

BERGEN NEW JERSEY County

James J. Tedesco III
County Executive

BOARD OF COUNTY COMMISSIONERS

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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

Eleanor Contreras, Director
293 Murray Hill Terrace
Bergenfield, NJ 07621
Phone: (201) 387-7212 • Fax (201) 439-1598

Bergenfieldcenter@bergencountynj.gov

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
March 2025



March 3:	Hot Chocolate Social*	9:00 AM
March 5:	LUCKY Bingo	12:15 PM
March 10:	Class: Total Brain Health w/ Agata	9:30 AM
March 14:	Presentation: Aging Happily w/ Humana	10:30 AM
March 17:	St. Patrick's Day Celebration- WEAR GREEN!	9:30 AM
March 20:	March Birthdays Celebration	12:00 PM
March 24:	Hand Massages* w/ Agata	9:00 AM
March 26:	Bingo Bash	12:15 PM
March 28:	Presentation: Seasonal Allergies w/ Humana	10:30 AM

SPRING LUNCHEON

JOIN US FOR FOOD AND MUSIC ON
SUNDAY, APRIL 20, 2025
10:00AM - 2:00PM

Garfield Senior Activity Center
480 Midland Avenue
Garfield, New Jersey 07026

Kindly RSVP with your Senior Activity Center Director



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



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.





Lunch Served Daily at 11:30

BERGENFIELD SENIOR ACTIVITY CENTER

March 2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 9:00 Hot Chocolate Social 9:30 Crochet/Knitting Group 9:30 Dominoes/ Puzzles/ Cards 10:00 Qigong/ Tai Chi Class 12:30 Bingo Roast Turkey with Gravy	4 9:30 Dominoes/ Puzzles/ Cards 10:00 Yoga Exercise 10:30 Ceramics 12:30 Line Dancing Class 1:00 Poker/ Dominoes Stuffed Cabbage	5 Ash Wednesday 9:30 Dominoes/ Puzzles/ Cards 10:30 Cabanics Exercise 12:15 LUCKY Bingo 12:30 Regular Bingo Spinach Quiche	6 9:30 Dominoes/ Puzzles/ Cards 10:00 Cardio Exercise 12:30 Dance Class w/ Lourdes 1:00 Poker/ Dominoes Korean BBQ Chicken Leg	7 9:30 Dominoes/ Puzzles/ Cards 9:30 Zumba Exercise 12:30 Bingo Breaded Fish Filet
10 9:30 Class: Total Brain Health 9:30 Crochet/Knitting Group 9:30 Dominoes/ Puzzles/ Cards 10:00 Qigong/ Tai Chi Class 12:30 Bingo Salisbury Steak	11 9:30 Dominoes/ Puzzles/ Cards 10:00 Yoga Exercise 10:30 Ceramics 12:30 Line Dancing Class 1:00 Poker/ Dominoes Chef Salad	12 9:30 Dominoes/ Puzzles/ Cards 10:30 Cabanics Exercise 12:30 Regular Bingo Chicken Florentine	13 9:30 Dominoes/ Puzzles/ Cards 10:00 Cardio Exercise 12:30 Dance Class w/ Lourdes 1:00 Poker/ Dominoes Roasted Turkey and Swiss	14 9:30 Dominoes/ Puzzles/ Cards 9:30 Zumba Exercise 10:30 Presentation: Aging Happily 12:30 Bingo Eggplant Parmesan
17 9:30 St. Patrick's Day Celebration 9:30 Crochet/Knitting Group 9:30 Dominoes/ Puzzles/ Cards 10:00 Qigong/ Tai Chi Class 12:30 Bingo Corned Beef	18 9:30 Dominoes/ Puzzles/ Cards 10:30 Ceramics 10:00 Yoga Exercise 12:30 Line Dancing Class 1:00 Poker/ Dominoes Pork Loin w/ Gravy	19 9:30 Dominoes/ Puzzles/ Cards 10:30 Cabanics Exercise 12:30 Regular Bingo Chicken Parmesan	20 9:30 Dominoes/ Puzzles/ Cards 10:00 Cardio Exercise 12:00 March Birthdays Celebration 12:30 Dance Class w/ Lourdes 1:00 Poker/ Dominoes Fish Filet with Lemon Sauce	21 9:30 Dominoes/ Puzzles/ Cards 9:30 Zumba Exercise 12:30 Bingo Tuna Noodle Salad Platter
24 9:00 Hand Massages 9:30 Crochet/Knitting Group 9:30 Dominoes/ Puzzles/ Cards 10:00 Qigong/Tai Chi Class 12:30 Bingo Homestyle Meatloaf w/ Gravy	25 9:30 Dominoes/ Puzzles/ Cards 9:30 Ceramics 10:00 Yoga Exercise 12:30 Line Dancing Class 1:00 Poker/ Dominoes Stuffed Shells	26 9:30 Dominoes/ Puzzles/ Cards 10:30 Cabanics Exercise 12:15 Bingo Bash 12:30 Regular Bingo Beef Stir Fry	27 9:30 Dominoes/ Puzzles/ Cards 10:00 Cardio Exercise 12:30 Dance Class w/ Lourdes 1:00 Poker/ Dominoes Herb Roasted Chicken Leg	28 9:30 Dominoes/ Puzzles/ Cards 9:30 Zumba Exercise 10:30 Presentation: Seasonal Allergies 12:30 Bingo Egg Salad Platter
31 9:30 Crochet/Knitting Group 9:30 Dominoes/ Puzzles/ Cards 10:00 Qigong/ Tai Chi Class 12:30 Bingo Stuffed Peppers	Continental Breakfast available Monday- Friday 9:00 AM - 10:15 AM 	Lunch Served Daily ~ 11:30 AM (Suggested Lunch Donation: \$1.25) Please reserve 1 day in advance MENU SUBJECT TO CHANGE WITHOUT NOTICE.		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.