

BERGENFIELD SENIOR ACTIVITY CENTER

Eleanor Contreras, Center Director

MAY



(201) 387-7212

Monday

Tuesday

Wednesday

Thursday

Friday

<p style="text-align: center;">293 Murray Hill Terrace Bergenfield, NJ 07621 Center Hours: 8:00 - 3:30 Lunch Served Daily ~ 11:30 (Suggested Lunch Donation ~ \$1.25) <i>Please reserve 1 day in advance</i></p>	<p style="text-align: center;">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>	<p style="text-align: center;">1</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 style="text-align: center;">Baked Fish</p>	<p style="text-align: center;">2 Public Hearing @ OBCP</p> <p>9:00 CONTINENTAL BREAKFAST 9:30 DOMINOES 10:00 CARDIO EXERCISE 1:00 POKER</p> <p style="text-align: center;">Pork Chop with Gravy</p>	<p style="text-align: center;">3</p> <p>9:00 CONTINENTAL BREAKFAST 9:45 ZUMBA GOLD w/Rita 10:00 DOMINOES 12:30 BINGO</p> <p style="text-align: center;">Turkey and Bean Chili</p>
<p style="text-align: center;">6 <i>Jewelry Making</i></p> <p>9:00 CONTINENTAL BREAKFAST 9:30 DOMINOES 9:45 ARTHRITIS EXERCISE 12:30 BINGO</p> <p style="text-align: center;">Fish & Chips </p>	<p style="text-align: center;">7 Open House – Dish Garden</p> <p>9:00 CONTINENTAL BREAKFAST 9:30 DOMINOES 10:30 YOGA EXERCISE w/EJ 1:00 POKER/CERAMICS </p> <p style="text-align: center;">Ziti with Italian Meatballs</p>	<p style="text-align: center;">8</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 style="text-align: center;">Chicken Salad Plate</p>	<p style="text-align: center;">9</p> <p>9:00 CONTINENTAL BREAKFAST 9:30 DOMINOES 10:00 CARDIO EXERCISE 1:00 POKER</p> <p style="text-align: center;">Roast Turkey with Gravy</p>	<p style="text-align: center;">10</p> <p>9:00 CONTINENTAL BREAKFAST 9:45 ZUMBA GOLD w/Rita 10:00 DOMINOES 12:30 BINGO</p> <p style="text-align: center;">Chicken Fajitas</p>
<p style="text-align: center;">13</p> <p>9:00 CONTINENTAL BREAKFAST 9:30 DOMINOES 9:45 ARTHRITIS EXERCISE 12:30 BINGO</p> <p style="text-align: center;">Omelet & Breakfast Sausage</p>	<p style="text-align: center;">14 Weekly Walking Group Starts</p> <p>9:00 CONTINENTAL BREAKFAST 9:30 DOMINOES 9:45 WEEKLY WALKING GROUP 10:30 YOGA EXERCISE w/EJ 1:00 POKER/CERAMICS </p> <p style="text-align: center;">Chicken Cutlet Milanese</p>	<p style="text-align: center;">15</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 style="text-align: center;">Salisbury Steak with Gravy</p>	<p style="text-align: center;">16</p> <p>9:00 CONTINENTAL BREAKFAST 9:30 DOMINOES 10:00 CARDIO EXERCISE 1:00 POKER</p> <p style="text-align: center;">Vegetable Lasagna</p>	<p style="text-align: center;">17</p> <p>9:00 CONTINENTAL BREAKFAST 9:45 ZUMBA GOLD w/Rita 10:00 DOMINOES 12:30 BINGO</p> <p style="text-align: center;">Coconut Crusted Haddock Fish</p>
<p style="text-align: center;">20</p> <p>9:00 CONTINENTAL BREAKFAST 9:30 DOMINOES 9:45 ARTHRITIS EXERCISE 12:30 BINGO</p> <p style="text-align: center;">Chicken Scampi</p>	<p style="text-align: center;">21 TECH SAVVY</p> <p>9:00 CONTINENTAL BREAKFAST 9:30 DOMINOES 9:45 WEEKLY WALKING GROUP 10:30 YOGA EXERCISE w/EJ 1:00 POKER/CERAMICS </p>	<p style="text-align: center;">22 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 style="text-align: center;">Ziti with Pork Sausage</p>	<p style="text-align: center;">23 Medicaid Information w/ BCBSS</p> <p>9:00 CONTINENTAL BREAKFAST 9:30 DOMINOES 10:00 CARDIO EXERCISE 1:00 POKER</p> <p style="text-align: center;">Asian-Style Chicken & Broccoli</p>	<p style="text-align: center;">24</p> <p>9:00 CONTINENTAL BREAKFAST 9:45 ZUMBA GOLD w/Rita 10:00 DOMINOES 12:30 BINGO</p> <p style="text-align: center;">Hamburger</p>
<p style="text-align: center;">27</p> <div style="text-align: center;"> <p style="font-size: 2em; font-weight: bold; letter-spacing: 0.5em;">C E N T E R</p> <p style="font-size: 2em; font-weight: bold; letter-spacing: 0.5em;">C L O S E D</p> </div>	<p style="text-align: center;">28</p> <p>9:00 CONTINENTAL BREAKFAST 9:30 DOMINOES 9:45 WEEKLY WALKING GROUP 10:30 YOGA EXERCISE w/EJ 1:00 POKER/CERAMICS</p> <p style="text-align: center;">Parmesan Crusted Fish</p>	<p style="text-align: center;">29</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 style="text-align: center;">Roast Turkey Wrap</p>	<p style="text-align: center;">30</p> <p>9:00 CONTINENTAL BREAKFAST 9:30 DOMINOES 10:00 CARDIO EXERCISE 1:00 POKER</p> <p style="text-align: center;">Eggplant Rollatini</p>	<p style="text-align: center;">31 May Birthdays</p> <p>9:00 CONTINENTAL BREAKFAST 9:45 ZUMBA GOLD w/Rita 10:00 DOMINOES 12:30 BINGO </p> <p style="text-align: center;">Hawaiian Boneless Chicken</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

Michael V. Bellucci
Acting 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



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.

May 2019 OLDER AMERICANS MONTH

FOOD DRIVE
all month.
Donate non-perishable items.



ADULT BRIEF DRIVE
All month.
We are collecting for our Older Americans in need.

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| May 2: | Public Hearing County Administration Building, One Bergen County Plaza, 5 th floor, Hackensack, NJ | 9:00 AM |
| May 6: | Jewelry Making w/ Ybis Nina  | 9:30 AM |
| May 7: | Open House
Dish Garden with Gail  | 9:30 AM |
| May 12: | Mother's Day | |
| May 14: | Weekly Walking Group with Helen | 9:45 AM |
| May 21: | Tech Savvy with Ely | 9:30 AM |
| May 22: | Bingo Bash  | 12:30 PM |
| May 23: | Medicaid Information w/ BCBSS | 10:30 AM |
| May 27: | Memorial Day Observance, CENTER CLOSED | |
| May 31: | May Birthdays' Celebration | 12: 30 PM |

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Bergenfield, NJ 07621
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