

BERGEN NEW JERSEY *County*

James J. Tedesco III
County Executive

and the

BOARD OF COUNTY COMMISSIONERS

DEPARTMENT OF HUMAN SERVICES
Melissa H. DeBartolo, Esq.
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*

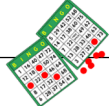





James J. Tedesco III, County Executive

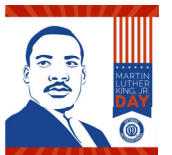
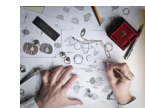
BERGENFIELD SENIOR ACTIVITY CENTER
Bergen County Department of Human Services
Division of Senior Services/ADRC
January 2023
NATIONAL HOT TEA MONTH



**HAPPY
NEW YEAR**



January 2:	New Year's Day (Observed)- CENTER CLOSED	
January 9:	Tea Presentation 	10:00 AM
January 11:	FROST Bingo  	12:15 PM
January 16:	Martin Luther King, Jr. Day- CENTER CLOSED	
January 23:	Movie Morning Monday/ Winter Pajama Day	9:30 AM
January 25:	Bingo Bash 	12:15 PM
January 27:	Jewelry Making with Ybis Nina 	9:30 AM
January 30:	Hot Cocoa Social 	9:30 AM



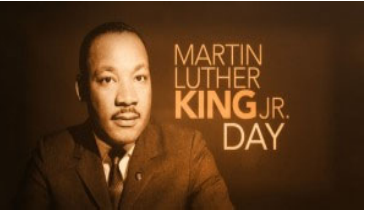


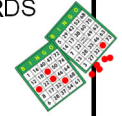





On behalf of the County of Bergen, we thank you for your patience during the Covid-19 pandemic. At this time, the County has lifted most restrictions related to Covid-19, but will continue to require health screenings upon entrance to the centers. Masks are now optional throughout the centers. Meals 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.

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	
2	 <p>C E N T E R</p> <p>C L O S E D</p>	3	<p>9:00 CONTINENTAL BREAKFAST 9:30 CERAMICS 10:00 YOGA EXERCISE 1:00 SELF DEFENSE CLASS 1:00 POKER/DOMINOES</p> <p>Meatloaf w/ Gravy</p>	4	<p>9:00 CONTINENTAL BREAKFAST 9:30 DOMINOES/PUZZLES/CARDS 10:00 CABANICS EXERCISE 12:30 BINGO</p> <p>Baked Fish w/ Garlic Lemon Sauce</p>	5	<p>9:00 CONTINENTAL BREAKFAST 9:30 DOMINOES/PUZZLES/CARDS 10:00 CARDIO EXERCISE 12:30 WALKING GROUP 1:00 POKER/DOMINOES</p> <p>BBQ Pulled Pork</p>	6	<p>9:00 CONTINENTAL BREAKFAST 9:30 DOMINOES/PUZZLES/CARDS 9:30 ZUMBA EXERCISE 12:30 BINGO</p> <p>Roasted Chicken Leg w/ Cacciatore Sauce</p>
9	<p>Tea Presentation</p> <p>9:00 CONTINENTAL BREAKFAST 9:30 DOMINOES/PUZZLES/CARDS 10:00 VIDEO EXERCISE 12:30 BINGO</p>  <p>Tuna & Bowtie Pasta Salad</p>	10	<p>9:00 CONTINENTAL BREAKFAST 9:30 CERAMICS 10:00 YOGA EXERCISE 1:00 SELF DEFENSE CLASS 1:00 POKER/DOMINOES</p> <p>Balsamic Breaded Chicken Breast</p>	11	<p>FROST BINGO</p> <p>9:00 CONTINENTAL BREAKFAST 9:30 DOMINOES/PUZZLES/CARDS 10:00 CABANICS EXERCISE 12:30 BINGO</p> <p>Hamburger</p>	12	<p>9:00 CONTINENTAL BREAKFAST 9:30 DOMINOES/PUZZLES/CARDS 10:00 CARDIO EXERCISE 12:30 WALKING GROUP 1:00 POKER/DOMINOES</p> <p>Sliced Turkey w/ Gravy</p>	13	<p>9:00 CONTINENTAL BREAKFAST 9:30 DOMINOES/PUZZLES/CARDS 9:30 ZUMBA EXERCISE 12:30 BINGO</p> <p>Italian Meatballs</p>
16	 <p>C E N T E R</p> <p>C L O S E D</p>	17	<p>9:00 CONTINENTAL BREAKFAST 9:30 CERAMICS 10:00 YOGA EXERCISE 1:00 SELF DEFENSE CLASS 1:00 POKER/DOMINOES</p> <p>Pork Chop w/ Cinnamon Apple Glaze</p>	18	<p>9:00 CONTINENTAL BREAKFAST 9:30 DOMINOES/PUZZLES/CARDS 10:00 CABANICS EXERCISE 12:30 BINGO</p> <p>Orange Chicken</p>	19	<p>9:00 CONTINENTAL BREAKFAST 9:30 DOMINOES/PUZZLES/CARDS 10:00 CARDIO EXERCISE 12:30 WALKING GROUP 1:00 POKER/DOMINOES</p> <p>WW Rotini w/ Crumbled Turkey Sausage</p>	20	<p>9:00 CONTINENTAL BREAKFAST 9:30 DOMINOES/PUZZLES/CARDS 9:30 ZUMBA EXERCISE 12:30 BINGO</p> <p>Pepper Steak</p>
23	<p>Movie Monday/ Winter Pajama Day</p> <p>9:00 CONTINENTAL BREAKFAST 9:30 DOMINOES/PUZZLES/CARDS 10:00 VIDEO EXERCISE 12:30 BINGO</p>   <p>Chicken Chow Mein</p>	24	<p>9:00 CONTINENTAL BREAKFAST 9:30 CERAMICS 10:00 YOGA EXERCISE 1:00 SELF DEFENSE CLASS 1:00 POKER/DOMINOES</p> <p>Salisbury Steak w/ Gravy</p>	25	<p>BINGO BASH</p> <p>9:00 CONTINENTAL BREAKFAST 9:30 DOMINOES/PUZZLES/CARDS 10:00 CABANICS EXERCISE 12:30 BINGO</p>  <p>Tuna Salad w/ Lettuce leaf</p>	26	<p>9:00 CONTINENTAL BREAKFAST 9:30 DOMINOES/PUZZLES/CARDS 10:00 CARDIO EXERCISE 12:30 WALKING GROUP 1:00 POKER/DOMINOES</p> <p>Cheese and Spinach Lasagna</p>	27	<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>Chicken Marsala</p>
30	<p>Hot Cocoa Social</p> <p>9:00 CONTINENTAL BREAKFAST 9:30 DOMINOES/PUZZLES/CARDS 10:00 VIDEO EXERCISE 12:30 BINGO</p>  <p>Egg Salad on Lettuce Leaf</p>	31	<p>9:00 CONTINENTAL BREAKFAST 9:30 CERAMICS 10:00 YOGA EXERCISE 1:00 SELF DEFENSE CLASS 1:00 POKER/DOMINOES</p> <p>Korean BBQ Chicken Leg</p>			<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) Please reserve 1 day in advance</p>		