

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 January 2025

Happy New Year
2025

WELCOME
2025

January 1:	New Year's Day— CENTER CLOSED	
January 3:	"Elvis" (Movie) 	10:30 AM
January 5:	Hot Chocolate Social "Elvis" (Movie)- conclusion	9:00 AM 9:30 AM
January 8:	Gloria Elder's 103rd Birthday	12:00 PM
January 9:	Project w/ Sinai School Students	9:00 AM
January 13:	Total Brain Health w/ Agata	9:30 AM
January 15:	FROST Bingo	12:15 PM
January 16:	January Birthdays Celebration	12:00 PM
January 20:	Martin Luther King Jr. Day— CENTER CLOSED 	
January 27:	Hand Massages w/ Agata	9:00 AM
January 29:	Bingo Bash	12:15 PM
January 31:	Lunar New Year Celebration	10:30 AM

January 8, 15, 22 & 29:
Workshop Wednesdays**
"Take Control of your Health"
9:30 AM—11:30 AM

Space is limited and must registered for all 6 sessions

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

The County of Bergen

Wishes you a

Happy and Healthy
New Year



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






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

January 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>Continental Breakfast available Monday- Friday 9:00 AM - 10:15</i></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>1</p>  <p>CENTER CLOSED</p>	<p>2</p> <p>9:30 Dominoes/ Puzzles/ Cards 10:00 Cardio Exercise 12:30 Dance Class with Lourdes 1:00 Poker/ Dominoes</p> <p>Chicken Cordon Bleu</p>	<p>3</p> <p>9:30 Dominoes/ Puzzles/ Cards 9:30 Zumba Exercise 10:30 "Elvis" Movie 12:30 Bingo</p>  <p>Stuffed Cabbage</p>
<p>6</p> <p>9:00 Hot Chocolate Social 9:30 Dominoes/ Puzzles/ Cards 9:30 "Elvis" Movie Part 2 12:30 Bingo</p> <p>Roasted Turkey w/ Gravy</p>	<p>7</p> <p>9:30 Dominoes/ Puzzles/ Cards 10:00 Yoga Exercise 12:30 Line Dancing Class 1:00 Poker/ Dominoes</p> <p>Salisbury Steak w/ Gravy</p>	<p>8 Gloria Elder's 103rd Birthday</p> <p>9:30 Dominoes/ Puzzles/ Cards 9:30 Workshop: Health 10:30 Cabanics Exercise 12:30 Regular Bingo</p> <p>Chicken Marsala</p>	<p>9</p> <p>9:00 Project w/ Sinai School Students 9:30 Dominoes/ Puzzles/ Cards 10:00 Cardio Exercise 12:30 Dance Class with Lourdes 1:00 Poker/ Dominoes</p> <p>Tuna Salad Platter</p>	<p>10</p> <p>9:30 Dominoes/ Puzzles/ Cards 9:30 Zumba Exercise 12:30 Bingo</p> <p>Turkey Chili</p>
<p>13</p> <p>9:30 Total Brain Health 9:30 Dominoes/ Puzzles/ Cards 10:00 Qigong/ Tai Chi Class 12:30 Bingo</p> <p>Cheese Omelet</p>	<p>14</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>Roast Pork (Pernil)</p>	<p>15</p> <p>9:30 Dominoes/ Puzzles/ Cards 9:30 Workshop: Health 10:30 Cabanics Exercise 12:15 FROST Bingo 12:30 Regular Bingo</p> <p>Pot Roast w/ Gravy</p>	<p>16</p> <p>9:30 Dominoes/ Puzzles/ Cards 10:00 Cardio Exercise 12:00 January Birthdays Celebration 12:30 Dance Class with Lourdes 1:00 Poker/ Dominoes</p> <p>Fish w/ Lemon Sauce</p>	<p>17</p> <p>9:30 Dominoes/ Puzzles/ Cards 9:30 Zumba Exercise 12:30 Bingo</p> <p>Chicken Parmesan</p>
<p>20 Martin Luther King Day</p>  <p>CENTER CLOSED</p>	<p>21</p> <p>10:30 Ceramics 10:00 Yoga Exercise 12:30 Line Dancing Class 1:00 Poker/ Dominoes</p> <p>Stewed Beef Tips</p>	<p>22</p> <p>9:30 Dominoes/ Puzzles/ Cards 9:30 Workshop: Health 10:30 Cabanics Exercise 12:30 Regular Bingo</p> <p>Baked Ziti & Meatballs w/ Marinara</p>	<p>23</p> <p>9:30 Dominoes/ Puzzles/ Cards 10:00 Cardio Exercise 12:30 Dance Class with Lourdes 1:00 Poker/ Dominoes</p> <p>LS Ham Steak</p>	<p>24</p> <p>9:30 Dominoes/ Puzzles/ Cards 9:30 Zumba Exercise 12:30 Bingo</p> <p>Meatloaf w/ Mushroom Gravy</p>
<p>27</p> <p>9:00 Hand Massages 9:30 Dominoes/ Puzzles/ Cards 10:00 Qigong/Tai Chi Class 12:30 Bingo</p> <p>Cheeseburger</p>	<p>28</p> <p>9:30 Ceramics 10:00 Yoga Exercise 12:30 Line Dancing Class 1:00 Poker/ Dominoes</p> <p>Chicken Salad Platter</p>	<p>29</p> <p>9:30 Dominoes/ Puzzles/ Cards 9:30 Workshop: Health 10:30 Cabanics Exercise 12:15 Bingo Bash 12:30 Regular Bingo</p> <p>Sesame Chicken</p>	<p>30</p> <p>9:30 Dominoes/ Puzzles/ Cards 10:00 Cardio Exercise 10:00 SNAP Program Information 12:30 Dance Class with Lourdes 1:00 Poker/ Dominoes</p> <p>Vegetable Lasagna</p>	<p>31</p> <p>9:30 Dominoes/ Puzzles/ Cards 9:30 Zumba Exercise 10:30 Lunar New Year Celebration 12:30 Bingo</p> <p>Chicken Kiev</p>