



**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

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.

**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:	<b>Total Brain Health w/ Agata</b>	9:30 AM
	Project: Valentine's Day Cards w/ Agata	10:15AM
February 6:	<b>Hot Chocolate Social</b>	9:30 AM
February 9:	<b>Presentation: Black History Month</b>	9:30 AM
February 11:	<b>HEART</b> Bingo	12:15 PM
February 13:	<b>Healthy Heart Breakfast/ Valentine's Day Party</b>	9:45 AM
February 16:	<b>Presidents' Day— CENTER CLOSED</b>	Closed
February 18:	<b>Presentation: Cardiac Heart Health w/ BNBMC</b>	9:30 AM
February 19:	<b>February Birthdays Celebration</b>	12:00 PM
February 23:	<b>Hand Massages w/ Agata*</b>	9:00 AM
February 25:	<b>Bingo Bash</b>	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](mailto:seniors@bergencountynj.gov)

**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](mailto:seniors@bergencountynj.gov)

Lunch Served Daily at 11:30

# BERGENFIELD SENIOR ACTIVITY CENTER

February 2026

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