

BERGENFIELD SENIOR ACTIVITY CENTER










Eleanor Contreras, Center Director

HAPPY
HOLIDAYS

DECEMBER



(201) 387-7212

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>9:00 CONTINENTAL BREAKFAST 9:30 DOMINOES 9:45 ARTHRITIS EXERCISE 12:30 BINGO</p> <p>Chicken Piccata</p>	<p>3 <i>Hot Chocolate & Tree Decorating</i></p> <p>9:00 CONTINENTAL BREAKFAST 9:30 DOMINOES 9:45 WALKING GROUP 10:30 YOGA EXERCISE w/EJ 1:00 POKER/CERAMICS</p> <p>Salisbury Steak with Gravy</p>	<p>4</p> <p>9:00 CONTINENTAL BREAKFAST 9:30 DOMINOES 10:00 TONING w/EJ 10:30 HELPING HANDS KNITTING CLUB 12:30 BINGO</p> <p>Lemon Pepper Fish</p>	<p>5</p> <p>9:00 CONTINENTAL BREAKFAST 9:30 DOMINOES 10:00 CARDIO EXERCISE 11:00 WALKING GROUP 1:00 POKER</p> <p>Chicken Salad Plate</p>	<p>6 <i>Holiday Breakfast</i></p> <p>9:00 CONTINENTAL BREAKFAST 9:45 ZUMBA GOLD w/Rita 10:00 DOMINOES 12:30 BINGO</p>  <p>Vegetable Lasagna</p>
<p>9 <i>Jewelry Making</i></p> <p>9:00 CONTINENTAL BREAKFAST 9:30 DOMINOES 12:30 BINGO</p>  <p>Breaded Fish Sandwich</p>	<p>10</p> <p>9:00 CONTINENTAL BREAKFAST 9:30 DOMINOES 9:45 WALKING GROUP 10:30 YOGA EXERCISE w/EJ 1:00 POKER/CERAMICS</p> <p>Roast Pork with Gravy</p>	<p>11</p> <p>9:00 CONTINENTAL BREAKFAST 9:30 DOMINOES 10:00 TONING w/EJ 10:30 HELPING HANDS KNITTING CLUB 12:30 BINGO</p> <p>Eggplant Rollatini</p>	<p>12</p> <p>9:00 CONTINENTAL BREAKFAST 9:30 DOMINOES 10:00 CARDIO EXERCISE 11:00 WALKING GROUP 1:00 POKER</p> <p>Homestyle Meatloaf with Gravy</p>	<p>13 <i>Grab Bag Bingo</i></p> <p>9:00 CONTINENTAL BREAKFAST 9:45 ZUMBA GOLD w/Rita 10:00 DOMINOES 12:30 BINGO</p>  <p>Chicken Scampi</p>
<p>16 Sleepless in NJ</p> <p>9:00 CONTINENTAL BREAKFAST 9:30 DOMINOES 9:30 ARTHRITIS EXERCISE 12:30 BINGO</p> <p>Open Roast Turkey Sandwich</p>	<p>17</p> <p>9:00 CONTINENTAL BREAKFAST 9:30 DOMINOES 9:45 WALKING GROUP 10:30 YOGA EXERCISE w/EJ 1:00 POKER/CERAMICS</p> <p>Chicken Parmesan</p>	<p>18 HOLIDAY BINGO BASH</p> <p>9:00 CONTINENTAL BREAKFAST 9:30 DOMINOES 10:00 TONING w/EJ 10:30 HELPING HANDS KNITTING CLUB 12:30 BINGO</p> <p>Hamburger</p>	<p>19</p> <p>9:00 CONTINENTAL BREAKFAST 9:30 DOMINOES 10:00 CARDIO EXERCISE 11:00 WALKING GROUP 1:00 POKER</p> <p>Hawaiian Boneless Pork</p>	<p>20</p> <p>9:00 CONTINENTAL BREAKFAST 9:45 ZUMBA GOLD w/Rita 10:00 DOMINOES 12:30 BINGO</p> <p>Baked Fish with Lemon Sauce</p>
<p>23 <i>Potato Latkes</i></p> <p>9:00 CONTINENTAL BREAKFAST 9:30 DOMINOES 9:45 ARTHRITIS EXERCISE 12:30 BINGO</p>  <p>Sweet & Sour Meatballs</p>	<p>24</p> <p>9:00 CONTINENTAL BREAKFAST 9:30 DOMINOES 9:45 WALKING GROUP 10:30 YOGA EXERCISE w/EJ 1:00 POKER/CERAMICS</p> <p>Tuna Salad</p>	<p>25 <i>Merry Christmas</i></p> <p>CENTER CLOSED</p> 	<p>26 <i>Medicaid Information w/ BCBSS</i></p> <p>9:00 CONTINENTAL BREAKFAST 9:30 DOMINOES 10:00 CARDIO EXERCISE 11:00 WALKING GROUP 1:00 POKER</p>  <p>Roasted Chicken Leg Quarter</p>	<p>27</p> <p>9:00 CONTINENTAL BREAKFAST 9:45 ZUMBA GOLD w/Rita 10:00 DOMINOES 12:30 BINGO</p> <p>Boneless BBQ Beef Rib</p>
<p>30 <i>December Birthdays</i></p> <p>9:00 CONTINENTAL BREAKFAST 9:30 DOMINOES 9:45 ARTHRITIS EXERCISE 12:30 BINGO</p>  <p>Pork Chop with Gravy</p>	<p>31 <i>New Year's Toast</i></p> <p>9:00 CONTINENTAL BREAKFAST 9:30 DOMINOES 9:45 WALKING GROUP 10:30 YOGA EXERCISE w/EJ 1:00 POKER/CERAMICS</p>  <p>Cheese Omelet</p>	 <p>Happy Holidays!</p>	<p>293 Murray Hill Terrace Bergenfield, NJ 07621 Center Hours: 8:00 - 3:30 Lunch Served Daily ~ 11:30 (Suggested Lunch Donation ~ \$1.25) Please reserve 1 day in advance</p>	<p>SHIP volunteer Theresa Wright is here on Tuesdays to help you with health insurance questions. Please make an appointment with one of the Center's staff.</p>

BERGEN NEW JERSEY *County*

James J. Tedesco III
County Executive

Board of Chosen Freeholders

Germaine M. Ortiz
Chairwoman
Mary J. Amoroso
Vice Chairwoman
Joan M. Voss
Chair Pro Tempore

David L. Ganz
Thomas J. Sullivan
Steven A. Tanelli
Tracy Silna Zur

DEPARTMENT OF HUMAN SERVICES

Melissa DeBartolo, Esq.
Acting Department Director

DIVISION OF SENIOR SERVICES/ADRC

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 on Disability Services
201-336-6500

Bergen County
Board of Social Services
201-368-4200

The Bergenfield Senior Activity Center's 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 NEW JERSEY

County James J. Tedesco III, *County Executive*

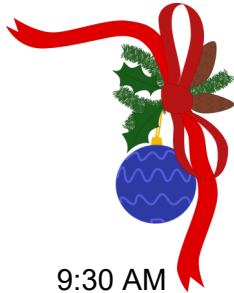
BERGENFIELD SENIOR ACTIVITY CENTER




Bergen County Department of Human Services
Division of Senior Services/ADRC

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.



December 2019 SEASON'S GREETINGS



December 3:	Hot Chocolate and Tree Decorating	9:30 AM
December 6:	Holiday Breakfast	9:30 AM
December 13:	Grab Bag Bingo	12:30 PM
December 16:	Sleepless in NJ— Holsman Physical Therapy & Rehabilitation	10:30 AM
December 18:	Holiday Bingo Bash	12:30 PM
December 22:	Hanukkah Begins at Sundown First Day of Winter	 <i>Happy Hanukkah</i>
December 23:	Potato Latkes	10:45 AM
December 25:	Christmas Day— CENTER CLOSED Christmas Day Dinner— Garfield Senior Activity Center	10:00 AM— 1:30 PM
December 26:	Kwanzaa Begins Medicaid Information w/ BCBSS	 10:30 AM— 12:30 PM
December 30:	December Birthdays' Celebration	12:15 PM
December 31:	New Year's Toast	 12:00 PM

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293 Murray Hill Terrace
Bergenfield, NJ 07621

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BergenfieldCenter@co.bergen.nj.us



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