

# 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

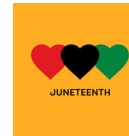
[Bergenfieldcenter@bergencountynj.gov](mailto:Bergenfieldcenter@bergencountynj.gov)

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:	<b>BEACH</b> Bingo	12:15 PM
June 6:	<b>Father's Day Celebration*</b> <i>Registration Required.</i>	ALL DAY
June 9:	<b>Virtual Travel: Puerto Rico</b>	9:30 AM
June 10:	Primary Election– <b>CENTER CLOSED</b>	ALL DAY
June 16:	<b>Total Brain Health</b> w/ Agata	9:30 AM
June 18:	<b>Summer Concert Series:</b> Marc Anthony	9:30 AM
June 20:	Juneteenth Observed– <b>CENTER CLOSED</b>	ALL DAY
June 23:	<b>Hand Massages*</b> w/ Agata	9:00 AM
June 25:	<b>Art Project: Wine Cork Trivets*</b> <i>Registration Required.</i> <b>Bingo Bash</b>	9:30 AM 12:15 PM
June 26:	<b>June Birthdays Celebration</b>	12:00 PM
June 27:	<b>Senior Planet: Smartphone Camera</b>	10:30 AM
June 30:	<b>Art Project: Bubble Wrap Art</b>	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
<div>2</div> <div>9:30 Crochet/Knitting Group 9:30 Dominoes/ Puzzles/ Cards 10:00 Qigong/Tai Chi Class 12:30 Bingo</div> <div>Roasted Turkey and Swiss</div>	<div>3</div> <div>9:30 Dominoes/ Puzzles/ Cards 9:30 Yoga Exercise 10:30 Ceramics 12:30 Dancing Class 1:00 Dominoes</div> <div>Hawaiian Chicken</div>	<div>4</div> <div>9:30 Dominoes/ Puzzles/ Cards 10:30 Cabanics Exercise 12:15 <b>BEACH Bingo</b> 12:30 Regular Bingo 12:30 Cabanics Exercise</div> <div>Pork Loin w/ Gravy</div>	<div>5</div> <div>9:30 Dominoes/ Puzzles/ Cards 10:00 Cardio Exercise 12:30 Dance Class w/ Lourdes 1:00 Dominoes</div> <div>Seafood Salad Platter</div>	<div>6</div> <div>Father's Day Party</div> <div>9:30 Dominoes/ Puzzles/ Cards 9:30 Zumba Exercise</div> <div>Chicken Cordon Bleu</div>
<div>9</div> <div>9:30 <b>Virtual Travel: Puerto Rico</b> 9:30 Dominoes/ Puzzles/ Cards 10:00 Qigong/Tai Chi Class 12:30 Bingo</div> <div>Stuffed Peppers</div>	<div>10</div> <div></div> <div>Center Closed</div>	<div>11</div> <div>9:30 Dominoes/ Puzzles/ Cards 10:30 Cabanics Exercise 12:30 Regular Bingo 12:30 Cabanics Exercise</div> <div>Turkey Tacos</div>	<div>12</div> <div>9:30 Dominoes/ Puzzles/ Cards 10:00 Cardio Exercise 12:30 Dance Class w/ Lourdes 1:00 Dominoes</div> <div>Chicken Florentine</div>	<div>13</div> <div>9:30 Dominoes/ Puzzles/ Cards 9:30 Zumba Exercise 12:30 Bingo</div> <div>Eggplant Parmesan</div>
<div>16</div> <div>9:30 <b>Class: Total Brain Health</b> 9:30 Crochet/Knitting Group 9:30 Dominoes/ Puzzles/ Cards 10:00 Qigong/ Tai Chi Class 12:30 Bingo</div> <div>Chicken Fettuccini Alfredo</div>	<div>17</div> <div>9:30 Dominoes/ Puzzles/ Cards 9:30 Yoga Exercise 10:30 Ceramics 12:30 Dancing Class 1:00 Dominoes</div> <div>Homestyle Meatloaf w/ Gravy</div>	<div>18</div> <div>9:30 <b>Summer Concert Series</b> 9:30 Dominoes/ Puzzles/ Cards 10:30 Cabanics Exercise 12:30 Regular Bingo 12:30 Cabanics Exercise</div> <div>Jamaican Jerk Chicken Leg</div>	<div>19</div> <div>9:30 Dominoes/ Puzzles/ Cards 10:00 Cardio Exercise 12:30 Dance Class w/ Lourdes 1:00 Dominoes</div> <div>BBQ Pulled Pork Sandwich</div>	<div>20</div> <div></div> <div>Center Closed</div>
<div>23</div> <div>9:00 <b>Hand Massages</b> 9:30 Crochet/Knitting Group 9:30 Dominoes/ Puzzles/ Cards 10:00 Qigong/ Tai Chi Class 12:30 Bingo</div> <div>Stuffed Cabbage</div>	<div>24</div> <div>9:30 Dominoes/ Puzzles/ Cards 9:30 Ceramics 9:30 Yoga Exercise 12:30 Dancing Class 1:00 Dominoes</div> <div>Ham Steak</div>	<div>25</div> <div>9:30 Dominoes/ Puzzles/ Cards 9:30 <b>Art Project: Cork Trivets</b> 10:30 Cabanics Exercise 12:15 <b>Bingo Bash</b> 12:30 Regular Bingo 12:30 Cabanics Exercise</div> <div>Chicken Parmesan</div>	<div>26</div> <div>9:30 Dominoes/ Puzzles/ Cards 10:00 Cardio Exercise 12:00 <b>June Birthdays Celebration</b> 12:30 Dance Class w/ Lourdes</div> <div>Chef Salad</div>	<div>27</div> <div>9:30 Dominoes/ Puzzles/ Cards 9:30 Zumba Exercise 10:30 <b>Senior Planet: Smartphone Camera</b> 12:30 Bingo</div> <div>Pot Roast w/ Gravy</div>
<div>30</div> <div>9:30 <b>Project: Bubble Wrap Art</b> 9:30 Crochet/Knitting Group 9:30 Dominoes/ Puzzles/ Cards 10:00 Qigong/Tai Chi Class 12:30 Bingo</div> <div>Korean BBQ Chicken Leg</div>	<div></div>	<div></div>	<div>Continental Breakfast available Monday- Friday 9:00 AM - 10:15 AM</div> <div></div>	<div>Lunch Served Daily ~ 11:30 AM (Suggested Lunch Donation: \$1.25) <b>Please reserve 1 day in advance</b></div> <div>MENU SUBJECT TO CHANGE WITHOUT NOTICE.</div>