



James J. Tedesco, III
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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

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
May 2026



May 1	*Pottery Workshop (Last Class) w/ Peter Lagomarsino	9:00 AM
May 4	*Hand Massages w/ Agata Halat, Division of Senior Services	9:00 AM
May 6	Oldie Bingo	12:15 PM
May 8	*Mother's Day Spring Fling Party	10:00 AM
May 11	*Painting Class w/ Ybis Nina	9:30 AM
May 13	Presentation: Healthy Eating, Healthy Life w/ Bergen New Bridge Medical Center	9:30 AM
May 18	Class: Total Brain Health w/ Agata Halat, Division of Senior Services	9:30 AM
May 20	Bingo Bash	12:15 PM
May 21	Celebration: May Birthdays	12:00 PM
May 22	Presentation: Waste Not, Want Not w/ Christine Boi & Tess Tomasi, Division of Senior Services	10:00 AM
May 25	Center Closed – Memorial Day	
May 29	*Planting Project w/ Agata Halat, Division of Senior Services	9:30 AM

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.

Public Hearing
on the



Needs of Older Adults

Bergen County Administration
Building
Commissioners Public Meeting
Room – 5th Floor
One Bergen County Plaza,
Hackensack, NJ

Tuesday, May 12, 2026
8:30 AM - 11:30 AM

To RSVP Call
201-336-7400

or email
seniors@bergencountynj.gov

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>OLDER AMERICANS MONTH CHAMPION YOUR HEALTH: MAY 2026</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>Continental Breakfast Monday-Friday 9:00AM - 10:15AM</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>1 9:00 Pottery Workshop 9:30 Dominoes/Puzzles/Cards 9:30 Zumba Exercise 12:30 Bingo 12:30 Cabanics Exercise</p> <p>Pot Roast w/ Gravy</p>
<p>4 9:00 Hand Massages 9:30 Crochet/Knitting Group 9:30 Dominoes/Puzzles/Cards 10:00 Qigong/TaiChiClass 12:30 Bingo</p> <p>Egg Salad w/ Spinach</p>	<p>5 9:30 Dominoes/Puzzles/Cards 10:00 Yoga Exercise 10:30 Ceramics 12:30 Dancing Class 1:00 Scrabble</p> <p>Chicken Fajitas</p>	<p>6 9:30 Dominoes/Puzzles/Cards 10:30 Cabanics Exercise 12:15 Oldie Bingo 12:30 Regular Bingo</p> <p>Stuffed Peppers</p>	<p>7 9:30 Dominoes/Puzzles/Cards 10:00 Cardio Exercise 12:30 Dance Class w/ Lourdes 1:00 Scrabble</p> <p>Salmon w/ Creamy Dill Sauce</p>	<p>8 9:00 Spring Fling/Mother's Day Party 9:30 Dominoes/Puzzles/Cards 9:30 Zumba Exercise</p> <p>Chicken Florentine</p>
<p>11 9:30 Painting Class 9:30 Crochet/Knitting Group 9:30 Dominoes/Puzzles/Cards 10:00 Qigong/TaiChiClass 12:30 Bingo</p> <p>Cheese Omelette</p>	<p>12 9:30 Dominoes/Puzzles/Cards 10:00 Yoga Exercise 10:30 Ceramics 12:30 Dancing Class 1:00 Scrabble</p> <p>Meatloaf w/ Mushroom Gravy</p>	<p>13 9:30 Presentation: Healthy Eating, Healthy Life 9:30 Dominoes/Puzzles/Cards 10:30 Cabanics Exercise 12:30 Regular Bingo</p> <p>Italian Meatballs</p>	<p>14 9:30 Dominoes/Puzzles/Cards 10:00 Cardio Exercise 12:30 Dance Class w/ Lourdes 1:00 Scrabble</p> <p>Chicken w/ Broccoli & Cheese</p>	<p>15 9:30 Dominoes/Puzzles/Cards 9:30 Zumba Exercise 12:30 Bingo 12:30 Cabanics Exercise</p> <p>Tuna Noodle Salad</p>
<p>18 9:30 Crochet/Knitting Group 9:30 Dominoes/Puzzles/Cards 9:30 Class: Total Brain Health 10:00 Qigong/TaiChiClass 12:30 Bingo</p> <p>Pork w/ Apple Cinnamon Glaze</p>	<p>19 9:30 Dominoes/Puzzles/Cards 10:00 Yoga Exercise 10:30 Ceramics 12:30 Dancing Class 1:00 Scrabble</p> <p>Chicken Tikka Masala</p>	<p>20 9:30 Dominoes/Puzzles/Cards 10:30 Cabanics Exercise 12:15 Bingo Bash 12:30 Regular Bingo</p> <p>Korean BBQ Chicken Leg</p>	<p>21 9:30 Dominoes/Puzzles/Cards 10:00 Cardio Exercise 12:00 Celebration: May Birthdays 12:30 Dance Class w/ Lourdes 1:00 Scrabble</p> <p>Roast Turkey & Swiss Cheese</p>	<p>22 9:30 Dominoes/Puzzles/Cards 9:30 Zumba Exercise 10:00 Presentation: Waste Not, Want Not 12:30 Bingo 12:30 Cabanics Exercise</p> <p>Cheeseburger</p>
<p>Happy Memorial Day</p> <p>CENTER CLOSED</p>	<p>26 9:30 Dominoes/Puzzles/Cards 10:00 Yoga Exercise 10:30 Ceramics 12:30 Dancing Class 1:00 Scrabble</p> <p>Stuffed Cabbage</p>	<p>27 9:30 Dominoes/Puzzles/Cards 10:30 Cabanics Exercise 12:30 Regular Bingo</p> <p>Hawaiian Chicken</p>	<p>28 9:30 Dominoes/Puzzles/Cards 10:00 Cardio Exercise 12:30 Dance Class w/ Lourdes 1:00 Scrabble</p> <p>Roast Beef & Provolone</p>	<p>29 9:30 Planting Project 9:30 Dominoes/Puzzles/Cards 9:30 Zumba Exercise 12:30 Bingo 12:30 Cabanics Exercise</p> <p>Roast Turkey w/ Gravy</p>