



James J. Tedesco III
County Executive

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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

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



James J. Tedesco III, County Executive

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

January 1:	New Year's Day– CENTER CLOSED	
January 5:	Elvis Presley Day– Movie & Fun Facts about the King of Rock 'n' Roll	9:00AM
January 8:	Hand Massages w/ Aggie & Doreen*	9:00AM
January 11:	Total Brain Health w/ Aggie & Doreen*	12:30PM
January 12:	Hot Chocolate Social*	9:30AM
January 15:	Martin Luther King Jr.'s Day– CENTER CLOSED	
January 17:	Frost Bingo	12:15PM
January 19:	Winter Skin Relief Demonstration	10:30AM
January 22:	Jewelry Making w/ Ybis Nina*	9:00AM
January 24:	Painting Class w/ Ybis Nina*	9:00AM
January 26:	January Birthdays Celebration	12:00PM
January 29:	Hand Massages w/ Aggie & Doreen*	9:00AM
January 31:	Bingo Bash	12:00PM

***Registration Required. Please call Center 201-387-7212**

BERGEN COUNTY




WISHES YOU A

Happy and Healthy
NEW YEAR

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.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>1</div> <div>CENTER CLOSED</div> <div></div>	<div>2</div> <div>9:00 CONTINENTAL BREAKFAST 9:30 CERAMICS 10:00 YOGA EXERCISE 12:30 LINE DANCING CLASS 1:00 POKER/DOMINOES</div> <div>Sweet Chicken Sausage</div>	<div>3</div> <div>9:00 CONTINENTAL BREAKFAST 9:30 DOMINOES/PUZZLES/CARDS 10:00 CABANICS EXERCISE 12:30 BINGO</div> <div>Cheeseburger</div>	<div>4</div> <div>9:00 CONTINENTAL BREAKFAST 9:30 DOMINOES/PUZZLES/CARDS 10:00 CARDIO EXERCISE 12:30 WALKING GROUP 1:00 POKER/DOMINOES</div> <div>Korean BBQ Chicken Leg</div>	<div>5</div> <div>9:00 CONTINENTAL BREAKFAST 9:00 ELVIS PRESLEY DAY 9:30 DOMINOES/PUZZLES/CARDS 9:30 ZUMBA EXERCISE 12:30 BINGO</div> <div>Vegan Meatball Marsala</div>
<div>8</div> <div>9:00 CONTINENTAL BREAKFAST 9:00 HAND MASSAGES 9:30 CROCHET/KNITTING GROUP 9:30 DOMINOES/PUZZLES/CARDS 10:00 QIGONG/TAI CHI CLASS 12:30 BINGO</div> <div>Baked Chicken Cutlet w/ Garlic Lemon</div>	<div>9</div> <div>9:00 CONTINENTAL BREAKFAST 9:30 CERAMICS 10:00 YOGA EXERCISE 12:30 LINE DANCING CLASS 1:00 POKER/DOMINOES</div> <div>Pork Tenderloin w/ Gravy</div>	<div>10</div> <div>9:00 CONTINENTAL BREAKFAST 9:30 DOMINOES/PUZZLES/CARDS 10:00 CABANICS EXERCISE 12:30 BINGO</div> <div>Tuna Salad on Romaine</div>	<div>11</div> <div>9:00 CONTINENTAL BREAKFAST 9:30 DOMINOES/PUZZLES/CARDS 10:00 CARDIO EXERCISE 12:30 WALKING GROUP 12:30 TOTAL BRAIN HEALTH 1:00 POKER/DOMINOES</div> <div>Stewed Beef Tips</div>	<div>12</div> <div>9:00 CONTINENTAL BREAKFAST 9:30 HOT CHOCOLATE SOCIAL 9:30 DOMINOES/PUZZLES/CARDS 9:30 ZUMBA EXERCISE 12:30 BINGO</div> <div>Turkey Sloppy Joe</div>
<div>15</div> <div> CENTER CLOSED Martin Luther King Jr. Day </div>	<div>16</div> <div>9:00 CONTINENTAL BREAKFAST 9:30 CERAMICS 10:00 YOGA EXERCISE 12:30 LINE DANCING CLASS 1:00 POKER/DOMINOES</div> <div>Baked BBQ Chicken</div>	<div>17</div> <div>9:00 CONTINENTAL BREAKFAST 9:30 DOMINOES/PUZZLES/CARDS 10:00 CABANICS EXERCISE 12:30 BINGO</div> <div>Pulled Pork</div>	<div>18</div> <div>9:00 CONTINENTAL BREAKFAST 9:30 DOMINOES/PUZZLES/CARDS 10:00 CARDIO EXERCISE 12:30 WALKING GROUP 1:00 POKER/DOMINOES</div> <div>Turkey & Swiss on Romaine</div>	<div>19</div> <div>9:00 CONTINENTAL BREAKFAST 9:30 DOMINOES/PUZZLES/CARDS 9:30 ZUMBA EXERCISE 10:30 WINTER SKIN RELIEF CLASS 12:30 BINGO</div> <div>Baked Ziti w/ Meatballs</div>
<div>22</div> <div>9:00 CONTINENTAL BREAKFAST 9:00 JEWELRY MAKING 9:30 CROCHET/KNITTING GROUP 9:30 DOMINOES/PUZZLES/CARDS 10:00 QIGONG/TAI CHI CLASS 12:30 BINGO</div> <div>Baked Egg, Spinach, Onion & Mushroom Casserole</div>	<div>23</div> <div>9:00 CONTINENTAL BREAKFAST 9:30 CERAMICS 10:00 YOGA EXERCISE 12:30 LINE DANCING CLASS 1:00 POKER/DOMINOES</div> <div>Homestyle Meatloaf w/ Gravy</div>	<div>24</div> <div>9:00 CONTINENTAL BREAKFAST 9:00 PAINTING PROJECT 9:30 DOMINOES/PUZZLES/CARDS 10:00 CABANICS EXERCISE 12:30 BINGO</div> <div>Sesame Chicken</div>	<div>25</div> <div>9:00 CONTINENTAL BREAKFAST 9:30 DOMINOES/PUZZLES/CARDS 10:00 CARDIO EXERCISE 12:30 WALKING GROUP 1:00 POKER/DOMINOES</div> <div>LS Ham Steak</div>	<div>26</div> <div>9:00 CONTINENTAL BREAKFAST 9:30 DOMINOES/PUZZLES/CARDS 9:30 ZUMBA EXERCISE 12:00 JANUARY BIRTHDAY PARTY 12:30 BINGO</div> <div>Baked Chicken Cutlet w/ Gravy</div>
<div>29</div> <div>9:00 CONTINENTAL BREAKFAST 9:00 HAND MASSAGES 9:30 CROCHET/KNITTING GROUP 9:30 DOMINOES/PUZZLES/CARDS 10:00 QIGONG/TAI CHI CLASS 12:30 BINGO</div> <div>Roasted Turkey w/ Cheddar</div>	<div>30</div> <div>9:00 CONTINENTAL BREAKFAST 9:30 CERAMICS 10:00 YOGA EXERCISE 12:30 LINE DANCING CLASS 1:00 POKER/DOMINOES</div> <div>Beer Battered Fish</div>	<div>31</div> <div>9:00 CONTINENTAL BREAKFAST 9:30 DOMINOES/PUZZLES/CARDS 10:00 CABANICS EXERCISE 12:30 BINGO</div> <div>Eggplant Rollatini</div>	<div>Lunch Served Daily ~ 11:30 AM (Suggested Lunch Donation: \$1.25) <i>Please reserve 1 day in advance</i></div> <div>MENU SUBJECT TO CHANGE WITHOUT NOTICE.</div>	<div>293 Murray Hill Terrace Bergenfield, NJ 07621 (201) 387-7212 Center Hours: 8:00 AM- 3:30 PM</div>