



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
July 2026



July 2	*Summer Sundaes	12:00 PM
July 3	Center Closed – Fourth of July	ALL DAY
July 6	*Total Brain Health w/ Agata Halat	9:30 AM
July 8	Animation During World War II w/Daniel Alpine	9:30 AM
July 8	*SANDY Bingo	12:00 PM
July 13	*Hand Massages w/ Agata Halat	9:00 AM
July 16	*July Birthdays Celebration	12:00 PM
July 17	*Dr. DeLaRusso Vision Screenings	9:00 AM
July 20	*Beat The Heat Presentation w/ Harvey Silberstein	9:30 AM
July 22	*Stress Management w/ William Wright, Bergen New Bridge Medical	9:30 AM
July 24	*Dr. DeLaRusso Vision Screenings	9:00 AM
July 29	*Bingo Bash	12:00 PM

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.



The Amphitheater at Overpeck County Park

Bergen County's Star-Spangled Spectacular

FIREWORKS
FOOD TRUCKS
BEER & WINE GARDEN

LIVE MUSIC
CARNIVAL ATTRACTIONS & MORE!

July 4th 2PM
Rain Date: July 5th

<p align="center">MONDAY</p> <p align="center">Continental Breakfast</p> <p>Monday-Friday 9:00AM - 10:15AM</p> 	<p align="center">TUESDAY</p> <p align="center">Suggested Lunch Donation: \$1.25 Per Meal</p> <p align="center"><i>Please reserve lunch by 11:30AM the day before</i></p> <p align="center">Lunch is served at 11:30AM daily</p>	<p align="center">WEDNESDAY</p> <p>1 9:30 Dominoes/Puzzles/Cards 10:00 Blood Pressure Screenings w/ Nurse Liliza 10:30 Cabanics Exercise 12:30 Regular Bingo</p> <p align="center">Chicken Florentine</p>	<p align="center">THURSDAY</p> <p>2 9:30 Dominoes/Puzzles/Cards 12:00 Summer Sundaes 12:30 Dance Class w/ Lourdes 1:00 Scrabble</p> <p align="center">Hot Dogs</p>	<p align="center">FRIDAY</p>  <p align="center">CENTER CLOSED</p>
<p>6 9:30 Crochet/Knitting Group 9:30 Total Brain Health 9:30 Dominoes/Puzzles/Cards 10:00 Qigong/Tai Chi Class 12:30 Bingo</p> <p align="center">Cheeseburger w/ Lettuce and Tomato</p>	<p>7 9:30 Dominoes/Puzzles/Cards 10:00 Yoga Exercise 10:30 Ceramics 12:30 Dancing Class 1:00 Scrabble</p> <p align="center">Roast Turkey & Swiss</p>	<p>8 9:30 Dominoes/Puzzles/Cards 9:30 Animation During World War II 10:30 Cabanics Exercise 12:00 Sandy Bingo 12:30 Regular Bingo</p> <p align="center">Stuffed Cabbage</p>	<p>9 9:30 Dominoes/Puzzles/Cards 10:00 Cardio Exercise 12:30 Dance Class w/ Lourdes 1:00 Scrabble</p> <p align="center">Korean BBQ Chicken Leg</p>	<p>10 9:30 Dominoes/Puzzles/Cards 9:30 Zumba Exercise 12:30 Bingo 12:30 Hula Class with Town Nurse</p> <p align="center">Roast Pork Loin w/ Apple Cinnamon</p>
<p>13 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 align="center">Hawaiian Chicken</p>	<p>14 9:30 Dominoes/Puzzles/Cards 10:00 Yoga Exercise 10:30 Ceramics 12:30 Dancing Class 1:00 Scrabble</p> <p align="center">Chef Salad w/ Diced Turkey</p>	<p>15 9:30 Dominoes/Puzzles/Cards 10:30 Cabanics Exercise 12:30 Regular Bingo</p> <p align="center">Chicken Parmesan</p>	<p>16 9:30 Dominoes/Puzzles/Cards 10:00 Cardio Exercise 12:00 July Birthdays 12:30 Dance Class w/ Lourdes 1:00 Scrabble</p> <p align="center">Egg Salad with Lettuce/Tomato</p>	<p>17 9:00 Vision Screenings 9:30 Dominoes/Puzzles/Cards 9:30 Zumba Exercise 12:30 Bingo 12:30 Hula Class with Town Nurse</p> <p align="center">Teriyaki Glazed Salmon</p>
<p>20 9:30 Crochet/Knitting Group 9:30 Beat The Heat Presentation 9:30 Dominoes/Puzzles/Cards 10:00 Qigong/Tai Chi Class 12:30 Bingo</p> <p align="center">Cheese Omelet</p>	<p>21 9:30 Dominoes/Puzzles/Cards 10:00 Yoga Exercise 10:30 Ceramics 12:30 Dancing Class 1:00 Scrabble</p> <p align="center">Italian Meatballs</p>	<p>22 9:30 Dominoes/Puzzles/Cards 9:30 Stress Management Presentation 10:30 Cabanics Exercise 12:30 Regular Bingo</p> <p align="center">Seafood Salad on Spinach</p>	<p>23 9:30 Dominoes/Puzzles/Cards 10:00 Cardio Exercise 12:30 Dance Class w/ Lourdes 1:00 Scrabble</p> <p align="center">BBQ Pulled Pork Sandwich</p>	<p>24 9:00 Vision Screenings 9:30 Dominoes/Puzzles/Cards 9:30 Zumba Exercise 12:30 Bingo 12:30 Hula Class with Town Nurse</p> <p align="center">Chicken Cordon Bleu</p>
<p>27 9:30 Crochet/Knitting Group 9:30 Dominoes/Puzzles/Cards 10:00 Qigong/Tai Chi Class 12:30 Bingo</p> <p align="center">Roast Beef with Gravy</p>	<p>28 9:30 Dominoes/Puzzles/Cards 10:00 Yoga Exercise 10:30 Ceramics 12:30 Dancing Class 1:00 Scrabble</p> <p align="center">Breaded Haddock</p>	<p>29 9:30 Dominoes/Puzzles/Cards 10:30 Cabanics Exercise 12:00 Bingo Bash 12:30 Regular Bingo</p> <p align="center">LS Ham Steak with Pineapple</p>	<p>30 9:30 Dominoes/Puzzles/Cards 10:00 Cardio Exercise 12:30 Dance Class w/ Lourdes 1:00 Scrabble</p> <p align="center">Chicken Piccata with Capers</p>	<p>31 9:30 Dominoes/Puzzles/Cards 9:30 Zumba Exercise 12:30 Bingo 12:30 Hula Class with Town Nurse</p> <p align="center">Stuffed Peppers</p>