

BERGEN NEW JERSEY *County*

James J. Tedesco III
County Executive

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DEPARTMENT OF HUMAN SERVICES

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Director

DIVISION OF SENIOR SERVICES

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 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.nj.us

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

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 October 2022 BREAST CANCER AWARENESS MONTH



October is...
Breast Cancer
Awareness Month



October 6:	Ice Cream Social 	12:00 PM
October 10:	Columbus Day/ Indigenous People's Day— CENTER CLOSED	 INDIGENOUS PEOPLES DAY
October 13:	Theater Thursday 	12:00 PM
October 14:	Jewelry Making with Ybis Nina	9:30 AM
October 19:	Bingo Bash	10:30 AM
October 20:	Bergen County Board of Social Services- Medicaid Information	9:00 AM - 12:00 PM
October 25:	Managing Sciatica Presentation	10:45 AM
October 31:	Halloween Dessert Party WITCH Bingo 	12:00 PM 12:15 PM



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.

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>3</p> <p>9:00 CONTINENTAL BREAKFAST 9:30 DOMINOES/PUZZLES/CARDS 10:00 CABANICS EXERCISE 12:30 BINGO</p> <p>Boneless Chicken Breast w/ Lemon Sauce</p>	<p>4</p> <p>9:00 CONTINENTAL BREAKFAST 9:30 DOMINOES/PUZZLES/CARDS 9:30 YOGA EXERCISE 12:30 WALKING GROUP 1:00 POKER/DOMINOES</p> <p>Beef Tacos</p>	<p>5</p> <p>9:00 CONTINENTAL BREAKFAST 9:30 DOMINOES/PUZZLES/CARDS 9:30 CERAMICS 12:30 BINGO</p> <p>Turkey Burger w/ Lettuce & Tomato</p>	<p>6 Ice Cream Social</p> <p>9:00 CONTINENTAL BREAKFAST 9:30 DOMINOES/PUZZLES/CARDS 9:30 CARDIO EXERCISE 12:30 WALKING GROUP 1:00 POKER/DOMINOES</p> <p>Potato Crusted Fish</p>	<p>7 Medication Management</p> <p>9:00 CONTINENTAL BREAKFAST 9:30 DOMINOES/PUZZLES/CARDS 9:30 ZUMBA EXERCISE 12:30 BINGO</p> <p>Bratwurst w/ Sauerkraut & Sautéed Onions</p>
<p>10</p> <p>C E N T E R</p>   <p>C L O S E D</p>	<p>11</p> <p>9:00 CONTINENTAL BREAKFAST 9:30 DOMINOES/PUZZLES/CARDS 9:30 YOGA EXERCISE 12:30 WALKING GROUP 1:00 POKER/DOMINOES</p> <p>Skinless Eggplant Rollatini</p>	<p>12</p> <p>9:00 CONTINENTAL BREAKFAST 9:30 DOMINOES/PUZZLES/CARDS 9:30 CERAMICS 12:30 BINGO</p> <p>Baked Fish w/ Dill Sauce</p>	<p>13 Theater Thursday</p> <p>9:00 CONTINENTAL BREAKFAST 9:30 DOMINOES/PUZZLES/CARDS 9:30 CARDIO EXERCISE 12:30 WALKING GROUP 1:00 POKER/DOMINOES</p> <p>Herb Roasted Chicken Leg Quarter</p> 	<p>14 Jewelry Making with Ybis Nina</p> <p>9:00 CONTINENTAL BREAKFAST 9:30 DOMINOES/PUZZLES/CARDS 9:30 ZUMBA EXERCISE 12:30 BINGO</p> <p>Swedish Meatball w/ Gravy</p>
<p>17</p> <p>9:00 CONTINENTAL BREAKFAST 9:30 DOMINOES/PUZZLES/CARDS 10:00 CABANICS EXERCISE 12:30 BINGO</p> <p>Egg Salad on Romaine Lettuce</p>	<p>18</p> <p>9:00 CONTINENTAL BREAKFAST 9:30 DOMINOES/PUZZLES/CARDS 9:30 YOGA EXERCISE 12:30 WALKING GROUP 1:00 POKER/DOMINOES</p> <p>Shepherd's Pie</p>	<p>19 BINGO BASH</p> <p>9:00 CONTINENTAL BREAKFAST 9:30 DOMINOES/PUZZLES/CARDS 9:30 CERAMICS 12:30 BINGO</p> <p>Chicken Cutlet Parmesan</p>	<p>20 Medicaid Information w/BCBSS</p> <p>9:00 CONTINENTAL BREAKFAST 9:30 DOMINOES/PUZZLES/CARDS 9:30 CARDIO EXERCISE 12:30 WALKING GROUP 1:00 POKER/DOMINOES</p> <p>Sliced Turkey w/ Turkey Gravy</p>	<p>21</p> <p>9:00 CONTINENTAL BREAKFAST 9:30 DOMINOES/PUZZLES/CARDS 9:30 ZUMBA EXERCISE 12:30 BINGO</p> <p>Pork Tenderloin w/ Gravy</p> 
<p>24</p> <p>9:00 CONTINENTAL BREAKFAST 9:30 DOMINOES/PUZZLES/CARDS 10:00 CABANICS EXERCISE 12:30 BINGO</p> <p>Homestyle Meatloaf w/ Gravy</p>	<p>25 Managing Sciatica</p> <p>9:00 CONTINENTAL BREAKFAST 9:30 DOMINOES/PUZZLES/CARDS 9:30 YOGA EXERCISE 12:30 WALKING GROUP 1:00 POKER/DOMINOES</p> <p>BBQ Pulled Pork</p>	<p>26</p> <p>9:00 CONTINENTAL BREAKFAST 9:30 DOMINOES/PUZZLES/CARDS 9:30 CERAMICS 12:30 BINGO</p> <p>Vegetable Lasagna</p> 	<p>27</p> <p>9:00 CONTINENTAL BREAKFAST 9:30 DOMINOES/PUZZLES/CARDS 9:30 CARDIO EXERCISE 12:30 WALKING GROUP 1:00 POKER/DOMINOES</p> <p>Pot Roast w/ Gravy</p>	<p>28</p> <p>9:00 CONTINENTAL BREAKFAST 9:30 DOMINOES/PUZZLES/CARDS 9:30 ZUMBA EXERCISE 12:30 BINGO</p> <p>Chicken Florentine</p>
<p>31 Halloween Dessert Party WITCH BINGO</p> <p>9:00 CONTINENTAL BREAKFAST 9:30 DOMINOES/PUZZLES/CARDS 10:00 CABANICS EXERCISE 12:30 BINGO</p> <p>Chicken Cordon Bleu</p>		<p>OCTOBER IS Breast cancer awareness month</p> <p>Perform self-breast exams monthly and get screened!</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)</p>