

BERGEN NEW JERSEY *County*

James J. Tedesco III
County Executive

BOARD OF COUNTY COMMISSIONERS

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DEPARTMENT OF HUMAN SERVICES

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Director

DIVISION OF SENIOR SERVICES

Lorraine Joewono
Director



KEY TELEPHONE NUMBERS

Division of Senior Services
Bergen ADRC (formerly NJ EASE)
(201) 336-7400
(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) 336-7471 • Fax: (201) 439-1598

bergenfieldcenter@bergencountynj.gov

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

BERGEN NEW JERSEY *County*

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



March 5, 12	*Painting Class w/ Ybis Nina	9:30AM
March 6, 13, 20, 27	*Pottery Workshop w/ Peter Lagomarsino	9:30AM
March 9	*Hand Massage w/ Agata Halat, Bergen County Division of Senior Services	9:00AM
March 11	Lucky Bingo	12:15PM
March 16	*Jewelry Making w/ Ybis Nina	9:30AM
March 19	Embroidery Cards w/ Agata Halat, Bergen County Division of Senior Services	10:00AM
March 23	Total Brain Health w/ Agata Halat, Bergen County Division of Senior Services	9:30AM
March 25	Presentation: Nutrition & Cancer w/ Bergen New Bridge Medical Center	9:30AM
March 26	March Birthdays	12:00PM

Advanced registration for programs with * required.

To register please call (201) 336-7471 or email bergenfieldcenter@bergencountynj.gov or visit the Bergenfield Senior Center Office.

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.

Spring Luncheon
Sunday April 5th, 10AM-2PM
Garfield Senior Activity Center, 480 Midland Avenue, Garfield NJ 07026
RSVP by Monday March 30th to your Senior Activity Center Director

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>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>3</p> <p>9:30 Dominoes/ Puzzles/ Cards 10:00 Yoga Exercise 10:30 Ceramics 12:30 Dancing Class 1:00 Scrabble</p> <p>Tuna Salad w/ Romaine</p>	<p>4</p> <p>9:30 Dominoes/ Puzzles/ Cards 10:30 Cabanics Exercise 12:30 Regular Bingo</p> <p>Roast Turkey w/ Gravy</p>	<p>5</p> <p>9:30 Painting Class 9:30 Dominoes/ Puzzles/ Cards 10:00 Cardio Exercise 12:30 Dance Class w/ Lourdes 1:00 Scrabble</p> <p>Korean BBQ Chicken Leg</p>	<p>6</p> <p>9:30 Pottery Workshop 9:30 Dominoes/ Puzzles/ Cards 9:30 Zumba Exercise 12:30 Bingo 12:30 Cabanics Exercise</p> <p>Cheese Omelet</p>
<p>9</p> <p>9:00 Hand Massage 9:30 Crochet/ Knitting Group 9:30 Dominoes/ Puzzles/ Cards 10:00 Qigong/ Tai Chi Class 12:30 Bingo</p> <p>Cheeseburger w / Lettuce & Tomato</p>	<p>10</p> <p>9:30 Dominoes/ Puzzles/ Cards 10:00 Yoga Exercise 10:30 Ceramics 12:30 Dancing Class 1:00 Scrabble</p> <p>Chicken Salad Platter over Greens</p>	<p>11</p> <p>9:30 Dominoes/ Puzzles/ Cards 10:30 Cabanics Exercise 12:15 Lucky Bingo 12:30 Regular Bingo</p> <p>Pork Tenderloin w/ Apple Cinnamon Glaze</p>	<p>12</p> <p>9:30 Painting Class 9:30 Dominoes/ Puzzles/ Cards 10:00 Cardio Exercise 12:30 Dance Class w/ Lourdes 1:00 Scrabble</p> <p>Chicken Florentine</p>	<p>13</p> <p>9:30 Pottery Workshop 9:30 Dominoes/ Puzzles/ Cards 9:30 Zumba Exercise 12:30 Bingo 12:30 Cabanics Exercise</p> <p>Stuffed Shells w/ Marinara</p>
<p>16</p> <p>9:30 Jewelry Making 9:30 Crochet/ Knitting Group 9:30 Dominoes/ Puzzles/ Cards 10:00 Qigong/ Tai Chi Class 12:30 Bingo</p> <p>Fish Filet with Lemon Sauce</p>	<p>17</p> <p>9:30 Dominoes/ Puzzles/ Cards 10:00 Yoga Exercise 10:30 Ceramics 12:30 Dancing Class 1:00 Scrabble</p> <p>HAPPY ST. PATRICK'S DAY</p> <p>Corned Beef</p>	<p>18</p> <p>9:30 Dominoes/ Puzzles/ Cards 10:30 Cabanics Exercise 12:30 Regular Bingo</p> <p>Chicken Parmesan</p>	<p>19</p> <p>9:30 Dominoes/ Puzzles/ Cards 10:00 Cardio Exercise 10:00 Embroidery Cards 12:30 Dance Class w/ Lourdes 1:00 Scrabble</p> <p>Meatloaf w/ Mushroom Gravy</p>	<p>20</p> <p>9:30 Pottery Workshop 9:30 Dominoes/ Puzzles/ Cards 9:30 Zumba Exercise 12:30 Bingo 12:30 Cabanics Exercise</p> <p>Egg Salad Platter on Spinach</p>
<p>23</p> <p>9:30 Total Brain Health 9:30 Crochet/ Knitting Group 9:30 Dominoes/ Puzzles/ Cards 10:00 Qigong/ Tai Chi Class 12:30 Bingo</p> <p>Stuffed Peppers</p>	<p>24</p> <p>9:30 Dominoes/ Puzzles/ Cards 10:00 Yoga Exercise 10:30 Ceramics 12:30 Dancing Class 1:00 Scrabble</p> <p>LS Ham Steak w/ Pineapple</p>	<p>25</p> <p>9:30 Presentation: Nutrition & Cancer 9:30 Dominoes/ Puzzles/ Cards 10:30 Cabanics Exercise 12:15 Bingo Bash 12:30 Regular Bingo</p> <p>Pot Roast w/ Gravy</p>	<p>26</p> <p>9:30 Dominoes/ Puzzles/ Cards 10:00 Cardio Exercise 12:00 March Birthdays 12:30 Dance Class w/ Lourdes 1:00 Scrabble</p> <p>Seafood Salad on Spinach</p>	<p>27</p> <p>9:30 Pottery Workshop 9:30 Dominoes/ Puzzles/ Cards 9:30 Zumba Exercise 12:30 Bingo 12:30 Cabanics Exercise</p> <p>Manicotti w/ Marinara</p>
<p>30</p> <p>9:30 Crochet/ Knitting Group 9:30 Dominoes/ Puzzles/ Cards 10:00 Qigong/ Tai Chi Class 12:30 Bingo</p> <p>Sweet Chicken Sausage</p>	<p>31</p> <p>9:30 Dominoes/ Puzzles/ Cards 10:00 Yoga Exercise 10:30 Ceramics 12:30 Dancing Class 1:00 Scrabble</p> <p>Roast Turkey & Cheddar w/ Lettuce & Tomato</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>Suggested Lunch Donation: \$1.25 Per Meal</p> <p><i>Please reserve lunch by 11:30AM the day before</i></p> <p>Lunch is served at 11:30AM daily</p>	<p>Continental Breakfast</p> <p>Served Daily 9:00AM – 10:15AM</p> 