

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 September 2025

| | | | |
|---------------|--|---|----------------------|
| September 1: | Labor Day– CENTER CLOSED |  | All Day |
| September 3: | CIDER Bingo | | 12:15 PM |
| September 5: | POW/MIA Recognition Ceremony w/ Bergen County Veterans Services | | 10:15 AM |
| September 8: | Virtual Travel: Canada | | 9:30 AM |
| September 10: | Concert Series: Celine Dion | | 9:30 AM |
| September 11: | Presentation: Nutrition & Fall Prevention w/ BNBMC | | 9:30 AM |
| September 12: | Presentation: Identity Theft w/ Senior Medicare Patrol | | 10:30 AM |
| September 15: | Total Brain Health w/ Agata | | 9:30 AM |
| September 17: | Presentation: Emergency Preparedness w/Agata | | 9:30 AM |
| September 18: | Annual Senior Festival at Van Saun Park * Registration Required | | 10:00 AM —2:00 PM |
| September 19: | Presentation: Brain Health & Aging w/ ACT Now Foundation | | 10:30 AM |
| September 22: | Concert Series: Michael Buble | | 9:30 AM |
| September 24: | Bingo Bash | | 12:15 PM |
| September 25: | September Birthdays Celebration | | 12:00 PM |
| September 26: | Multicultural Day * Registration Required. | | 9:00 AM— 2:00 PM |
| September 29: | Hand Massages w/ Agata * Registration Required. | | 9:00 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.

Save
the Date

Senior Festival

Thursday, September 18, 2025

Rain Date: Thursday, September 25, 2025

10:00AM - 2:00PM

Van Saun County Park, Paramus




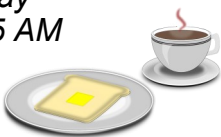
When traveling to the
Senior Festival
we encourage everyone to
carpool or use Bergen County
Community Transportation.

For more information,
please contact
Community Transportation at
(201) 368-5955.

Lunch Served Daily at 11:30

BERGENFIELD SENIOR ACTIVITY CENTER

September 2025

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|--|---|---|
| <div>1</div> <div></div> <div>Center Closed</div> | <div>2</div> <div>9:30 Dominoes/ Puzzles/ Cards 9:30 Yoga Exercise 10:30 Ceramics 12:30 Dancing Class 1:00 Scrabble</div> <div>Stuffed Cabbage</div> | <div>3</div> <div>9:30 Dominoes/ Puzzles/ Cards 10:15 POW/MIA Recognition Ceremony 10:30 Cabanics Exercise 12:15 CIDER Bingo 12:30 Regular Bingo</div> <div>Korean BBQ Chicken Leg</div> | <div>4</div> <div>9:30 Dominoes/ Puzzles/ Cards 10:00 Cardio Exercise 12:30 Dance Class w/ Lourdes 1:00 Scrabble</div> <div>Tuna Noodle Salad w/ Romaine</div> | <div>5</div> <div>9:30 Dominoes/ Puzzles/ Cards 9:30 Zumba Exercise 12:30 Bingo 12:30 Cabanics Exercise</div> <div>Salisbury Steak w/ Gravy</div> |
| <div>8</div> <div>9:30 Virtual Travel: Canada 9:30 Crochet/ Knitting Group 9:30 Dominoes/ Puzzles/ Cards 10:00 Qigong/ Tai Chi Class 12:30 Bingo</div> <div>Chicken Stir Fry</div> | <div>9</div> <div>9:30 Dominoes/ Puzzles/ Cards 9:30 Yoga Exercise 10:30 Ceramics 12:30 Dancing Class 1:00 Scrabble</div> <div>Pork Loin w/ Gravy</div> | <div>10</div> <div>9:30 Concert: Celine Dion 9:30 Dominoes/ Puzzles/ Cards 10:30 Cabanics Exercise 12:30 Regular Bingo</div> <div>Lemon Caper Fish</div> | <div>11</div> <div>9:30 Presentation: Nutrition & Fall Prevention 9:30 Dominoes/ Puzzles/ Cards 10:00 Cardio Exercise 12:30 Dance Class w/ Lourdes 1:00 Scrabble Roasted Turkey and Swiss</div> <div></div> | <div>12</div> <div>9:30 Dominoes/ Puzzles/ Cards 9:30 Zumba Exercise 10:30 Presentation: Identity Theft 12:30 Bingo 12:30 Cabanics Exercise</div> <div>Italian Meatballs</div> |
| <div>15</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>BBQ Pulled Pork Sandwich</div> | <div>16</div> <div>9:30 Dominoes/ Puzzles/ Cards 9:30 Yoga Exercise 10:30 Ceramics 12:30 Dancing Class 1:00 Scrabble</div> <div>Cheese Omelet</div> | <div>17</div> <div>9:30 Presentation: Emergency Preparedness 9:30 Dominoes/ Puzzles/ Cards 10:30 Cabanics Exercise 12:30 Regular Bingo</div> <div>Beef Teriyaki</div> | <div>18</div> <div>Annual Senior Festival at Van Saun 9:30 Dominoes/ Puzzles/ Cards 10:00 Cardio Exercise 12:30 Dance Class w/ Lourdes 1:00 Scrabble</div> <div>Cheese Ravioli</div> | <div>19</div> <div>9:30 Dominoes/ Puzzles/ Cards 9:30 Zumba Exercise 10:30 Presentation: Brain Health & Aging 12:30 Bingo 12:30 Cabanics Exercise Chicken Piccata</div> <div></div> |
| <div>22</div> <div>9:30 Concert: Michael Bublé 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>23</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>24</div> <div>9:30 Dominoes/ Puzzles/ Cards 10:30 Cabanics Exercise 12:15 Bingo Bash 12:30 Regular Bingo</div> <div>Stuffed Peppers</div> | <div>25</div> <div>9:30 Dominoes/ Puzzles/ Cards 10:00 Cardio Exercise 12:00 September Birthdays Celebration 12:30 Dance Class w/ Lourdes 1:00 Scrabble</div> <div>Cheeseburger</div> | <div>26</div> <div>9:00 Multicultural Day 9:30 Dominoes/ Puzzles/ Cards 9:30 Zumba Exercise 12:30 Cabanics Exercise</div> <div>Korean Beef</div> |
| <div>29</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>Chicken Fajitas</div> | <div>30</div> <div>9:30 Dominoes/ Puzzles/ Cards 9:30 Yoga Exercise 10:30 Ceramics 12:30 Dancing Class 1:00 Scrabble</div> <div>Chicken Cordon Bleu</div> | <div></div> <div>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.</div> <div></div> | <div></div> <div>Lunch Served Daily ~ 11:30 AM (Suggested Lunch Donation: \$1.25) Please reserve 1 day in advance</div> <div>MENU SUBJECT TO CHANGE WITHOUT NOTICE.</div> | <div></div> <div><i>Continental Breakfast available</i> <i>Monday- Friday</i> <i>9:00 AM - 10:15 AM</i></div> <div></div> |