



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



James J. Tedesco III, County Executive

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



August 1:	Virtual Travel: Colombia	9:30 AM
August 6:	Summer Concert Series: Juanes WAVES Bingo	9:30 AM 12:15 PM
August 7:	Sunflower Painting* w/ Ybis Nina	9:00 AM
August 11:	Jewelry Making Class w/ Ybis Nina* Registration Required.	9:00 AM
August 13:	Bingo Bash	12:15 PM
August 15:	Mini Health Fair* Registration Required.	9:00 AM— 2:00 PM
August 18:	Hand Massages w/ Agata* Registration Required.	9:00 AM
August 20:	Summer Concert Series: Carlos Vives	9:30 AM
August 21:	August Birthdays Celebration	12:00 PM
August 22:	Toiletry Pouch Painting* Registration Required.	9:00 AM
August 25:	Total Brain Health w/ Agata	9:30 AM
August 29:	Ice Cream Sandwiches* Registration Required.	12:00 PM



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



Senior Festival

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



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

August 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Continental Breakfast available Monday- Friday 9:00 AM - 10:15 AM</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>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>9:30 Virtual Travel: Colombia 9:30 Dominoes/ Puzzles/ Cards 9:30 Zumba Exercise 12:30 Bingo 12:30 Cabanics Exercise</p> <p>Eggplant Rollatini</p>
<p>4</p> <p>9:30 Crochet/ Knitting Group 9:30 Dominoes/ Puzzles/ Cards 10:00 Qigong/ Tai Chi Class 12:30 Bingo</p> <p>Roast Turkey w/ Gravy</p>	<p>5</p> <p>9:30 Dominoes/ Puzzles/ Cards 9:30 Yoga Exercise 10:30 Ceramics 12:30 Dancing Class 1:00 Scrabble</p> <p>Ham Steak with Pineapple</p>	<p>6</p> <p>9:30 Summer Concert Series 9:30 Dominoes/ Puzzles/ Cards 10:30 Cabanics Exercise 12:30 Regular Bingo</p> <p>Chicken Parmesan</p>	<p>7</p> <p>9:00 Art Class: Sunflower Painting 9:30 Dominoes/ Puzzles/ Cards 10:00 Cardio Exercise 12:30 Dance Class w/ Lourdes 1:00 Scrabble</p> <p>Roasted Turkey and Swiss</p>	<p>8</p> <p>9:30 Dominoes/ Puzzles/ Cards 9:30 Zumba Exercise 12:30 Bingo 12:30 Cabanics Exercise</p> <p>Lemon Caper Fish</p>
<p>11</p> <p>9:30 Jewelry Making Class 9:30 Crochet/ Knitting Group 9:30 Dominoes/ Puzzles/ Cards 10:00 Qigong/ Tai Chi Class 12:30 Bingo</p> <p>Herbed Chicken Leg</p>	<p>12</p> <p>9:30 Dominoes/ Puzzles/ Cards 9:30 Yoga Exercise 10:30 Ceramics 12:30 Dancing Class 1:00 Scrabble</p> <p>Stuffed Peppers</p>	<p>13</p> <p>9:30 Dominoes/ Puzzles/ Cards 10:30 Cabanics Exercise 12:15 Bingo Bash 12:30 Regular Bingo</p> <p>Korean Beef</p>	<p>14</p> <p>9:30 Dominoes/ Puzzles/ Cards 10:00 Cardio Exercise 12:30 Dance Class w/ Lourdes 1:00 Scrabble</p> <p>Egg Salad Platter</p>	<p>15</p> <p>9:00 Health Fair 9:30 Dominoes/ Puzzles/ Cards 9:30 Zumba Exercise</p>  <p>BBQ Pork Sandwich</p>
<p>18</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>Italian Beef Meatballs</p>	<p>19</p> <p>9:30 Dominoes/ Puzzles/ Cards 9:30 Ceramics 9:30 Yoga Exercise 12:30 Dancing Class 1:00 Scrabble</p> <p>Seafood Salad Platter</p>	<p>20</p> <p>9:30 Summer Concert Series 9:30 Dominoes/ Puzzles/ Cards 10:30 Cabanics Exercise 12:30 Regular Bingo</p> <p>Sesame Chicken</p>	<p>21</p> <p>9:30 Dominoes/ Puzzles/ Cards 10:00 Cardio Exercise 12:00 August Birthdays Celebration 12:30 Dance Class w/ Lourdes 1:00 Scrabble</p> <p>Pot Roast with Gravy</p>	<p>22</p> <p>9:30 Dominoes/ Puzzles/ Cards 9:30 Zumba Exercise 9:00 Art Class: Toiletry Pouch 12:30 Bingo 12:30 Cabanics Exercise</p> <p>Stuffed Cabbage</p>
<p>25</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 Cordon Bleu</p>	<p>26</p> <p>9:30 Dominoes/ Puzzles/ Cards 9:30 Yoga Exercise 10:30 Ceramics 12:30 Dancing Class 1:00 Scrabble</p> <p>Cheeseburger</p>	<p>27</p> <p>9:30 Dominoes/ Puzzles/ Cards 10:30 Cabanics Exercise 12:30 Regular Bingo</p> <p>Tuna Noodle Salad w/ Mixed Greens</p>	<p>28</p> <p>9:30 Dominoes/ Puzzles/ Cards 10:00 Cardio Exercise 12:30 Dance Class w/ Lourdes 1:00 Scrabble</p> <p>Beef Hot Dogs</p>	<p>29</p> <p>9:30 Dominoes/ Puzzles/ Cards 9:30 Zumba Exercise 12:00 Ice Cream Sandwiches 12:30 Bingo 12:30 Cabanics Exercise</p>  <p>Crab Cakes</p>