



James J. Tedesco, III
County Executive

Board of County Commissioners

Steven A. Tanelli
Chairman

Tracy Silna Zur
Vice Chairwoman

Dr. Joan M. Voss
Chair Pro Tempore

Mary J. Amoroso

Rafael Marte

Germaine M. Ortiz

Thomas J. Sullivan

Department of Human Services

Melissa H. DeBartolo, Esq.
Director

Division of Senior Services
Lorraine Joewono
Director

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
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, 8:00 AM - 3:30 PM



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
February 2026

February 2:	Total Brain Health w/ Agata	9:30 AM
	Project: Valentine's Day Cards w/ Agata	10:15AM
February 6:	Hot Chocolate Social	9:30 AM
February 9:	Presentation: Black History Month	9:30 AM
February 11:	HEART Bingo	12:15 PM
February 13:	Healthy Heart Breakfast/ Valentine's Day Party	9:45 AM
February 16:	Presidents' Day– CENTER CLOSED	Closed
February 18:	Presentation: Cardiac Heart Health w/ BNBMC	9:30 AM
February 19:	February Birthdays Celebration	12:00 PM
February 23:	Hand Massages w/ Agata *	9:00 AM
February 25:	Bingo Bash	12:15 PM

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

Caregivers Conference

Thursday, April 9th
5:00 PM - 9:00 PM
Bergen County Administration Building
Multi-Purpose Room



To RSVP Call 201-336-7400 or
Email seniors@bergencountynj.gov

SAVE THE DATE

Public Hearing
on the
Needs of Older Adults

Tuesday, May 12th
8:30 AM - 11:30 AM
Bergen County Administration Building
Public Meeting Room (5th floor)



To RSVP Call 201-336-7417 or
Email 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

February 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>2</div> <div>9:30 Class: Total Brain Health 10:15 Project: Valentine's Day Cards 9:30 Crochet/ Knitting Group 9:30 Dominoes/ Puzzles/ Cards 10:00 Qigong/ Tai Chi Class 12:30 Bingo Korean BBQ Chicken</div>	<div>3</div> <div>9:30 Dominoes/ Puzzles/ Cards 10:00 Yoga Exercise 10:30 Ceramics 12:30 Dancing Class 1:00 Scrabble Ham Steak with Pineapple</div>	<div>4</div> <div>9:30 Dominoes/ Puzzles/ Cards 10:30 Cabanics Exercise 12:30 Regular Bingo Roast Turkey and Cheddar</div>	<div>5</div> <div>9:30 Dominoes/ Puzzles/ Cards 10:00 Cardio Exercise 12:30 Dance Class w/ Lourdes 1:00 Scrabble Italian Meatballs</div>	<div>6</div> <div>Hot Chocolate Social 9:30 Dominoes/ Puzzles/ Cards 9:30 Zumba Exercise 12:30 Bingo 12:30 Cabanics Exercise Stuffed Cabbage</div>
<div>9</div> <div>9:30 Presentation: Black History Month 9:30 Crochet/ Knitting Group 9:30 Dominoes/ Puzzles/ Cards 10:00 Qigong/ Tai Chi Class 12:30 Bingo Salisbury Steak</div>	<div>10</div> <div>9:30 Dominoes/ Puzzles/ Cards 10:00 Yoga Exercise 10:30 Ceramics 12:30 Dancing Class 1:00 Scrabble Chicken Florentine</div>	<div>11</div> <div>9:30 Dominoes/ Puzzles/ Cards 10:30 Cabanics Exercise 12:15 HEART Bingo 12:30 Regular Bingo Chicken Cordon Bleu</div>	<div>12</div> <div>9:30 Dominoes/ Puzzles/ Cards 10:00 Cardio Exercise 12:30 Dance Class w/ Lourdes 1:00 Scrabble Egg Salad Platter</div>	<div>13</div> <div>Healthy Heart Breakfast/ Valentine's Day Party 9:30 Dominoes/ Puzzles/ Cards 9:30 Zumba Exercise 12:30 Bingo 12:30 Cabanics Exercise Chicken Parmesan</div>
<div>16</div> <div> Center Closed</div>	<div>17</div> <div>9:30 Dominoes/ Puzzles/ Cards 10:00 Yoga Exercise 10:30 Ceramics 12:30 Dancing Class 1:00 Scrabble Sesame Chicken</div>	<div>18</div> <div>9:30 Dominoes/ Puzzles/ Cards 10:30 Cabanics Exercise 12:30 Regular Bingo Cheese Omelet</div>	<div>19</div> <div>9:30 Dominoes/ Puzzles/ Cards 10:00 Cardio Exercise 12:00 February Birthdays Celebration 12:30 Dance Class w/ Lourdes 1:00 Scrabble Cheeseburger</div>	<div>20</div> <div>9:30 Dominoes/ Puzzles/ Cards 9:30 Zumba Exercise 12:30 Bingo 12:30 Cabanics Exercise Breaded Fish Filet</div>
<div>23</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 Chicken Tikka Masala</div>	<div>24</div> <div>9:30 Dominoes/ Puzzles/ Cards 10:00 Yoga Exercise 10:30 Ceramics 12:30 Dancing Class 1:00 Scrabble Stuffed Peppers</div>	<div>25</div> <div>9:30 Dominoes/ Puzzles/ Cards 10:30 Cabanics Exercise 12:15 Bingo Bash 12:30 Regular Bingo Sliced Pork Loin</div>	<div>26</div> <div>9:30 Dominoes/ Puzzles/ Cards 10:00 Cardio Exercise 1:00 Scrabble Pot Roast</div>	<div>27</div> <div>9:30 Dominoes/ Puzzles/ Cards 9:30 Zumba Exercise 12:30 Bingo 12:30 Cabanics Exercise Seafood Salad</div>
<div> HAPPY VALENTINE'S DAY</div>	<div> Valentine's Day</div>	<div> FEBRUARY IS HEART HEALTH MONTH</div>	<div>Continental Breakfast Monday- Friday 9:00 AM - 10:15 AM </div>	<div>Suggested Lunch Donation: \$1.25 Per Meal Please reserve lunch by 11:30 AM the day before Lunch will Be Served at 11:30 Daily</div>