

# BERGENFIELD SENIOR ACTIVITY CENTER

Eleanor Contreras, Center Director

## MARCH

(201) 387-7212

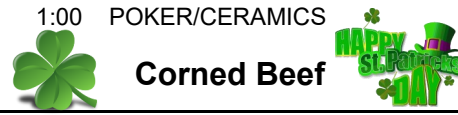
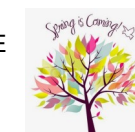




**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

<p>2 <b>VISIT FROM THE ZOO</b></p> <p>9:00 CONTINENTAL BREAKFAST 9:30 DOMINOES 9:45 ARTHRITIS EXERCISE 12:30 BINGO</p> <p><b>Chicken Florentine on Spinach</b></p>	<p>3</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><b>Eggplant Rollatini</b></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><b>Chicken Salad Plate</b></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><b>Homestyle Meatloaf with Gravy</b></p>	<p>6</p> <p>9:00 CONTINENTAL BREAKFAST 9:45 ZUMBA GOLD w/Rita 10:00 DOMINOES 12:30 BINGO</p> <p><b>Tuna and Bowtie Salad</b></p>
<p>9</p> <p>9:00 CONTINENTAL BREAKFAST 9:30 DOMINOES 9:45 ARTHRITIS EXERCISE 12:30 BINGO</p> <p><b>Boneless BBQ Beef Rib</b></p>	<p>10 Medicare Information</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><b>Chicken Piccata</b></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><b>Hamburger</b></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><b>Greek Style Chicken Quarter</b></p>	<p>13</p> <p>9:00 CONTINENTAL BREAKFAST 9:45 ZUMBA GOLD w/Rita 10:00 DOMINOES 12:30 BINGO</p> <p><b>Potato Crusted Fish</b></p>
<p>16</p> <p>9:00 CONTINENTAL BREAKFAST 9:30 DOMINOES 9:45 ARTHRITIS EXERCISE 12:30 BINGO</p> <p><b>Roast Beef with Gravy</b></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> <b>Corned Beef</b></p>	<p>18 <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><b>Irish Bangers and Mash</b></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> <b>Open Roast Turkey Sandwich</b></p>	<p>20</p> <p>9:00 CONTINENTAL BREAKFAST 9:45 ZUMBA GOLD w/Rita 10:00 DOMINOES 12:30 BINGO</p> <p> <b>Veggie Burger</b></p>
<p>23</p> <p>9:00 CONTINENTAL BREAKFAST 9:30 DOMINOES 9:45 ARTHRITIS EXERCISE 12:30 BINGO</p> <p><b>Korean BBQ Chicken Quarter</b></p>	<p>24 <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> <b>Salisbury Steak with Gravy</b></p>	<p>25</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><b>Balsamic Breaded Chicken Breast</b></p>	<p>26 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><b>Pork Chop with Gravy</b></p>	<p>27 March Birthdays</p> <p>9:00 CONTINENTAL BREAKFAST 9:45 ZUMBA GOLD w/Rita 10:00 DOMINOES 12:30 BINGO</p> <p> <b>Baked Penne with Ricotta</b></p>
<p>30 <b>VETERANS PRESENTATION</b></p> <p>9:00 CONTINENTAL BREAKFAST 9:30 DOMINOES 12:30 BINGO</p> <p><b>Shaved Philly Beef Sandwich</b></p>	<p>31</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><b>Chicken Teriyaki</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>	<p></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>



# 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.*



## March 2020



- |           |   |  |
|-----------|---|--|
| March 2:  | Animal Visit with the Bergen County Zoo                                 | 10:00 AM   |
| March 8:  | Daylight Savings Time Begins  |             |
| March 10: | Medicare Information with Medicare Advisors                             | 9:45 AM  |
| March 17: | St. Patrick's Day   |             |
| March 18: | Bingo Bash  | 12:30 PM   |
| March 20: | First Day of Spring   |             |
| March 24: | Jewelry Making with Ybis Nina   | 9:30 AM  |
| March 26: | Medicaid Information w/ BCBSS   | 10:30 AM–12:30 PM  |
| March 27: | March Birthdays' Celebration  |  12:15 PM |
| March 30: | Veterans' Presentation with Bergen County Division of Veterans Services | 10:30 AM   |



## 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



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