKER/DOMINOES</p> <p>Herb Roasted Chicken Leg</p>	<p>14</p> <p>9:00 CONTINENTAL BREAKFAST 9:30 DOMINOES/PUZZLES/CARDS 10:00 WALKING GROUP 12:30 BINGO</p> <p>Egg Salad on Romaine Lettuce</p>	<p>15 SNAP Program Information Father's Day Celebration</p> <p>9:00 CONTINENTAL BREAKFAST 9:30 DOMINOES/PUZZLES/CARDS 10:00 CARDIO EXERCISE 12:30 CABANICS EXERCISE 1:00 POKER/DOMINOES</p>  <p>Stuffed Peppers</p>	<p>16</p> <p>C E N T E R</p>  <p>C L O S E D</p>
<p>19 The Role of Your PCP</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>Lemon-Pepper Baked Fish</p>	<p>20</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 Fillet with Honey Dijon</p>	<p>21 BINGO BASH</p> <p>9:00 CONTINENTAL BREAKFAST 9:30 DOMINOES/PUZZLES/CARDS 10:00 WALKING GROUP 12:30 BINGO</p>  <p>Honey Glazed Pork Chop</p>	<p>22</p> <p>9:00 CONTINENTAL BREAKFAST 9:30 DOMINOES/PUZZLES/CARDS 10:00 CARDIO EXERCISE 12:30 CABANICS EXERCISE 1:00 POKER/DOMINOES</p> <p>Turkey & Swiss Cheese Sandwich</p>	<p>23</p> <p>9:00 CONTINENTAL BREAKFAST 9:30 DOMINOES/PUZZLES/CARDS 9:30 ZUMBA EXERCISE 12:30 BINGO</p> <p>Beef Hamburger</p>
<p>26 Summer Party</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>Ham Steak</p>	<p>27 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>Chicken Cordon Bleu</p>	<p>28</p> <p>9:00 CONTINENTAL BREAKFAST 9:30 DOMINOES/PUZZLES/CARDS 10:00 WALKING GROUP 12:30 BINGO</p> <p>Potato Crusted Baked Fish</p>	<p>29</p> <p>9:00 CONTINENTAL BREAKFAST 9:30 DOMINOES/PUZZLES/CARDS 10:00 CARDIO EXERCISE 12:30 CABANICS EXERCISE 1:00 POKER/DOMINOES</p> <p>Mini Cheese Ravioli with Meatballs</p>	<p>30</p> <p>9:00 CONTINENTAL BREAKFAST 9:30 DOMINOES/PUZZLES/CARDS 9:30 ZUMBA EXERCISE 12:30 BINGO</p> <p>Korean BBQ Chicken Leg</p>