

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 June 2025



June 4:	BEACH Bingo	12:15 PM
June 6:	Father's Day Celebration* <i>Registration Required.</i>	ALL DAY
June 9:	Virtual Travel: Puerto Rico	9:30 AM
June 10:	Primary Election– CENTER CLOSED	ALL DAY
June 16:	Total Brain Health w/ Agata	9:30 AM
June 18:	Summer Concert Series: Marc Anthony	9:30 AM
June 20:	Juneteenth Observed– CENTER CLOSED	ALL DAY
June 23:	Hand Massages* w/ Agata	9:00 AM
June 25:	Art Project: Wine Cork Trivets* <i>Registration Required.</i> Bingo Bash	9:30 AM 12:15 PM
June 26:	June Birthdays Celebration	12:00 PM
June 27:	Senior Planet: Smartphone Camera	10:30 AM
June 30:	Art Project: Bubble Wrap Art	9:30 AM

**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

Thursday, September 18, 2025
Rain Date: Thursday, September 25, 2025
10:00AM - 2:00PM
Van Saun County Park, Paramus



Lunch Served Daily at 11:30

BERGENFIELD SENIOR ACTIVITY CENTER



June 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</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 and Swiss</p>	<p>3</p> <p>9:30 Dominoes/ Puzzles/ Cards 9:30 Yoga Exercise 10:30 Ceramics 12:30 Dancing Class 1:00 Dominoes</p> <p>Hawaiian Chicken</p>	<p>4</p> <p>9:30 Dominoes/ Puzzles/ Cards 10:30 Cabanics Exercise 12:15 BEACH Bingo 12:30 Regular Bingo 12:30 Cabanics Exercise</p> <p>Pork Loin w/ Gravy</p>	<p>5</p> <p>9:30 Dominoes/ Puzzles/ Cards 10:00 Cardio Exercise 12:30 Dance Class w/ Lourdes 1:00 Dominoes</p> <p>Seafood Salad Platter</p>	<p>6</p> <p>Father's Day Party</p> <p>9:30 Dominoes/ Puzzles/ Cards 9:30 Zumba Exercise</p> <p>Chicken Cordon Bleu</p>
<p>9</p> <p>9:30 Virtual Travel: Puerto Rico 9:30 Dominoes/ Puzzles/ Cards 10:00 Qigong/Tai Chi Class 12:30 Bingo</p> <p>Stuffed Peppers</p>	<p>10</p>  <p>Center Closed</p>	<p>11</p> <p>9:30 Dominoes/ Puzzles/ Cards 10:30 Cabanics Exercise 12:30 Regular Bingo 12:30 Cabanics Exercise</p> <p>Turkey Tacos</p>	<p>12</p> <p>9:30 Dominoes/ Puzzles/ Cards 10:00 Cardio Exercise 12:30 Dance Class w/ Lourdes 1:00 Dominoes</p> <p>Chicken Florentine</p>	<p>13</p> <p>9:30 Dominoes/ Puzzles/ Cards 9:30 Zumba Exercise 12:30 Bingo</p> <p>Eggplant Parmesan</p>
<p>16</p> <p>9:30 Class: Total Brain Health 9:30 Crochet/Knitting Group 9:30 Dominoes/ Puzzles/ Cards 10:00 Qigong/ Tai Chi Class 12:30 Bingo</p> <p>Chicken Fettuccini Alfredo</p>	<p>17</p> <p>9:30 Dominoes/ Puzzles/ Cards 9:30 Yoga Exercise 10:30 Ceramics 12:30 Dancing Class 1:00 Dominoes</p> <p>Homestyle Meatloaf w/ Gravy</p>	<p>18</p> <p>9:30 Summer Concert Series 9:30 Dominoes/ Puzzles/ Cards 10:30 Cabanics Exercise 12:30 Regular Bingo 12:30 Cabanics Exercise</p> <p>Jamaican Jerk Chicken Leg</p>	<p>19</p> <p>9:30 Dominoes/ Puzzles/ Cards 10:00 Cardio Exercise 12:30 Dance Class w/ Lourdes 1:00 Dominoes</p> <p>BBQ Pulled Pork Sandwich</p>	<p>20</p>  <p>Center Closed</p>
<p>23</p> <p>9:00 Hand Massages 9:30 Crochet/Knitting Group 9:30 Dominoes/ Puzzles/ Cards 10:00 Qigong/ Tai Chi Class 12:30 Bingo</p> <p>Stuffed Cabbage</p>	<p>24</p> <p>9:30 Dominoes/ Puzzles/ Cards 9:30 Ceramics 9:30 Yoga Exercise 12:30 Dancing Class 1:00 Dominoes</p> <p>Ham Steak</p>	<p>25</p> <p>9:30 Dominoes/ Puzzles/ Cards 9:30 Art Project: Cork Trivets 10:30 Cabanics Exercise 12:15 Bingo Bash 12:30 Regular Bingo 12:30 Cabanics Exercise</p>  <p>Chicken Parmesan</p>	<p>26</p> <p>9:30 Dominoes/ Puzzles/ Cards 10:00 Cardio Exercise 12:00 June Birthdays Celebration 12:30 Dance Class w/ Lourdes</p> <p>Chef Salad</p>	<p>27</p> <p>9:30 Dominoes/ Puzzles/ Cards 9:30 Zumba Exercise 10:30 Senior Planet: Smartphone Camera 12:30 Bingo</p> <p>Pot Roast w/ Gravy</p>
<p>30</p> <p>9:30 Project: Bubble Wrap Art 9:30 Crochet/Knitting Group 9:30 Dominoes/ Puzzles/ Cards 10:00 Qigong/Tai Chi Class 12:30 Bingo</p> <p>Korean BBQ Chicken Leg</p>			<p><i>Continental Breakfast available Monday- Friday 9:00 AM - 10:15 AM</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>