

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

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 April 2025



April 2:	DAISY Bingo	12:15 PM
April 3:	Jewelry Making* w/ Ybis Nina	9:30 AM
April 4:	Brain Health and Aging w/ ACT Now Foundation	10:30 AM
April 7:	Spring Painting Project* w/ Ybis Nina	9:30 AM
April 14:	Senior Planet: Intro to Smartphone Photography	9:30 AM
April 16:	Earth Day Project*	9:30 AM
April 18:	Good Friday– CENTER CLOSED	
April 21:	Total Brain Health w/ Agata	9:30 AM
April 23:	Volunteer Breakfast	9:30 AM
April 24:	April Birthdays Celebration	12:00 PM
April 25:	One Page Scrapbooking Class*	9:30 AM
April 28:	Hand Massages* w/ Agata	9:00 AM
April 30:	Bingo Bash	12:15 PM



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



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



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.

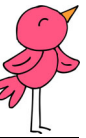









Lunch Served Daily at 11:30

BERGENFIELD SENIOR ACTIVITY CENTER

April 2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 9:30 Dominoes/ Puzzles/ Cards 10:00 Yoga Exercise 10:30 Ceramics 12:30 Line Dancing Class 1:00 Poker/ Dominoes Chicken Florentine	2 9:30 Dominoes/ Puzzles/ Cards 10:30 Cabanics Exercise 12:15 DAISY Bingo 12:30 Regular Bingo Tuna Salad Platter	3 9:30 Dominoes/ Puzzles/ Cards 9:30 Jewelry Making 10:00 Cardio Exercise 12:30 Dance Class w/ Lourdes 1:00 Poker/ Dominoes Hungarian Goulash	4 9:30 Dominoes/ Puzzles/ Cards 9:30 Zumba Exercise 10:30 Brain Health & Aging 12:30 Bingo Manicotti with Tomato Sauce
7 9:00 Spring Painting Project 9:30 Crochet/Knitting Group 9:30 Dominoes/ Puzzles/ Cards 10:00 Qigong/Tai Chi Class 12:30 Bingo Jamaican Jerk Chicken	8 9:30 Dominoes/ Puzzles/ Cards 10:00 Yoga Exercise 10:30 Ceramics 12:30 Line Dancing Class 1:00 Poker/ Dominoes Pork Loin w/ Gravy	9 9:30 Dominoes/ Puzzles/ Cards 10:30 Cabanics Exercise 12:30 Regular Bingo Roast Turkey with Gravy	10 9:30 Dominoes/ Puzzles/ Cards 10:00 Cardio Exercise 12:30 Dance Class w/ Lourdes 1:00 Poker/ Dominoes Chicken Parmesan	11 9:30 Dominoes/ Puzzles/ Cards 9:30 Zumba Exercise 12:30 Bingo  Seafood Salad Platter
14 9:30 Senior Planet: Intro to Smartphone Photography 9:30 Crochet/Knitting Group 9:30 Dominoes/ Puzzles/ Cards 10:00 Qigong/ Tai Chi Class 12:30 Bingo Homestyle Meatloaf w/ Gravy	15 9:30 Dominoes/ Puzzles/ Cards 10:30 Ceramics 10:00 Yoga Exercise 12:30 Line Dancing Class 1:00 Poker/ Dominoes Roasted Turkey and Swiss	16 9:30 Earth Day Project 9:30 Dominoes/ Puzzles/ Cards 10:30 Cabanics Exercise 12:30 Regular Bingo  Chicken Cordon Bleu	17 9:30 Dominoes/ Puzzles/ Cards 10:00 Cardio Exercise 12:30 Dance Class w/ Lourdes 1:00 Poker/ Dominoes Beef Stir Fry	18  Center Closed
21 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 Ham Steak with Pineapple	22 9:30 Dominoes/ Puzzles/ Cards 9:30 Ceramics 10:00 Yoga Exercise 12:30 Line Dancing Class 1:00 Poker/ Dominoes  Cheese Omelet	23 Volunteer Breakfast 9:30 Dominoes/ Puzzles/ Cards 10:30 Cabanics Exercise 12:30 Regular Bingo Meatballs with Marinara	24 9:30 Dominoes/ Puzzles/ Cards 10:00 Cardio Exercise 12:00 April Birthdays Celebration 12:30 Dance Class w/ Lourdes 1:00 Poker/ Dominoes Chef Salad	25 9:30 Dominoes/ Puzzles/ Cards 9:30 Zumba Exercise 10:30 Scrapbooking Project 12:30 Bingo Korean BBQ Chicken Leg
28 9:00 Hand Massages 9:30 Crochet/Knitting Group 9:30 Dominoes/ Puzzles/ Cards 10:00 Qigong/Tai Chi Class 12:30 Bingo Chicken Piccata	29 9:30 Dominoes/ Puzzles/ Cards 9:30 Ceramics 10:00 Yoga Exercise 12:30 Line Dancing Class 1:00 Poker/ Dominoes Pot Roast	30 9:30 Dominoes/ Puzzles/ Cards 10:30 Cabanics Exercise 12:15 Bingo Bash 12:30 Regular Bingo Egg Salad Platter	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.	
Lunch Served Daily ~ 11:30 AM (Suggested Lunch Donation: \$1.25) Please reserve 1 day in advance MENU SUBJECT TO CHANGE WITHOUT NOTICE.				