



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

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
August 2026



August 3	Armchair Aerobics	9:30 AM
August 5	WAVES Bingo	12:15 PM
August 7	Summer Concert Series: Billy Joel	9:30 AM
August 10	*Hand Massages w/ Agata Halat, Bergen County Division of Senior Services	9:00 AM
August 13	Exploring the Myths of Aging w/ Harvy Silberstein, Bergen County Division of Senior Services	9:30 AM
August 14	*Summer Ice Cream Sundaes	12:00 PM
August 17	*Lavender Painting w/ Agata Halat, Bergen County Division of Senior Services	9:00 AM
August 19	Presentation: Senior Nutrition w/ Liliza Pancho, RN, Bergenfield Borough Nurse	9:30 AM
August 19	Bingo Bash	12:15 PM
August 20	Celebration: August Birthdays	12:00 PM
August 21	*Jewelry Making w/ Ybis Nina	9:30 AM
August 24	Class: Total Brain Health w/ Agata Halat, Bergen County Division of Senior Services	9:30 AM
August 26	Women's Equality Day – Movie: <i>Hidden Figures</i> Morning tea will be served	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.

RSVP**(SCAN)**
Or visit <https://forms.office.com/g/xLLWgs2cv6>

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

transport: **(201) 368-5955**
general questions: **(201) 336-7417**
email: **seniors@Bergencountynj.gov**

For more INFO

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
3 9:30 Crochet/Knitting Group <u>9:30 Armchair Aerobics</u> 9:30 Dominoes/Puzzles/Cards 10:00 Qigong/Tai Chi Class 12:30 Bingo Chicken Scampi		4 9:30 Dominoes/Puzzles/Cards 10:00 Yoga Exercise w/ EJ 10:30 Ceramics 12:30 Dancing Class 1:00 Scrabble Pork Loin		5 9:30 Dominoes/Puzzles/Cards 10:30 Cabanics Exercise <u>12:15 Waves Bingo</u> 12:30 Regular Bingo Vegetable Lasagna		6 9:30 Dominoes/Puzzles/Cards 10:00 Cardio Exercise w/ EJ 12:30 Dance Class w/ Lourdes 1:00 Scrabble Roast Turkey and Cheddar Cheese		7 9:30 Dominoes/Puzzles/Cards <u>9:30 Summer Concert Series: Billy Joel</u> 9:30 Zumba Exercise 12:30 Bingo 12:30 Hula Dancing Homestyle Meatloaf with Gravy	
10 <u>9:00 Hand Massages</u> 9:30 Crochet/Knitting Group 9:30 Dominoes/Puzzles/Cards 10:00 Qigong/Tai Chi Class 12:30 Bingo Stuffed Cabbage		11 9:30 Dominoes/Puzzles/Cards 10:00 Yoga Exercise w/ EJ 10:30 Ceramics 12:30 Dancing Class 1:00 Scrabble Chicken Tikka Masala		12 9:30 Dominoes/Puzzles/Cards 10:30 Cabanics Exercise 12:30 Regular Bingo Roast Beef and Provolone		13 9:30 Dominoes/Puzzles/Cards <u>9:30 Presentation: Exploring the Myths of Aging</u> 10:00 Cardio Exercise w/ EJ 12:30 Dance Class w/ Lourdes 1:00 Scrabble LS Ham Steak with Pineapple		14 9:30 Dominoes/Puzzles/Cards 9:30 Zumba Exercise <u>12:00 Summer Sundaes</u> 12:30 Bingo 12:30 Hula Dancing BBQ Chicken Leg	
17 9:30 Crochet/Knitting Group <u>9:30 Lavender Painting w/ Agata</u> 9:30 Dominoes/Puzzles/Cards 10:00 Qigong/Tai Chi Class 12:30 Bingo 12:30 Yoga Class w/ EJ Stuffed Peppers		18 9:30 Dominoes/Puzzles/Cards 10:00 Yoga Exercise w/ EJ 10:30 Ceramics 12:30 Dancing Class 1:00 Scrabble Egg Salad		19 9:30 Dominoes/Puzzles/Cards <u>9:30 Presentation: Senior Nutrition</u> 10:30 Cabanics Exercise <u>12:15 Bingo Bash</u> 12:30 Regular Bingo Beer Battered Cod		20 9:30 Dominoes/Puzzles/Cards 10:00 Cardio Exercise w/ EJ <u>12:00 Celebration: August Birthdays</u> 12:30 Dance Class w/ Lourdes 1:00 Scrabble Beef and Broccoli		21 9:30 Dominoes/Puzzles/Cards <u>9:30 Jewelry Making w/ Ybis Nina</u> 9:30 Zumba Exercise 12:30 Bingo 12:30 Hula Dancing Chicken Cordon Bleu	
24 9:30 Crochet/Knitting Group <u>9:30 Class: Total Brain Health</u> 9:30 Dominoes/Puzzles/Cards 10:00 Qigong/Tai Chi Class 12:30 Bingo 12:30 Yoga Class w/ EJ Pot Roast with Gravy		25 9:30 Dominoes/Puzzles/Cards 10:00 Yoga Exercise w/ EJ 10:30 Ceramics 12:30 Dancing Class 1:00 Scrabble Chicken Parmesan		26 9:30 Dominoes/Puzzles/Cards <u>9:30 Women's Equality Day – Movie: Hidden Figures</u> 10:30 Cabanics Exercise 12:30 Regular Bingo Baked Herbed Chicken		27 9:30 Dominoes/Puzzles/Cards 10:00 Cardio Exercise w/ EJ 12:30 Dance Class w/ Lourdes 1:00 Scrabble Tuna Salad		28 9:30 Dominoes/Puzzles/Cards 9:30 Zumba Exercise 12:30 Bingo 12:30 Hula Dancing Beef Hot Dog	
31 9:30 Crochet/Knitting Group 9:30 Dominoes/Puzzles/Cards 10:00 Qigong/Tai Chi Class 12:30 Bingo 12:30 Yoga Class w/ EJ Cheeseburger		Suggested Lunch Donation: \$1.25 Per Meal Please reserve lunch by 11:30AM the day before Lunch is served at 11:30AM daily		The Bergenfield Borough Nurse, Liliza Pancho, RN, will be coming every <u>first Wednesday</u> 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.					