

BERGEN NEW JERSEY County

James J. Tedesco III
County Executive

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DEPARTMENT OF HUMAN SERVICES
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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

Eleanor Contreras, Director
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

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BERGENFIELD SENIOR ACTIVITY CENTER Bergen County Department of Human Services Division of Senior Services/ADRC February 2024

February 2:	Hot Chocolate Social	9:30AM
February 2:	Valentine's Day Cards	10:00AM
February 5:	Hand Massages w/ Aggie & Doreen	9:00AM
February 7:	Heart Bingo	12:15PM
February 7:	Regular Bingo	12:30PM
February 9:	Lunar New Year Celebration	9:30AM
February 12:	How To Maintain a Healthy Heart w/ Town Nurse	10:30AM
February 14:	Valentine's Day Party- Oatmeal Bar	9:30AM
February 19:	Presidents' Day- CENTER CLOSED	Closed
February 21:	Heart Health Presentation w/ Bergen County Health Services	9:30AM
February 21:	Bingo Bash	12:15PM
February 23:	February Birthdays Celebration	12:00PM
February 26:	Total Brain Health- Memory: Fact or Fiction w/ Aggie & Doreen	10:30AM
February 29:	SNAP Program Information <i>*Registration Required. Please call Center 201-387-7212</i>	10:00AM- 2:00PM

The 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.





AMERICAN HEART MONTH FEATURING

BERGEN COUNTY
HEALTH SERVICES:

LIFE'S ESSENTIAL EIGHT
HEART HEALTH PRESENTATION

For the month of February, Bergen County Health Services will present at all ten county-operated centers.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Lunch Served Daily ~ 11:30 AM (Suggested Lunch Donation: \$1.25) <i>Please reserve 1 day in advance</i></p> <p>MENU SUBJECT TO CHANGE WITHOUT NOTICE.</p>	<p>293 Murray Hill Terrace Bergenfield, NJ 07621 (201) 387-7212</p> <p>Center Hours: 8:00 AM- 3:30 PM</p>	<p>The Bergenfield Borough Nurse, Liliza Pancho, RN, will be coming every first Wednesday of the month from 10:00 am – 12:00 pm to check blood pressure and other vitals. She will be in the Library during these hours.</p>	<p>1</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>Chicken Piccata</p>	<p>2</p> <p>9:00 CONTINENTAL BREAKFAST 9:30 DOMINOES/PUZZLES/CARDS 9:30 HOT CHOCOLATE SOCIAL 9:30 ZUMBA EXERCISE 10:00 VALENTINE'S DAY CARDS 12:30 BINGO</p> <p>Ham Steak</p>
<p>5</p> <p>9:00 CONTINENTAL BREAKFAST 9:00 HAND MESSAGES 9:30 CROCHET/KNITTING GROUP 9:30 DOMINOES/PUZZLES/CARDS 10:00 QIGONG/TAI CHI CLASS 12:30 BINGO</p> <p>Homestyle Meatloaf w/ Gravy</p>	<p>6</p> <p>9:00 CONTINENTAL BREAKFAST 9:30 CERAMICS 10:00 YOGA EXERCISE 12:30 LINE DANCING CLASS 1:00 POKER/DOMINOES</p> <p>Turkey & Swiss</p>	<p>7</p> <p>9:00 CONTINENTAL BREAKFAST 9:30 DOMINOES/PUZZLES/CARDS 10:30 CABANICS EXERCISE 12:15 HEART BINGO 12:30 REGULAR BINGO</p> <p>Korean BBQ Chicken Leg</p>	<p>8</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>Pulled Pork</p>	<p>9</p> <p>9:00 CONTINENTAL BREAKFAST 9:30 LUNAR NEW YEAR CELEBRATION 9:30 DOMINOES/PUZZLES/CARDS 9:30 ZUMBA EXERCISE 12:30 BINGO</p> <p>Pepper Steak</p>
<p>12</p> <p>9:00 CONTINENTAL BREAKFAST 9:30 CROCHET/KNITTING GROUP 9:30 DOMINOES/PUZZLES/CARDS 10:00 QIGONG/TAI CHI CLASS 10:30 HEALTHY HEART 12:30 BINGO</p> <p>Egg Salad on Pumpernickel</p>	<p>13</p> <p>9:00 CONTINENTAL BREAKFAST 9:30 CERAMICS 10:00 YOGA EXERCISE 12:30 LINE DANCING CLASS 1:00 POKER/DOMINOES</p> <p>Chicken Marsala</p>	<p>14</p> <p>9:00 CONTINENTAL BREAKFAST 9:30 VALENTINE'S OATMEAL BAR 9:30 DOMINOES/PUZZLES/CARDS 10:30 CABANICS EXERCISE 12:30 BINGO</p>  <p>Eggplant Rollatini</p>	<p>15</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>Cheeseburger</p>	<p>16</p> <p>9:00 CONTINENTAL BREAKFAST 9:30 DOMINOES/PUZZLES/CARDS 9:30 ZUMBA EXERCISE 12:30 BINGO</p> <p>Beer Battered Fish</p>
<p>19</p>  <p>CENTER CLOSED</p> <p>President's Day</p>	<p>20</p> <p>9:00 CONTINENTAL BREAKFAST 9:30 CERAMICS 10:00 YOGA EXERCISE 12:30 LINE DANCING CLASS 1:00 POKER/DOMINOES</p> <p>Roast Turkey Sandwich w/ Cheddar</p>	<p>21</p> <p>9:00 CONTINENTAL BREAKFAST 9:30 PRESENTATION: BC HEART HEALTH 9:30 DOMINOES/PUZZLES/CARDS 10:30 CABANICS EXERCISE 12:15 BINGO BASH 12:30 REGULAR BINGO</p> <p>Pork Loin w/ Gravy</p>	<p>22</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>Sesame Chicken</p>	<p>23</p> <p>9:00 CONTINENTAL BREAKFAST 9:30 DOMINOES/PUZZLES/CARDS 9:30 ZUMBA EXERCISE 12:00 FEBRUARY BIRTHDAYS CELEBRATION 12:30 BINGO</p> <p>Spinach Quiche</p>
<p>26</p> <p>9:00 CONTINENTAL BREAKFAST 9:30 CROCHET/KNITTING GROUP 9:30 DOMINOES/PUZZLES/CARDS 10:00 QIGONG/TAI CHI CLASS 10:30 TOTAL BRAIN HEALTH 12:30 BINGO</p> <p>Stuffed Cabbage</p>	<p>27</p> <p>9:00 CONTINENTAL BREAKFAST 9:30 CERAMICS 10:00 YOGA EXERCISE 12:30 LINE DANCING CLASS 1:00 POKER/DOMINOES</p> <p>Tuna Salad on Whole Wheat</p>	<p>28</p> <p>9:00 CONTINENTAL BREAKFAST 9:30 DOMINOES/PUZZLES/CARDS 10:30 CABANICS EXERCISE 12:30 BINGO</p> <p>Chicken Florentine</p>	<p>29</p> <p>9:00 CONTINENTAL BREAKFAST 9:30 DOMINOES/PUZZLES/CARDS 10:00 SNAP PROGRAM INFORMATION 10:00 CARDIO EXERCISE 12:30 WALKING GROUP 1:00 POKER/DOMINOES</p> <p>Cranberry Glazed Turkey Meatballs</p>	<p>Suggested Lunch Donation: \$1.25 Per Meal</p> <p>Please reserve lunch by 11:00 AM the day before</p>