

BERGEN NEW JERSEY *County*

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

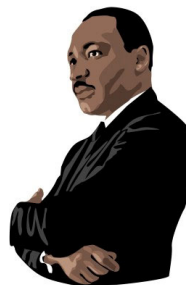
Bergenfieldcenter@bergencountynj.gov

Open: Monday - Friday, 8:00AM - 3:30PM

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BERGENFIELD SENIOR ACTIVITY CENTER Bergen County Department of Human Services Division of Senior Services/ADRC January 2026



January 1:	New Year's Day – CENTER CLOSED	
January 7:	FROST Bingo	12:15 PM
January 9:	Donuts Day*	10:00AM
January 12:	Hand Massages w/ Agata*	9:00 AM
January 14:	Presentation: Memory and Brain Health w/ Hackensack Meridian Health	9:45 AM
January 19:	Martin Luther King Jr. Day – CENTER CLOSED	
January 21:	Bingo Bash	12:15 PM
January 22:	January Birthdays Celebration	12:00 PM
January 23:	Presentation: Medicare Open Enrollment w/ Senior Medicare Patrol	10:30 AM
January 26:	Total Brain Health w/ Agata	9:30 AM
January 29:	Chef Cardie Demonstration	12:30 PM

Get Connected Workshop:

January 16, 23 and 30.
9:00 AM– 11:00 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

January 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Continental Breakfast available Monday- Friday 9:00 AM - 10:15 AM</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>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> New Year's Day Center Closed</p>	<p>2</p> <p>9:30 Dominoes/ Puzzles/ Cards 9:30 Zumba Exercise 12:30 Bingo 12:30 Cabanics Exercise</p> <p>Stuffed Peppers</p>
<p>5</p> <p>9:30 Crochet/ Knitting Group 9:30 Dominoes/ Puzzles/ Cards 10:00 Qigong/ Tai Chi Class 12:30 Bingo</p> <p>Homestyle Meatloaf with Gravy</p>	<p>6</p> <p>9:30 Dominoes/ Puzzles/ Cards 10:00 Yoga Exercise 10:30 Ceramics 12:30 Dancing Class 1:00 Scrabble</p> <p>Sliced Pork Loin</p>	<p>7</p> <p>9:30 Dominoes/ Puzzles/ Cards 10:30 Cabanics Exercise 12:15 FROST Bingo 12:30 Regular Bingo</p> <p>Turkey and Cheddar</p>	<p>8</p> <p>9:30 Dominoes/ Puzzles/ Cards 10:00 Cardio Exercise 12:30 Dance Class w/ Lourdes 1:00 Scrabble</p> <p>Chicken Parmesan</p>	<p>9 Donut Day</p> <p>9:30 Dominoes/ Puzzles/ Cards 9:30 Zumba Exercise 12:30 Bingo 12:30 Cabanics Exercise</p>  <p>Cheese Omelet</p>
<p>12</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>Stuffed Cabbage</p>	<p>13</p> <p>9:30 Dominoes/ Puzzles/ Cards 10:00 Yoga Exercise 10:30 Ceramics 12:30 Dancing Class 1:00 Scrabble</p> <p>Chicken Masala</p>	<p>14</p> <p>9:30 Dominoes/ Puzzles/ Cards 9:45 Presentation: Memory & Brain Health 10:30 Cabanics Exercise 12:30 Regular Bingo</p> <p>LS Ham and Swiss</p>	<p>15</p> <p>9:30 Dominoes/ Puzzles/ Cards 10:00 Cardio Exercise 12:30 Dance Class w/ Lourdes 1:00 Scrabble</p> <p>Chicken Fajitas</p>	<p>16</p> <p>9:00 Get Connected Workshop 9:30 Dominoes/ Puzzles/ Cards 9:30 Zumba Exercise 12:30 Bingo 12:30 Cabanics Exercise</p> <p>Cheeseburger</p>
<p>19</p>  <p>Center Closed</p>	<p>20</p> <p>9:30 Dominoes/ Puzzles/ Cards 10:00 Yoga Exercise 10:30 Ceramics 12:30 Dancing Class 1:00 Scrabble</p> <p>Chicken Cordon Bleu</p>	<p>21</p> <p>9:30 Dominoes/ Puzzles/ Cards 10:30 Cabanics Exercise 12:15 Bingo Bash 12:30 Regular Bingo</p> <p>Salisbury Steak w/ Gravy</p>	<p>22</p> <p>9:30 Dominoes/ Puzzles/ Cards 10:00 Cardio Exercise 12:00 January Birthdays Celebration 12:30 Dance Class w/ Lourdes 1:00 Scrabble</p> <p>Seafood Salad Platter</p>	<p>23</p> <p>9:00 Get Connected Workshop 9:30 Dominoes/ Puzzles/ Cards 9:30 Zumba Exercise 10:30 Medicare Open Enrollment 12:30 Bingo 12:30 Cabanics Exercise</p> <p>Roast Pork</p>
<p>26</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>Roast Turkey with Gravy</p>	<p>27</p> <p>9:30 Dominoes/ Puzzles/ Cards 10:00 Yoga Exercise 10:30 Ceramics 12:30 Dancing Class 1:00 Scrabble</p> <p>Italian Beef Meatballs</p>	<p>28</p> <p>9:30 Dominoes/ Puzzles/ Cards 10:30 Cabanics Exercise 12:30 Regular Bingo</p> <p>Beer Battered Cod</p>	<p>29</p> <p>9:30 Dominoes/ Puzzles/ Cards 10:00 Cardio Exercise 12:30 Chef Cardie Demonstration 1:00 Scrabble</p> <p>Korean BBQ Chicken Leg</p>	<p>30</p> <p>9:00 Get Connected Workshop 9:30 Dominoes/ Puzzles/ Cards 9:30 Zumba Exercise 12:30 Bingo 12:30 Cabanics Exercise</p> <p>Pot Roast with Gravy</p>