

BERGEN NEW JERSEY County

James J. Tedesco III
County Executive

BOARD OF COUNTY COMMISSIONERS

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DEPARTMENT OF HUMAN SERVICES
Melissa H. DeBartolo, Esq.
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@bergencountynj.gov

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 February 2025

February 3:	Hot Chocolate Social*		9:00 AM
February 3:	Valentine's Day Cards* w/ Ybis Nina		9:30 AM
February 4:	Presentation: Healthy Heart Eating w/ Bergen County Health Services		9:30 AM
February 10:	Total Brain Health w/ Agata		9:30 AM
February 12:	HEART Bingo		12:15 PM
February 14:	Valentine's Day Oatmeal Breakfast*		9:30 AM
February 17:	Presidents' Day— CENTER CLOSED		All Day
February 18:	Presentation: Nutrition and Heart Health w/ BNBMC		9:30 AM
February 20:	February Birthdays Celebration		12:00 PM
February 21:	Senior Planet: Heart Monitoring Apps		10:30 AM
February 24:	Hand Massages* w/ Agata		9:00 AM
February 24:	Black History Month Celebration		9:30 AM
February 26:	Demonstration: Heart Savers w/ Bergenfield Health Department		10:00 AM
February 26:	Bingo		12:15 PM

February 5 & 12:
Workshop Wednesdays**
"Take Control of your Health"
9:30 AM—11:30 AM
**Space is limited and must registered for all 6

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



SPRING LUNCHEON
JOIN US FOR FOOD AND MUSIC ON
SUNDAY, APRIL 20, 2025
10:00AM - 2:00PM
Garfield Senior Activity Center
480 Midland Avenue
Garfield, New Jersey 07026
Kindly RSVP with your Senior Activity Center Director

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.

Lunch Served Daily at 11:30

BERGENFIELD SENIOR ACTIVITY CENTER

February 2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Continental Breakfast available Monday- Friday 9:00 AM - 10:15 AM</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>	<p><i>happy Valentine's day</i></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>3</p> <p>9:00 Hot Chocolate Social 9:30 Dominoes/ Puzzles/ Cards 9:30 Valentine's Day Cards 12:30 Bingo</p>  <p>Asian Beef Stir Fry</p>	<p>4</p> <p>9:30 Dominoes/ Puzzles/ Cards 9:30 Presentation: Healthy Heart Eating 10:00 Yoga Exercise 12:30 Line Dancing Class 1:00 Poker/ Dominoes</p> <p>Chicken Tarragon</p>	<p>5</p> <p>9:30 Dominoes/ Puzzles/ Cards 9:30 Workshop: Health 10:30 Cabanics Exercise 12:30 Regular Bingo</p> <p>Tuna Noodle Salad Platter</p>	<p>6</p> <p>9:30 Dominoes/ Puzzles/ Cards 10:00 Cardio Exercise 12:30 Dance Class with Lourdes 1:00 Poker/ Dominoes</p> <p>Korean BBQ Chicken Leg</p>	<p>7</p> <p>9:30 Dominoes/ Puzzles/ Cards 9:30 Zumba Exercise 12:30 Bingo</p> <p>Stuffed Cabbage</p>
<p>10</p> <p>9:30 Total Brain Health 9:30 Dominoes/ Puzzles/ Cards 10:00 Qigong/ Tai Chi Class 12:30 Bingo</p> <p>Lemon Pepper Tilapia</p>	<p>11</p> <p>9:30 Dominoes/ Puzzles/ Cards 10:00 Yoga Exercise 10:30 Ceramics 12:30 Line Dancing Class 1:00 Poker/ Dominoes</p> <p>Cheeseburger</p>	<p>12</p> <p>9:30 Dominoes/ Puzzles/ Cards 9:30 Workshop: Health 10:30 Cabanics Exercise 12:15 HEART Bingo</p>  <p>Chicken Cordon Bleu</p>	<p>13</p> <p>9:30 Dominoes/ Puzzles/ Cards 10:00 Cardio Exercise 12:30 Dance Class with Lourdes 1:00 Poker/ Dominoes</p> <p>Roasted Turkey and Swiss</p>	<p>14</p> <p>9:30 Valentine's Day Oatmeal 9:30 Dominoes/ Puzzles/ Cards 9:30 Zumba Exercise 12:30 Bingo</p>  <p>Chicken Parmesan</p>
<p>17</p> <p>Presidents' Day</p>  <p>CENTER CLOSED</p>	<p>18</p> <p>9:30 Presentation: Nutrition and Heart Health 10:30 Ceramics 10:00 Yoga Exercise 12:30 Line Dancing Class 1:00 Poker/ Dominoes</p> <p>Chili con Carne</p>	<p>19</p> <p>9:30 Dominoes/ Puzzles/ Cards 10:30 Cabanics Exercise 12:30 Regular Bingo</p> <p>Chicken Cranberry Dijon</p>	<p>20</p> <p>9:30 Dominoes/ Puzzles/ Cards 10:00 Cardio Exercise 12:00 February Birthdays Celebration 12:30 Dance Class with Lourdes 1:00 Poker/ Dominoes</p> <p>Italian Turkey Sausage</p>	<p>21</p> <p>9:30 Dominoes/ Puzzles/ Cards 9:30 Zumba Exercise 10:30 Presentation: Heart Monitoring Apps 12:30 Bingo Egg Salad Platter</p> 
<p>24</p> <p>9:00 Hand Massages 9:30 Black History Month Celebration 9:30 Dominoes/ Puzzles/ Cards 10:00 Qigong/Tai Chi Class 12:30 Bingo Pork Loin w/ Gravy</p>	<p>25</p> <p>9:30 Ceramics 10:00 Yoga Exercise 12:30 Line Dancing Class 1:00 Poker/ Dominoes</p> <p>Cheese Omelet</p>	<p>26</p> <p>9:30 Dominoes/ Puzzles/ Cards 10:00 Demonstration: Heart Savers 10:30 Cabanics Exercise 12:15 Bingo Bash</p>  <p>Potato Crusted Pollock</p>	<p>27</p> <p>9:30 Dominoes/ Puzzles/ Cards 10:00 Cardio Exercise 12:30 Dance Class with Lourdes 1:00 Poker/ Dominoes</p> <p>Stuffed Peppers</p>	<p>28</p> <p>9:30 Dominoes/ Puzzles/ Cards 9:30 Zumba Exercise 12:30 Bingo</p> <p>Homestyle Meatloaf w/ Gravy</p>