

BERGENFIELD SENIOR ACTIVITY CENTER

Eleanor Contreras, Center Director

FEBRUARY

(201) 387-7212

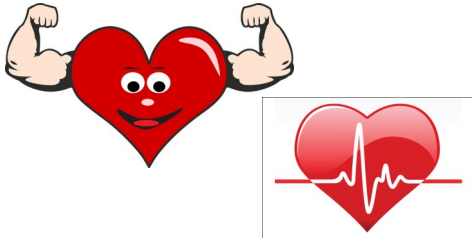
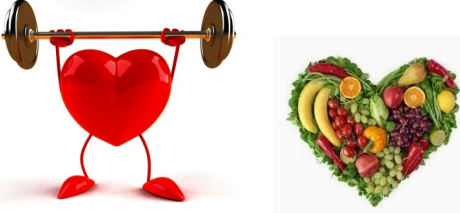





Monday

Tuesday

Wednesday

Thursday

Friday

	<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>		<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>3</p> <p>9:00 CONTINENTAL BREAKFAST 9:30 DOMINOES 9:30 ARTHRITIS EXERCISE 12:30 BINGO</p> <p>Vegetable Lasagna</p>	<p>4 "I Have No Will; Now What?"</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 Salad Plate</p>	<p>5</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>Boneless BBQ Beef Rib</p>	<p>6</p> <p>9:00 CONTINENTAL BREAKFAST 9:30 DOMINOES 10:00 CARDIO EXERCISE 11:00 WALKING GROUP 1:00 POKER</p> <p>Hawaiian Boneless Chicken</p>	<p>7</p> <p>9:00 CONTINENTAL BREAKFAST 9:45 ZUMBA GOLD w/Rita 10:00 DOMINOES 12:30 BINGO</p> <p>Meatballs Marsala</p>
<p>10</p> <p>9:00 CONTINENTAL BREAKFAST 9:30 DOMINOES 9:30 ARTHRITIS EXERCISE 12:30 BINGO</p> <p>Cheese Omelet</p>	<p>11 <i>Jewelry Making</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>Chicken Scampi</p>	<p>12</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>Meat Lasagna</p>	<p>13</p> <p>9:00 CONTINENTAL BREAKFAST 9:30 DOMINOES 10:00 CARDIO EXERCISE 11:00 WALKING GROUP 1:00 POKER</p> <p>Pork Chop with Gravy</p>	<p>14 Healthy Heart Valentine's Breakfast</p> <p>9:00 CONTINENTAL BREAKFAST 9:45 ZUMBA GOLD w/Rita 10:00 DOMINOES 12:30 BINGO</p> <p> Chicken Parmesan</p>
<p>17</p> <p>CENTERS</p> <p>Presidents' Day</p> <p>CLOSED</p> 	<p>18</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>Shaved Philly Beef Sandwich</p>	<p>19 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>Chicken Chipotle</p>	<p>20</p> <p>9:00 CONTINENTAL BREAKFAST 9:30 DOMINOES 10:00 CARDIO EXERCISE 11:00 WALKING GROUP 1:00 POKER</p> <p>Rigatoni with Beef Bolognese Sauce</p>	<p>21</p> <p>9:00 CONTINENTAL BREAKFAST 9:45 ZUMBA GOLD w/Rita 10:00 DOMINOES 12:30 BINGO</p> <p>Healthy Vegetable Rotini Salad</p>
<p>24</p> <p>9:00 CONTINENTAL BREAKFAST 9:30 DOMINOES 9:45 ARTHRITIS EXERCISE 12:30 BINGO</p> <p>Roast Pork with Gravy</p>	<p>25 Staying Heart Healthy</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> Stuffed Cabbage</p>	<p>26</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>Baked Penne with Ricotta</p>	<p>27 Medicaid Information w/ BCBSS</p> <p>9:00 CONTINENTAL BREAKFAST 9:30 DOMINOES 10:00 CARDIO EXERCISE 11:00 WALKING GROUP 1:00 POKER</p> <p>Hot Open Roast Beef Sandwich with Gravy</p>	<p>28 February Birthdays</p> <p>9:00 CONTINENTAL BREAKFAST 9:45 ZUMBA GOLD w/Rita 10:00 DOMINOES 12:30 BINGO</p> <p> Eggplant Rollatini</p>

BERGEN NEW JERSEY *County*

James J. Tedesco III
County Executive

Board of Chosen Freeholders

Mary J. Amoroso
Chairwoman

Dr. Joan M. Voss
Vice Chairwoman

Steven A. Tanelli
Chair Pro Tempore

David L. Ganz
Germaine M. Ortiz
Thomas J. Sullivan
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.



HAPPY VALENTINE'S DAY

February 2020
HEALTHY HEART MONTH



February 4: "I Have No Will; What now?" with Rhonda Benjamin, Esq. 9:30 AM

February 11: Jewelry Making with Ybis Nina 9:30 AM



February 14: Healthy Heart Valentine's Breakfast 9:30 AM

February 17: Presidents' Day-- CENTER CLOSED



February 19: Bingo Bash 12:30 PM



February 25: Staying Heart Healthy-- Shoprite 9:30 AM



February 27: Medicaid Information w/ BCBSS 10:30 AM-12:30 PM

February 28: February Birthdays' Celebration 12:15 PM



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



Happy Valentine's Day



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BergenfieldCenter@co.bergen.nj.us
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