



**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

**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](mailto: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**  
**June 2026**



<b>June 2</b>	<b>Center Closed – Primary Elections</b>	<b>ALL DAY</b>
<b>June 4</b>	<b>Presentation: Safe Seniors Round-Up</b> w/ Harvey Silberstein, Bergen County Division of Senior Services	<b>9:30 AM</b>
<b>June 5</b>	<b>Presentation: Men’s Health</b> w/ Bergen New Bridge Medical Center	<b>10:30 AM</b>
<b>June 8</b>	<b>*Hand Massages</b> w/ Agata Halat, Bergen County Division of Senior Services	<b>9:00 AM</b>
<b>June 8</b>	<b>*Farmers’ Market Voucher Distribution</b>	<b>9:00 AM</b>
<b>June 10</b>	<b>*BEACH Bingo</b>	<b>12:00 PM</b>
<b>June 12</b>	<b>*Father’s Day Breakfast</b>	<b>9:00 AM</b>
<b>June 12</b>	<b>*Bergenfield Senior Activity Center’s 50<sup>th</sup> Anniversary Celebration</b>	<b>10:00 AM</b>
<b>June 18</b>	<b>*Celebration: June Birthdays</b>	<b>12:00 PM</b>
<b>June 19</b>	<b>Center Closed – Juneteenth</b>	<b>ALL DAY</b>
<b>June 22</b>	<b>Class: Total Brain Health</b> w/ Agata Halat, Bergen County Division of Senior Services	<b>9:30 AM</b>
<b>June 24</b>	<b>*Bingo Bash</b>	<b>12:00 PM</b>
<b>June 25</b>	<b>Presentation: Safe Seniors Traveling Talks</b> w/ Harvey Silberstein, Bergen County Division of Senior Services	<b>9:30 AM</b>
<b>June 26</b>	<b>*Painting Class</b> w/ Ybis Nina	<b>9:30 AM</b>
<b>June 29</b>	<b>*Karaoke</b>	<b>9:30 AM</b>

**Advanced registration for programs with \* required.**

To register please call **(201) 336-7471** or email **[bergenfieldcenter@bergencountynj.gov](mailto: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.

**SAVE THE DATE**

**SENIOR FESTIVAL**

**THURSDAY, SEPTEMBER 24**  
**(RAIN DATE TUESDAY, SEPTEMBER 29)**  
**VAN SAUN COUNTY PARK**

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
1	9:30 Crochet/Knitting Group 9:30 Dominoes/Puzzles/Cards 10:00 Qigong/Taichi Class 12:30 Bingo  <b>Pot Roast w/ Gravy</b>	2	 <b>CENTER CLOSED</b>	3	9:30 Dominoes/Puzzles/Cards 10:30 Cabanics Exercise 12:30 Regular Bingo  <b>Turkey Tacos</b>	4	9:30 Dominoes/Puzzles/Cards <b>9:30 Presentation: Safe Seniors Round-Up</b> 10:00 Cardio Exercise 12:30 Dance Class w/ Lourdes 1:00 Scrabble  <b>Salisbury Steak w/ Mushroom Gravy</b>	4	9:30 Dominoes/Puzzles/Cards 9:30 Zumba Exercise <b>10:30 Presentation: Men's Health</b> 12:30 Bingo 12:30 Cabanics Exercise  <b>Cheese Omelet</b>
8	<b>9:00 Hand Massages</b> <b>9:00 Farmers' Market Voucher Distribution</b> 9:30 Crochet/Knitting Group 9:30 Dominoes/Puzzles/Cards 10:00 Qigong/Taichi Class 12:30 Bingo  <b>Stuffed Peppers</b>	9	9:30 Dominoes/Puzzles/Cards 10:00 Yoga Exercise 10:30 Ceramics 12:30 Dancing Class 1:00 Scrabble  <b>Pork Tenderloin</b>	10	9:30 Dominoes/Puzzles/Cards <b>12:00 Beach Bingo</b> 12:30 Regular Bingo  <b>Korean BBQ Chicken Leg</b>	11	9:30 Dominoes/Puzzles/Cards 10:00 Cardio Exercise 12:30 Dance Class w/ Lourdes 1:00 Scrabble  <b>Seafood Salad w/ Romaine</b>	12	<b>9:00 Father's Day Breakfast</b>   <b>10: 00AM – 2:00PM</b> <b>50th Anniversary Celebration</b>  <b>Chicken Marsala w/ Mushrooms</b>
15	9:30 Crochet/Knitting Group 9:30 Dominoes/Puzzles/Cards 10:00 Qigong/Taichi Class 12:30 Bingo  <b>Italian Meatballs</b>	16	9:30 Dominoes/Puzzles/Cards 10:00 Yoga Exercise 10:30 Ceramics 12:30 Dancing Class 1:00 Scrabble  <b>Egg Salad w/ Spinach &amp; Tomato</b>	17	9:30 Dominoes/Puzzles/Cards 10:30 Cabanics Exercise 12:30 Regular Bingo  <b>Beef Stroganoff</b>	18	9:30 Dominoes/Puzzles/Cards 10:00 Cardio Exercise <b>12:00 June Birthdays</b> 12:30 Dance Class w/ Lourdes 1:00 Scrabble  <b>Hawaiian Chicken</b>	19	  <b>CENTER CLOSED</b>
22	9:30 Crochet/Knitting Group 9:30 Dominoes/Puzzles/Cards <b>9:30 Class: Total Brain Health</b> 10:00 Qigong/Taichi Class 12:30 Bingo  <b>Ham Steak w/ Pineapple</b>	23	9:30 Dominoes/Puzzles/Cards 10:00 Yoga Exercise 10:30 Ceramics 12:30 Dancing Class 1:00 Scrabble  <b>Stuffed Cabbage</b>	24	9:30 Dominoes/Puzzles/Cards 10:30 Cabanics Exercise <b>12:00 Bingo Bash</b> 12:30 Regular Bingo  <b>Tuna Salad w/ Lettuce &amp; Tomato Wrap</b>	25	9:30 Dominoes/Puzzles/Cards <b>9:30 Presentation: Safe Seniors Traveling Talks</b> 10:00 Cardio Exercise 12:30 Dance Class w/ Lourdes 1:00 Scrabble  <b>Chicken Parmesan</b>	26	9:30 Dominoes/Puzzles/Cards 9:30 Zumba Exercise <b>9:30 Painting Class w/ Ybis Nina</b> 12:30 Bingo 12:30 Cabanics Exercise  <b>Baked Stuffed Flounder w/ Broccoli</b>
29	9:30 Crochet/Knitting Group 9:30 Dominoes/Puzzles/Cards <b>9:30 Karaoke</b> 10:00 Qigong/Taichi Class 12:30 Bingo  <b>Ham and Swiss w/ Lettuce &amp; Tomato</b>	30	9:30 Dominoes/Puzzles/Cards 10:00 Yoga Exercise 10:30 Ceramics 12:30 Dancing Class 1:00 Scrabble  <b>BBQ Pulled Pork Sandwich</b>	<b>Continental Breakfast</b> <b>Monday-Friday</b> <b>9:00AM - 10:15AM</b> 		<b>Suggested Lunch Donation:</b> \$1.25 Per Meal <i>Please reserve lunch by 11:30AM the day before</i>  <b>Lunch is served at 11:30AM daily</b>		The Bergenfield Borough Nurse, Liliza Pancho, RN, will be coming every <b>first Wednesday</b> of the month from <b>10:00 am – 12:00 pm</b> to check blood pressure and other vitals. She will be in the Library during these hours.	