

# 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 October 2025



|             |                                                                                    |                      |
|-------------|------------------------------------------------------------------------------------|----------------------|
| October 1:  | <b>WITCH</b> Bingo                                                                 | 12:15 PM             |
| October 3:  | <b>Virtual Travel:</b> Dominican Republic                                          | 9:30 AM              |
| October 8:  | <b>Concert Series:</b> Juan Luis Guerra                                            | 9:30 AM              |
| October 13: | Columbus/ Indigenous Peoples' Day– <b>CENTER CLOSED</b>                            | All Day              |
| October 16: | <b>October Birthdays Celebration</b>                                               | 12:00 PM             |
| October 20: | <b>Total Brain Health w/ Agata</b><br><b>Art Project: Pom Pom Coasters w/Agata</b> | 9:30 AM<br>10:30 AM  |
| October 22: | <b>Bingo Bash</b>                                                                  | 12:15 PM             |
| October 24: | <b>Wear Pink Day</b>                                                               | ALL DAY              |
| October 27: | <b>Hand Massages w/ Agata</b> * <b>Registration Required.</b>                      | 9:00 AM              |
| October 30: | <b>SNAP Program Information</b>                                                    | 10:00 AM<br>—1:00 PM |
| October 31: | Halloween Costume Party                                                            | ALL DAY              |



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



Bergen County Department of Human Services,  
Division of Senior Services

## Caregivers Conference

Saturday, October 4th, 2025  
9:00 AM - 2:00 PM

Public Meeting Room (5th floor)  
Bergen County Administration Building  
One Bergen County Plaza, Hackensack, NJ 07601

To RSVP Call 201-336-7400 or  
Email [seniors@bergencountynj.gov](mailto:seniors@bergencountynj.gov)



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.

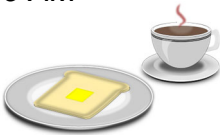


Bergen County Division of Senior Services supports and promotes diverse and inclusive communities, and does not discriminate based on age, color, creed, gender, gender identity, mental or physical disability, national origin, political affiliation, race or sexual orientation in its provision of services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

Lunch Served Daily at 11:30

BERGENFIELD SENIOR ACTIVITY CENTER

October 2025

| MONDAY                                                                                                                                                                                                                                                   | TUESDAY                                                                                                                                                                            | WEDNESDAY                                                                                                                                                                                                                                                                  | THURSDAY                                                                                                                                                                                                       | FRIDAY                                                                                                                                                                                                                                                                                    |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <div>Continental Breakfast available<br/>Monday- Friday<br/>9:00 AM - 10:15 AM</div> <div></div>                                                                        | <div>Lunch Served Daily ~ 11:30 AM<br/>(Suggested Lunch Donation: \$1.25)<br/><b>Please reserve 1 day in advance</b></div> <div>MENU SUBJECT TO CHANGE<br/>WITHOUT NOTICE.</div>   | <div><div>1</div><div>9:30 Dominoes/ Puzzles/ Cards<br/>10:30 Cabanics Exercise<br/>12:15 <b>WITCH Bingo</b><br/>12:30 Regular Bingo</div><div></div><div>Eggplant Parmesan</div></div> | <div><div>2</div><div>9:30 Dominoes/ Puzzles/ Cards<br/>10:00 Cardio Exercise<br/>12:30 Dance Class w/ Lourdes<br/>1:00 Scrabble</div><div>LS Ham and Cheddar</div></div>                                      | <div><div>3</div><div>9:30 Virtual Travel: Dominican Republic<br/>9:30 Dominoes/ Puzzles/ Cards<br/>9:30 Zumba Exercise<br/>12:30 Bingo<br/>12:30 Cabanics Exercise</div><div>Salisbury Steak w/ Gravy</div></div>                                                                        |
| <div>6</div> <div>9:30 Crochet/ Knitting Group<br/>9:30 Dominoes/ Puzzles/ Cards<br/>10:00 Qigong/ Tai Chi Class<br/>12:30 Bingo</div> <div>Stuffed Cabbage</div>                                                                                        | <div>7</div> <div>9:30 Dominoes/ Puzzles/ Cards<br/>10:00 Yoga Exercise<br/>10:30 Ceramics<br/>12:30 Dancing Class<br/>1:00 Scrabble</div> <div>Tuna Noodle Salad w/ Romaine</div> | <div>8</div> <div>9:30 <b>Concert: Juan Luis Guerra</b><br/>9:30 Dominoes/ Puzzles/ Cards<br/>10:30 Cabanics Exercise<br/>12:30 Regular Bingo</div> <div>Chicken Florentine</div>                                                                                          | <div>9</div> <div>9:30 Dominoes/ Puzzles/ Cards<br/>10:00 Cardio Exercise<br/>12:30 Dance Class w/ Lourdes<br/>1:00 Scrabble</div> <div>BBQ Pulled Pork Sandwich</div>                                         | <div>10</div> <div>9:30 Dominoes/ Puzzles/ Cards<br/>9:30 Zumba Exercise<br/>12:30 Bingo<br/>12:30 Cabanics Exercise</div> <div>Roasted Turkey w/ Gravy</div>                                                                                                                             |
| <div>13</div> <div>Columbus/ Indigenous Peoples' Day</div> <div>Center Closed</div>                                                                                                                                                                      | <div>14</div> <div>9:30 Dominoes/ Puzzles/ Cards<br/>10:00 Yoga Exercise<br/>10:30 Ceramics<br/>12:30 Dancing Class<br/>1:00 Scrabble</div> <div>Turkey Tacos</div>                | <div>15</div> <div>9:30 Dominoes/ Puzzles/ Cards<br/>10:30 Cabanics Exercise<br/>12:30 Regular Bingo</div> <div>Lemon Caper Fish</div>                                                                                                                                     | <div>16</div> <div>9:30 Dominoes/ Puzzles/ Cards<br/>10:00 Cardio Exercise<br/>12:00 <b>October Birthdays Celebration</b><br/>12:30 Dance Class w/ Lourdes<br/>1:00 Scrabble</div> <div>Chicken Parmesan</div> | <div>17</div> <div>9:30 Dominoes/ Puzzles/ Cards<br/>9:30 Zumba Exercise<br/>12:30 Bingo<br/>12:30 Cabanics Exercise</div> <div>Egg Salad Platter</div>                                                                                                                                   |
| <div>20</div> <div>9:30 <b>Class: Total Brain Health</b><br/>10:30 <b>Project: Pompom Coasters</b><br/>9:30 Crochet/ Knitting Group<br/>9:30 Dominoes/ Puzzles/ Cards<br/>10:00 Qigong/ Tai Chi Class<br/>12:30 Bingo</div> <div>Hungarian Goulash</div> | <div>21</div> <div>9:30 Dominoes/ Puzzles/ Cards<br/>10:00 Yoga Exercise<br/>10:30 Ceramics<br/>12:30 Dancing Class<br/>1:00 Scrabble</div> <div>LS Ham Steak with Pineapple</div> | <div>22</div> <div>9:30 Dominoes/ Puzzles/ Cards<br/>10:30 Cabanics Exercise<br/>12:15 <b>Bingo Bash</b><br/>12:30 Regular Bingo</div> <div>Italian Meatballs</div>                                                                                                        | <div>23</div> <div>9:30 Dominoes/ Puzzles/ Cards<br/>10:00 Cardio Exercise<br/>12:30 Dance Class w/ Lourdes<br/>1:00 Scrabble</div> <div>Korean BBQ Chicken Leg</div>                                          | <div>24</div> <div><b>Wear Pink Day</b><br/>9:30 Dominoes/ Puzzles/ Cards<br/>9:30 Zumba Exercise<br/>12:30 Bingo<br/>12:30 Cabanics Exercise</div> <div></div> <div>Seafood Salad Platter</div>     |
| <div>27</div> <div>9:00 <b>Hand Massages</b><br/>9:30 Crochet/ Knitting Group<br/>9:30 Dominoes/ Puzzles/ Cards<br/>10:00 Qigong/ Tai Chi Class<br/>12:30 Bingo</div> <div>Pork Loin w/ Gravy</div>                                                      | <div>28</div> <div>9:30 Dominoes/ Puzzles/ Cards<br/>10:00 Yoga Exercise<br/>10:30 Ceramics<br/>12:30 Dancing Class<br/>1:00 Scrabble</div> <div>Bratwurst</div>                   | <div>29</div> <div>9:30 Dominoes/ Puzzles/ Cards<br/>10:30 Cabanics Exercise<br/>12:30 Regular Bingo</div> <div>Korean Beef</div>                                                                                                                                          | <div>30</div> <div>9:30 Dominoes/ Puzzles/ Cards<br/>10:00 <b>SNAP Program Information</b><br/>10:00 Cardio Exercise<br/>12:30 Dance Class w/ Lourdes<br/>1:00 Scrabble</div> <div>Chicken Cordon Bleu</div>   | <div>31</div> <div><b>Halloween Costume Party</b><br/>9:30 Dominoes/ Puzzles/ Cards<br/>9:30 Zumba Exercise<br/>12:30 Bingo<br/>12:30 Cabanics Exercise</div> <div></div> <div>Stuffed Peppers</div> |