



James J. Tedesco, III
County Executive

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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

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
James J. Tedesco III, County Executive



Bergenfield Senior Activity Center
Bergen County Department of Human Services
Division of Senior Services/ADRC
April 2026



April 1- 23	Food Drive to Benefit Brookside Gardens Tenants	
April 3	Center Closed – Good Friday	
April 8	Daisy Bingo	12:15PM
April 10	*Volunteer Breakfast	9:30AM
April 13	*Hand Massages w/ Agata Halat, Division of Senior Services	9:00AM
April 14	Presentation: Disney History – Beauty & the Beast w/ Daniel Alpine	9:30AM
April 15	*Arts & Crafts: Mother’s Day Cards	9:30AM
April 16	April Birthdays	12:00PM
April 17, 24	*Pottery Workshop w/ Peter Lagomarsino	9:00AM
April 20	Painting Class w/ Ybis Nina	9:30AM
April 22	Balance Chair Aerobics w/ Bergen New Bridge Medical Center	9:30AM
April 27	*Total Brain Health w/ Agata Halat, Division of Senior Services	9:30AM
April 29	*Bingo Bash	12:15PM

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.



Caregivers Conference

Thursday, April 9, 2026

5:00PM-9:00PM
(Registration will begin at 4:30PM)

Bergen County Administration Building
Multi-Purpose Room - 1st Floor
One Bergen County Plaza, Hackensack, NJ 07601

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<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> 	<p>1</p> <p>9:30 Dominoes/Puzzles/Cards 10:30 Cabanics Exercise 12:30 Regular Bingo</p> <p>Cheese Omelet</p>	<p>2</p> <p>9:30 Dominoes/Puzzles/Cards 10:00 Cardio Exercise 12:30 Dance Class w/ Lourdes 1:00 Scrabble</p> <p>Cheeseburger</p>	<p>3</p>  <p>CENTER CLOSED</p>
<p>6</p> <p>9:30 Crochet/Knitting Group 9:30 Dominoes/Puzzles/Cards 10:00 Qigong/Tai Chi Class 12:30 Bingo</p> <p>Korean BBQ Chicken Leg</p>	<p>7</p> <p>9:30 Dominoes/Puzzles/Cards 10:00 Yoga Exercise 10:30 Ceramics 12:30 Dancing Class 1:00 Scrabble</p> <p>Eggplant, Peppers & Mozzarella</p>	<p>8</p> <p>9:30 Dominoes/Puzzles/Cards 10:30 Cabanics Exercise 12:15 Daisy Bingo 12:30 Regular Bingo</p> <p>Chicken Florentine</p>	<p>9</p> <p>9:30 Dominoes/Puzzles/Cards 10:00 Cardio Exercise 12:30 Dance Class w/ Lourdes 1:00 Scrabble</p> <p>Stuffed Peppers</p>	<p>10</p> <p>9:30 Volunteer Breakfast 9:30 Dominoes/Puzzles/Cards 9:30 Zumba Exercise 12:30 Bingo 12:30 Cabanics Exercise</p> <p>Pork w/ Apple Cinnamon Glaze</p>
<p>13</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>Teriyaki Glazed Salmon</p>	<p>14</p> <p>9:30 Presentation: Disney History 9:30 Dominoes/Puzzles/Cards 10:00 Yoga Exercise 10:30 Ceramics 12:30 Dancing Class 1:00 Scrabble</p> <p>Homestyle Meatloaf w/ Gravy</p>	<p>15</p> <p>9:30 Arts & Crafts: Mother's Day Cards 9:30 Dominoes/Puzzles/Cards 10:30 Cabanics Exercise 12:30 Regular Bingo</p> <p>Chicken Cordon Bleu</p>	<p>16</p> <p>9:30 Dominoes/Puzzles/Cards 10:00 Cardio Exercise 12:00 April Birthdays 12:30 Dance Class w/ Lourdes 1:00 Scrabble</p> <p>Tuna Salad Sandwich</p>	<p>17</p> <p>9:00 Pottery Workshop 9:30 Dominoes/Puzzles/Cards 9:30 Zumba Exercise 12:30 Bingo 12:30 Cabanics Exercise</p> <p>Roast Turkey & Cheddar</p>
<p>20</p> <p>9:30 Painting Class 9:30 Crochet/Knitting Group 9:30 Dominoes/Puzzles/Cards 10:00 Qigong/Tai Chi Class 12:30 Bingo</p> <p>Ham Steak w/ Pineapple</p>	<p>21</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 w/ Gravy</p>	<p>22</p> <p>9:30 Balance Chair Aerobics 9:30 Dominoes/Puzzles/Cards 10:30 Cabanics Exercise 12:30 Regular Bingo</p> <p>Swedish Meatballs</p>	<p>23</p> <p>9:30 Dominoes/Puzzles/Cards 10:00 Cardio Exercise 12:30 Dance Class w/ Lourdes 1:00 Scrabble</p> <p>Egg Salad on Spinach</p>	<p>24</p> <p>9:00 Pottery Workshop 9:30 Dominoes/Puzzles/Cards 9:30 Zumba Exercise 12:30 Bingo 12:30 Cabanics Exercise</p> <p>Chicken Parmesan</p> <hr/> <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>27</p> <p>9:30 Crochet/Knitting Group 9:30 Dominoes/Puzzles/Cards 9:30 Total Brain Health 10:00 Qigong/Tai Chi Class 12:30 Bingo</p> <p>Stuffed Cabbage</p>	<p>28</p> <p>9:30 Dominoes/Puzzles/Cards 10:00 Yoga Exercise 10:30 Ceramics 12:30 Dancing Class 1:00 Scrabble</p> <p>Seafood Salad on Romaine</p>	<p>29</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>30</p> <p>9:30 Dominoes/Puzzles/Cards 10:00 Cardio Exercise 12:30 Dance Class w/ Lourdes 1:00 Scrabble</p> <p>Chicken Cacciatore</p>	