

BERGEN NEW JERSEY *County*

James J. Tedesco III
County Executive

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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

Eleanor Contreras, Director
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

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BERGENFIELD SENIOR ACTIVITY CENTER Bergen County Department of Human Services Division of Senior Services/ADRC July 2024

July 1:	Emergency Preparedness Presentation with BC OEM	9:30AM
July 3:	Jewelry Making w/Ybis Nina	9:30AM
July 4:	Independence Day- CENTER CLOSED	ALL DAY
July 8:	Total Brain Health w/ Agata & Doreen	9:00AM
July 10	SANDY Bingo	12:15PM
July 12:	Healthy Skin & Nutrition w/BNBMC	10:30AM
July 15:	Ceramic Painting w/Ybis Nina*	9:00AM
July 17:	BLAST: Tick-Bourne Disease Prevention Presentation w/ Bergen County Health Services	9:30AM
July 25:	July Birthdays Celebration	12:00PM
July 29:	Ice Cream Social	12:00PM
July 31:	Bingo Bash	12:15PM



***Registration Required. Please call Center 201-387-7212**

The 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.

Save the Date

Senior Festival

September 12, 2024

Rain Date: Tuesday September 17, 2023

10AM - 2PM


Van Saun County Park, Paramus

Registration Recommended: Call: 201-336-7417 or Email: seniors@co.bergen.nj.us

Lunch Served Daily at 11:30

BERGENFIELD SENIOR ACTIVITY CENTER

July 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>9:30 Crochet/Knitting Group 9:30 Dominoes/Puzzles/Cards 9:30 Presentation: Emergency Preparedness 10:00 Qigong/Tai Chi Class 12:30 Bingo</p> <p>Stuffed Peppers</p>	<p>2</p> <p>9:30 Ceramics 10:00 Cardio Exercise 12:30 Line Dancing Class 1:00 Poker/Dominoes</p> <p>Homestyle Meatloaf w/ Gravy</p>	<p>3</p> <p>9:30 Jewelry Making w/ Ybis Nina 9:30 Dominoes/Puzzles/Cards 10:00 Blood Pressure Screenings 12:30 Regular Bingo</p> <p>Hawaiian Chicken</p>	<p>4</p> <p>CENTER CLOSED</p>  <p>Independence Day</p>	<p>5</p> <p>9:30 Dominoes/Puzzles/Cards 9:30 Zumba Exercise 12:30 Bingo</p> <p>Turkey & Swiss Sandwich</p>
<p>8</p> <p>9:30 Crochet/Knitting Group 9:30 Dominoes/Puzzles/Cards 9:30 Total Brain Health 9:30 Qigong/Tai Chi Class 12:30 Bingo</p> <p>Chicken Marsala</p>	<p>9</p> <p>9:30 Ceramics 10:00 Yoga Exercise 12:30 Line Dancing Class 1:00 Poker/Dominoes</p> <p>Pork Loin w/ Gravy</p>	<p>10</p> <p>9:30 Dominoes/Puzzles/Cards 10:30 Cabanics Exercise 12:15 Sandy Bingo 12:30 Regular Bingo</p> <p>Roast Beef w/ Gravy</p>	<p>11</p> <p>9:30 Dominoes/Puzzles/Cards 10:00 Cardio Exercise 12:30 Dance Class with Lourdes 1:00 Poker/Dominoes</p> <p>BBQ Chicken Leg</p>	<p>12</p> <p>9:30 Dominoes/Puzzles/Cards 9:30 Zumba Exercise 10:30 Presentation: Healthy Skin & Nutrition 12:30 Bingo</p> <p>Cheeseburger</p>
<p>15</p> <p>9:00 Ceramics Painting 9:30 Crochet/Knitting Group 9:30 Dominoes/Puzzles/Cards 10:00 Qigong/Tai Chi Class 12:30 Bingo</p> <p>Sweet Chicken Sausage</p>	<p>16</p> <p>9:30 Ceramics 10:00 Cardio Exercise 12:30 Line Dancing Class 1:00 Poker/Dominoes</p> <p>Stuffed Cabbage</p>	<p>17</p> <p>9:30 Dominoes/Puzzles/Cards 9:30 Presentation: Tick -Borne Disease 10:30 Cabanics Exercise 12:30 Regular Bingo</p> <p>Baked Ziti & Meatballs</p>	<p>18</p> <p>9:30 Dominoes/Puzzles/Cards 10:00 Yoga Exercise 12:30 Dance Class with Lourdes 1:00 Poker/Dominoes</p> <p>Chef Salad</p>	<p>19</p> <p>9:30 Dominoes/Puzzles/Cards 9:30 Zumba Exercise 12:30 Bingo</p> <p>Chicken Cordon Bleu</p>
<p>22</p> <p>9:30 Crochet/Knitting Group 9:30 Dominoes/Puzzles/Cards 10:00 Qigong/Tai Chi Class 12:30 Bingo</p> <p>Roasted Turkey w/ Gravy</p>	<p>23</p> <p>9:30 Ceramics 10:00 Yoga Exercise 12:30 Line Dancing Class 1:00 Poker/Dominoes</p> <p>Swedish Meatballs</p>	<p>24</p> <p>9:30 Dominoes/Puzzles/Cards 10:30 Cabanics Exercise 12:30 Regular Bingo</p> <p>Beef & Cheese Lasagna</p>	<p>25</p> <p>9:30 Dominoes/Puzzles/Cards 10:00 Cardio Exercise 12:00 July Birthdays Celebration 12:30 Dance Class with Lourdes 1:00 Poker/Dominoes</p> <p>Balsamic Chicken</p>	<p>26</p> <p>9:30 Dominoes/Puzzles/Cards 9:30 Zumba Exercise 12:30 Bingo</p> <p>Egg Salad on Spinach</p>
<p>29</p> <p>9:30 Crochet/Knitting Group 9:30 Dominoes/Puzzles/Cards 10:00 Qigong/Tai Chi Class 12:00 Ice Cream Social 12:30 Bingo</p> <p>Herbed Chicken Leg</p>	<p>30</p> <p>9:30 Ceramics 10:00 Cardio Exercise 12:30 Line Dancing Class 1:00 Poker/Dominoes</p> <p>Cheese Omelet</p>	<p>31</p> <p>9:30 Dominoes/Puzzles/Cards 10:00 Blood Pressure Screenings 12:15 Bingo Bash 12:30 Regular Bingo</p> <p>Salisbury Steak w/ Gravy</p>	<p>The Bergenfield Borough Nurse, Liliza Pancho, RN, will be coming every first Wednesday of the month from 10:00 am – 12:00 pm to check blood pressure and other vitals. She will be in the Library during these hours.</p>	<p>Lunch Served Daily ~ 11:30 AM (Suggested Lunch Donation: \$1.25) Please reserve 1 day in advance</p> <p>MENU SUBJECT TO CHANGE WITHOUT NOTICE.</p>