

# BERGENFIELD SENIOR ACTIVITY CENTER

*Eleanor Contreras, Center Director*

## JULY

**(201) 387-7212**





**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

<p>1 MORNING BINGO WITH KATHY</p> <p>9:00 CONTINENTAL BREAKFAST 9:30 DOMINOES 9:45 ARTHRITIS EXERCISE 12:30 BINGO</p>  <p style="text-align: center;"><b>Roast Turkey with Gravy</b></p>	<p>2</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 style="text-align: center;"><b>Fish &amp; Chips</b></p>	<p>3</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;"><b>Hot Dog with Sauerkraut</b></p>	<p>4</p> <p>C E N T E R</p>  <p>C L O S E D</p>	<p>5</p> <p>9:00 CONTINENTAL BREAKFAST 9:45 ZUMBA GOLD w/Rita 10:00 DOMINOES 12:30 BINGO</p> <p style="text-align: center;"><b>Chicken Cordon Bleu</b></p>
<p>8</p> <p>9:00 CONTINENTAL BREAKFAST 9:30 DOMINOES 9:45 ARTHRITIS EXERCISE 12:30 BINGO</p> <p style="text-align: center;"><b>Eggplant Rollatini</b></p>	<p>9</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 style="text-align: center;"><b>Hawaiian Boneless Chicken</b></p>	<p>10</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;"><b>Coconut Crusted Haddock</b></p>	<p>11</p> <p>9:00 CONTINENTAL BREAKFAST 9:30 DOMINOES 9:45 WALKING GROUP 10:00 CARDIO EXERCISE 1:00 POKER</p> <p style="text-align: center;"><b>Homestyle Meatloaf with Gravy</b></p>	<p>12</p> <p>9:00 CONTINENTAL BREAKFAST 9:45 ZUMBA GOLD w/Rita 10:00 DOMINOES 12:30 BINGO</p> <p style="text-align: center;"><b>Baked Penne with Ricotta</b></p>
<p>15 <i>Jewelry Making</i></p> <p>9:00 CONTINENTAL BREAKFAST 9:30 DOMINOES 9:30 ARTHRITIS EXERCISE 12:30 BINGO</p>  <p style="text-align: center;"><b>Chicken Piccata</b></p>	<p>16</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 style="text-align: center;"><b>Rigatoni with Turkey Bolognese Sauce</b></p>	<p>17 <b>BINGO BASH</b></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;"><b>Boneless BBQ Beef Rib</b></p>	<p>18 <b>Hearing Screenings</b></p> <p>9:00 CONTINENTAL BREAKFAST 9:30 DOMINOES 9:45 WALKING GROUP 10:00 CARDIO EXERCISE 1:00 POKER</p> <p style="text-align: center;"><b>Breaded Flounder Filet</b></p>	<p>19</p> <p>9:00 CONTINENTAL BREAKFAST 9:45 ZUMBA GOLD w/Rita 10:00 DOMINOES 12:30 BINGO</p> <p style="text-align: center;"><b>Meatballs with Mushroom Gravy</b></p>
<p>22 Brain Health Presentation</p> <p>9:00 CONTINENTAL BREAKFAST 9:30 DOMINOES 9:45 ARTHRITIS EXERCISE 12:30 BINGO</p> <p style="text-align: center;"><b>Meat Lasagna</b></p>	<p>23</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 style="text-align: center;"><b>Pork Chop with Gravy</b></p>	<p>24</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;"><b>Chicken Salad Plate</b></p>	<p>25 Medicaid Information w/ BCBSS</p> <p>9:00 CONTINENTAL BREAKFAST 9:30 DOMINOES 9:45 WALKING GROUP 10:00 CARDIO EXERCISE 1:00 POKER</p> <p style="text-align: center;"><b>Turkey Burger</b></p>	<p>26 <i>July Birthdays</i></p> <p>9:00 CONTINENTAL BREAKFAST 9:45 ZUMBA GOLD w/Rita 10:00 DOMINOES 12:30 BINGO</p>  <p style="text-align: center;"><b>Tortilla Crusted Fish</b></p>
<p>29</p> <p>9:00 CONTINENTAL BREAKFAST 9:30 DOMINOES 9:45 ARTHRITIS EXERCISE 12:30 BINGO</p> <p style="text-align: center;"><b>Hot Open Roast Beef Sandwich with Gravy</b></p>	<p>30</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 style="text-align: center;"><b>Tuna Salad Sandwich</b></p>	<p>31</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;"><b>Italian Meatballs with Penne Marinara</b></p>	<p><b>293 Murray Hill Terrace Bergenfield, NJ 07621</b> Center Hours: 8:00 - 3:30 Lunch Served Daily ~ 11:30 (Suggested Lunch Donation ~ \$1.25) <b>Please reserve 1 day in advance</b></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*



## BERGENFIELD SENIOR ACTIVITY CENTER

293 Murray Hill Terrace  
Bergenfield, NJ 07621

Phone: (201) 387-7212 • Fax (201) 439-1598  
Open: Monday - Friday, 8:00AM - 3:30PM  
BergenfieldCenter@co.bergen.nj.us

## 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.*

## July 2019 NATIONAL ICE CREAM MONTH

- |          |  |   |                      |
|----------|--|---|----------------------|
| July 1:  | Special Morning Bingo with Kathy                         |    | 10:30 AM             |
| July 4:  | Independence Day- CENTER CLOSED                          |    |                      |
| July 15: | Jewelry Making w/ Ybis Nina                              |    | 9:30 AM              |
| July 17: | Bingo Bash   |  | 12:30 PM             |
| July 18: | Hearing Screening with the Bergenfield Health Department |   |                      |
| July 22: | Brain Health Presentation with Cogniciti Inc.            |  | 9:30 AM–<br>11:30 AM |
| July 25: | Medicaid Information w/ BCBSS                            |  | 10:30 AM             |
| July 26: | July Birthdays' Celebration                              | Happy 4th of July!  | 12: 30 PM            |



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