

BERGEN NEW JERSEY *County*

James J. Tedesco III
County Executive

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DIVISION OF SENIOR SERVICES

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MAY



On behalf of the County of Bergen, we thank you for your patience during the Covid-19 pandemic. At this time, the County has lifted most restrictions related to Covid-19, but will continue to require health screenings upon entrance to the centers. Masks are now optional throughout the centers. Masks are still required on the bus for those who are unvaccinated, although it is preferable for all to wear a mask when on the bus. Meals will return to congregate setting, and there will no longer be a Grab & Go option. We look forward to seeing you again as we resume all regular activities. If you have any questions, kindly contact your center directly at (201) 387-7212.

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 of Disability Services
(201) 336-6500

Bergen County
Board of Social Services
(201) 368-4200

BERGENFIELD SENIOR ACTIVITY CENTER

293 Murray Hill Terrace
Bergenfield, NJ 07621
Phone: (201) 387-7212 • Fax (201) 439-1598

BergenfieldCenter@co.bergen.us.nj

Open: Monday - Friday 8:00AM - 3:30PM

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BERGENFIELD SENIOR ACTIVITY CENTER Bergen County Department of Human Services Division of Senior Services/ADRC

May 2022
OLDER AMERICANS MONTH
"Age My Way"



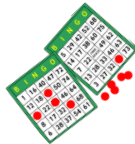


May 11:	OLDIE Bingo	12:15 PM
May 17:	Nutrition Education with ShopRite	10:30 AM
May 18:	Bingo Bash	12:15 PM
May 19:	Bergen County Board of Social Services- Medicaid Information	9:00 AM— 12:00 PM
May 30:	Memorial Day— CENTER CLOSED	



The Bergenfield Senior Activity Center 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 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.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>9:00 CONTINENTAL BREAKFAST 9:30 DOMINOES 10:00 CABANICS EXERCISE 12:30 BINGO</p> <p>Chicken Salad</p>	<p>3</p> <p>9:00 CONTINENTAL BREAKFAST 9:30 DOMINOES 9:30 YOGA EXERCISE 12:30 WALKING GROUP 1:00 POKER/DOMINOES</p> <p>Italian Meatballs with Fusilli</p>	<p>4</p> <p>9:00 CONTINENTAL BREAKFAST 9:30 DOMINOES 9:30 CERAMICS 12:30 BINGO</p> <p>Lemon Pepper Baked Fish</p>	<p>5</p> <p>9:00 CONTINENTAL BREAKFAST 9:30 DOMINOES 9:30 CARDIO EXERCISE 12:30 WALKING GROUP 1:00 POKER/DOMINOES</p> <p>Garlic Roasted Pork with Gravy</p>	<p>6</p> <p>9:00 CONTINENTAL BREAKFAST 9:30 DOMINOES 9:30 ARTHRITIS EXERCISE 12:30 BINGO</p> <p>Chicken Piccata</p>
<p>9</p> <p>9:00 CONTINENTAL BREAKFAST 9:30 DOMINOES 10:00 CABANICS EXERCISE 12:30 BINGO</p> <p>Cheese Omelet</p>	<p>10</p> <p>9:00 CONTINENTAL BREAKFAST 9:30 DOMINOES 9:30 YOGA EXERCISE 12:30 WALKING GROUP 1:00 POKER/DOMINOES</p> <p>Korean BBQ Chicken Leg</p>	<p>11</p> <p>OLDIE BINGO</p> <p>9:00 CONTINENTAL BREAKFAST 9:30 DOMINOES 9:30 CERAMICS 12:30 BINGO</p> <p>Veggie Burger</p>	<p>12</p> <p>9:00 CONTINENTAL BREAKFAST 9:30 DOMINOES 9:30 CARDIO EXERCISE 12:30 WALKING GROUP 1:00 POKER/DOMINOES</p> <p>Chicken Florentine</p>	<p>13</p> <p>9:00 CONTINENTAL BREAKFAST 9:30 DOMINOES 9:30 ARTHRITIS EXERCISE 12:30 BINGO</p> <p>Potato Crusted Baked Fish</p>
<p>16</p> <p>9:00 CONTINENTAL BREAKFAST 9:30 DOMINOES 10:00 CABANICS EXERCISE 12:30 BINGO</p> <p>Tuna Salad</p>	<p>17 Nutrition Presentation with Shoprite</p> <p>9:00 CONTINENTAL BREAKFAST 9:30 DOMINOES 9:30 YOGA EXERCISE 12:30 WALKING GROUP 1:00 POKER/DOMINOES</p> <p>Meat Lasagna</p>	<p>18</p> <p>9:00 CONTINENTAL BREAKFAST 9:30 DOMINOES 9:30 CERAMICS 12:30 BINGO</p> <p>Hawaiian Chicken</p>	<p>19 Medicaid Information w/ BCBSS</p> <p>9:00 CONTINENTAL BREAKFAST 9:30 DOMINOES 9:30 CARDIO EXERCISE 12:30 WALKING GROUP 1:00 POKER/DOMINOES</p> <p>Salisbury Steak with Brown Gravy</p>	<p>20</p> <p>9:00 CONTINENTAL BREAKFAST 9:30 DOMINOES 9:30 ARTHRITIS EXERCISE 12:30 BINGO</p> <p>Roasted Turkey with Gravy</p>
<p>23</p> <p>9:00 CONTINENTAL BREAKFAST 9:30 DOMINOES 10:00 CABANICS EXERCISE 12:30 BINGO</p> <p>Chicken Scampi</p>	<p>24</p> <p>9:00 CONTINENTAL BREAKFAST 9:30 DOMINOES 9:30 YOGA EXERCISE 12:30 WALKING GROUP 1:00 POKER/DOMINOES</p> <p>Pork Chop with Gravy</p>	<p>25 BINGO BASH</p> <p>9:00 CONTINENTAL BREAKFAST 9:30 DOMINOES 9:30 CERAMICS 12:30 BINGO</p> <p>Pepper Steak</p> 	<p>26</p> <p>9:00 CONTINENTAL BREAKFAST 9:30 DOMINOES 9:30 CARDIO EXERCISE 12:30 WALKING GROUP 1:00 POKER/DOMINOES</p> <p>Swedish Meatballs with Gravy</p>	<p>27</p> <p>9:00 CONTINENTAL BREAKFAST 9:30 DOMINOES 9:30 ARTHRITIS EXERCISE 12:30 BINGO</p> <p>Penne with Pink Sauce</p>
<p>30</p> <p>C E N T E R</p>  <p>C L O S E D</p>	<p>31</p> <p>9:00 CONTINENTAL BREAKFAST 9:30 DOMINOES 9:30 YOGA EXERCISE 12:30 WALKING GROUP 1:00 POKER/DOMINOES</p> <p>Hamburger</p>		<p>293 Murray Hill Terrace Bergenfield, NJ 07621 (201) 387-7212</p> <p>Center Hours: 8:00 AM- 3:30 PM Lunch Served Daily ~ 11:30 AM (Suggested Lunch Donation ~ \$1.25) Please reserve 1 day in advance</p>	