



James J. Tedesco III
County Executive

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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



James J. Tedesco III, County Executive

**BERGENFIELD SENIOR ACTIVITY CENTER
Bergen County Department of Human Services
Division of Senior Services/ADRC
July 2025**

July 2:	SANDY Bingo	12:15 PM
July 4:	Independence Day– CENTER CLOSED	ALL DAY
July 7:	Virtual Travel: Italy	9:30 AM
July 11:	Summer Party* <i>Registration Required.</i>	ALL DAY
July 16:	Summer Concert Series: Andrea Bocelli	9:30 AM
July 17:	July Birthdays Celebration	12:00 PM
July 21:	Hand Massages* w/ Agata	9:00 AM
July 23:	Presentation: Immigration: Know Your Rights w/ Veronica Cardenas, Esq.	10:00 AM
July 25:	Presentation: Brain Health and Aging w/ ACT Now Foundation	10:30 AM
July 28:	Total Brain Health w/ Agata	9:30 AM
July 30:	Bingo Bash	12:15 PM
July 31	Presentation: SNAP Program Information	10:00 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.

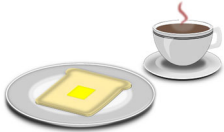



Bergen County Division of Senior Services supports and promotes diverse and inclusive communities, and does not discriminate based on age, color, creed, gender, gender identity, mental or physical disability, national origin, political affiliation, race or sexual orientation in its provision of services or employment practices.

Lunch Served Daily at 11:30

BERGENFIELD SENIOR ACTIVITY CENTER

July 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>Continental Breakfast available Monday- Friday 9:00 AM - 10:15 AM</div> <div></div>	<div>1</div> <div>9:30 Dominoes/ Puzzles/ Cards 9:30 Yoga Exercise 10:30 Ceramics 12:30 Dancing Class 1:00 Scrabble</div> <div>Egg Salad Platter</div>	<div>2</div> <div>9:30 Dominoes/ Puzzles/ Cards 10:30 Cabanics Exercise 12:15 SANDY Bingo 12:30 Regular Bingo 12:30 Cabanics Exercise</div> <div>Roast Turkey w/ Gravy</div>	<div>3</div> <div>9:30 Dominoes/ Puzzles/ Cards 10:00 Cardio Exercise 12:30 Dance Class w/ Lourdes 1:00 Scrabble</div> <div>Beef Hot Dogs</div>	<div>4</div> <div></div> <div>Center Closed</div>
<div>7</div> <div>9:30 Virtual Travel: Italy 9:30 Dominoes/ Puzzles/ Cards 10:00 Qigong/ Tai Chi Class 12:30 Bingo</div> <div>Hawaiian Chicken</div>	<div>8</div> <div>9:30 Dominoes/ Puzzles/ Cards 9:30 Yoga Exercise 10:30 Ceramics 12:30 Dancing Class 1:00 Scrabble</div> <div>Stuffed Peppers</div>	<div>9</div> <div>9:30 Dominoes/ Puzzles/ Cards 10:30 Cabanics Exercise 12:30 Regular Bingo 12:30 Cabanics Exercise</div> <div>Tuna Noodle Salad w/ Spinach</div>	<div>10</div> <div>9:30 Dominoes/ Puzzles/ Cards 10:00 Cardio Exercise 12:30 Dance Class w/ Lourdes 1:00 Scrabble</div> <div>Stuffed Shells</div>	<div>11</div> <div>Summer Party 9:30 Dominoes/ Puzzles/ Cards 9:30 Zumba Exercise</div> <div>Cheeseburger</div>
<div>14</div> <div>9:30 Crochet/ Knitting Group 9:30 Dominoes/ Puzzles/ Cards 10:00 Qigong/ Tai Chi Class 12:30 Bingo</div> <div>Chicken Cordon Bleu</div>	<div>15</div> <div>9:30 Dominoes/ Puzzles/ Cards 9:30 Yoga Exercise 10:30 Ceramics 12:30 Dancing Class 1:00 Scrabble</div> <div>Salisbury Steak w/ Gravy</div>	<div>16</div> <div>9:30 Summer Concert Series 9:30 Dominoes/ Puzzles/ Cards 10:30 Cabanics Exercise 12:30 Regular Bingo 12:30 Cabanics Exercise</div> <div>BBQ Pulled Pork Sandwich</div>	<div>17</div> <div>9:30 Dominoes/ Puzzles/ Cards 10:00 Cardio Exercise 12:00 July Birthdays Celebration 12:30 Dance Class w/ Lourdes 1:00 Scrabble</div> <div>Chicken Parmesan</div>	<div>18</div> <div>9:30 Dominoes/ Puzzles/ Cards 9:30 Zumba Exercise 12:30 Bingo</div> <div>Seafood Salad Platter</div>
<div>21</div> <div>9:00 Hand Massages 9:30 Crochet/ Knitting Group 9:30 Dominoes/ Puzzles/ Cards 10:00 Qigong/ Tai Chi Class 12:30 Bingo</div> <div>Homestyle Meatloaf w/ Gravy</div>	<div>22</div> <div>9:30 Dominoes/ Puzzles/ Cards 9:30 Ceramics 9:30 Yoga Exercise 12:30 Dancing Class 1:00 Scrabble</div> <div>Cheese Omelet</div>	<div>23</div> <div>9:30 Dominoes/ Puzzles/ Cards 10:00 Immigration Lawyer 10:30 Cabanics Exercise 12:30 Regular Bingo 12:30 Cabanics Exercise</div> <div>Eggplant Rollatini</div>	<div>24</div> <div>9:30 Dominoes/ Puzzles/ Cards 10:00 Cardio Exercise 12:30 Dance Class w/ Lourdes 1:00 Scrabble</div> <div>Roasted Turkey and Swiss</div>	<div>25</div> <div>9:30 Dominoes/ Puzzles/ Cards 9:30 Zumba Exercise 10:30 Presentation: Brain Health & Aging 12:30 Bingo</div> <div>Korean BBQ Chicken Leg</div>
<div>28</div> <div>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</div> <div>Beer Battered Fish</div>	<div>29</div> <div>9:30 Dominoes/ Puzzles/ Cards 9:30 Yoga Exercise 10:30 Ceramics 12:30 Dancing Class 1:00 Scrabble</div> <div>Chicken Florentine</div>	<div>30</div> <div>9:30 Dominoes/ Puzzles/ Cards 10:30 Cabanics Exercise 12:15 Bingo Bash 12:30 Regular Bingo 12:30 Cabanics Exercise</div> <div>Chef Salad</div>	<div>31</div> <div>9:30 Dominoes/ Puzzles/ Cards 10:00 SNAP Program Information 10:00 Cardio Exercise 12:30 Dance Class w/ Lourdes 1:00 Scrabble</div> <div>Roast Pork w/ Gravy</div>	<div>Lunch Served Daily ~ 11:30 AM (Suggested Lunch Donation: \$1.25) Please reserve 1 day in advance MENU SUBJECT TO CHANGE WITHOUT NOTICE.</div>