



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
November 2025**

November 3:	Art Project: Thanksgiving Centerpiece w/ Ybis Nina * <i>Registration Required.</i>	9:00 AM
November 4:	Election Day– CENTER CLOSED	
November 5:	PECAN Bingo	12:15 PM
November 7:	Virtual Travel: United States	9:30 AM
November 10:	Total Brain Health Class w/ Agata	9:30 AM
November 11:	Veterans Day– CENTER CLOSED	
November 12:	Movie: Elvis	9:30 AM
November 13:	November Birthdays Celebration	12:00 PM
November 14:	Presentation: Elvis Presley & the Pioneers of Rock 'n' Roll	10:15 AM
November 17:	Hand Massages w/ Agata* <i>Registration Required.</i>	9:00 AM
November 19:	Bingo Bash	12:15 PM
November 21:	Wear Purple Day in recognition of Alzheimer's Awareness	ALL DAY
November 24:	Art Project: Holiday Wreaths w/ Ybis Nina <i>*Registration Required.</i>	9:30 AM
November 27:	Thanksgiving Day– CENTER CLOSED	
November 28:	Day after Thanksgiving– CENTER CLOSED	

NOVEMBER IS...



****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.

Thanksgiving Luncheon

Garfield Senior Activity Center
480 Midland Ave
Garfield, New Jersey, 07026

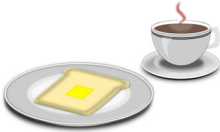
Thursday, November 27, 2025
10:00 AM - 2:00 PM

Reservations are required. Please RSVP by November 17, 2025.
To RSVP call (973) 478-0502 or email seniors@BergenCountyNJ.gov

Lunch Served Daily at 11:30

BERGENFIELD SENIOR ACTIVITY CENTER

November 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Continental Breakfast available Monday- Friday 9:00 AM - 10:15 AM 		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.		Lunch Served Daily ~ 11:30 AM (Suggested Lunch Donation: \$1.25) Please reserve 1 day in advance MENU SUBJECT TO CHANGE WITHOUT NOTICE.
3 10:30 Art Project: Thanksgiving Centerpieces 9:30 Crochet/ Knitting Group 9:30 Dominoes/ Puzzles/ Cards 10:00 Qigong/ Tai Chi Class 12:30 Bingo LS Ham Steak with Pineapple	4  Center Closed	5 9:30 Dominoes/ Puzzles/ Cards 10:30 Cabanics Exercise 12:15 PECAN Bingo 12:30 Regular Bingo Korean BBQ Chicken Leg	6 9:30 Dominoes/ Puzzles/ Cards 10:00 Cardio Exercise 12:30 Dance Class w/ Lourdes 1:00 Scrabble Swedish Meatballs	7 9:30 Virtual Travel: United States 9:30 Dominoes/ Puzzles/ Cards 9:30 Zumba Exercise 12:30 Bingo 12:30 Cabanics Exercise Cheese Omelet
10 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 Homestyle Meatloaf w/ Gravy	11  Center Closed	12 9:30 Movie: Elvis 9:30 Dominoes/ Puzzles/ Cards 10:30 Cabanics Exercise 12:30 Regular Bingo Korean Beef	13 9:30 Dominoes/ Puzzles/ Cards 10:00 Cardio Exercise 12:00 November Birthdays Celebration 12:30 Dance Class w/ Lourdes 1:00 Scrabble Tuna Salad w/ Romaine	14 9:30 Dominoes/ Puzzles/ Cards 9:30 Zumba Exercise 10:15 Presentation: Elvis Presley & the Pioneers of Rock 'n' Roll 12:30 Bingo 12:30 Cabanics Exercise Broccoli Stuffed Chicken
17 9:00 Hand Massages 9:30 Crochet/ Knitting Group 9:30 Dominoes/ Puzzles/ Cards 10:00 Qigong/ Tai Chi Class 12:30 Bingo Chicken Parmesan	18 9:30 Dominoes/ Puzzles/ Cards 10:00 Yoga Exercise 10:30 Ceramics 12:30 Dancing Class 1:00 Scrabble Stuffed Cabbage	19 9:30 Dominoes/ Puzzles/ Cards 10:30 Cabanics Exercise 12:15 Bingo Bash 12:30 Regular Bingo Egg Salad Platter	20 9:30 Dominoes/ Puzzles/ Cards 10:00 Cardio Exercise 12:30 Dance Class w/ Lourdes 1:00 Scrabble Cheeseburger	21 Wear Purple Day 9:30 Dominoes/ Puzzles/ Cards 9:30 Zumba Exercise 12:30 Bingo 12:30 Cabanics Exercise LS Ham and Cheddar
24 10:30 Project: Holiday Wreaths 9:30 Crochet/ Knitting Group 9:30 Dominoes/ Puzzles/ Cards 10:00 Qigong/ Tai Chi Class 12:30 Bingo Stuffed Peppers	25 9:30 Dominoes/ Puzzles/ Cards 10:00 Yoga Exercise 10:30 Ceramics 12:30 Dancing Class 1:00 Scrabble Chicken Florentine	26 9:30 Dominoes/ Puzzles/ Cards 10:30 Cabanics Exercise 12:30 Regular Bingo Pot Roast with Gravy	27  Center Closed	28  Center Closed