



James J. Tedesco, III
County Executive

Board of County Commissioners

Steven A. Tanelli
Chairman

Tracy Silna Zur
Vice Chairwoman

Dr. Joan M. Voss
Chair Pro Tempore

Mary J. Amoroso

Rafael Marte

Germaine M. Ortiz

Thomas J. Sullivan

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
September 2026



Sept 7	Labor Day – Center Closed	All Day
Sept 9	*CIDER Bingo	12:00 PM
Sept 11	9/11 Moment of Silence A brief moment of silence will be observed in remembrance of 9/11 to honor the lives lost and the heroes of that day	9:00 AM
Sept 11	*ESL Classes start on Fridays w/ Ely and Ybis Nina	9:30 AM
Sept 14	*Hand Massages w/Agata Halat, Bergen County Division of Senior Services	9:00 AM
Sept 17	Presentation: Exploring the Myths of Aging – Part II w/ Harvey Silberstein, Bergen County Division of Senior Services	9:30 AM
Sept 17	Celebration: September Birthdays	12:00 PM
Sept 18	Nutrition Education: All About Fall – Exploring Seasonal Produce w/ Christine Boi, RDN, Bergen County Division of Senior Services	10:30 AM
Sept 24	*Annual Senior Festival at Van Saun Park Rain Date: Tuesday, Sept 29 (Registration required by Sept 11)	10:00 AM
Sept 28	Class: Total Brain Health w/ Agata Halat, Bergen County Division of Senior Services	9:30 AM
Sept 30	Presentation: Fall Prevention w/ Bergen New Bridge Medical Center	9:30 AM

The Senior Activity Center will hold an event in honor of POW/MIA on a date to be announced.

Advanced registration for programs with * required.

To register please call **(201) 336-7471** or email

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

 Or visit <https://forms.office.com/g/xLLWgs2cv6>

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

For more INFO
 transport: **(201) 368-5955**
 general questions: **(201) 336-7471**
 email: **seniors@Bergencountynj.gov**

BERGENFIELD SENIOR ACTIVITY CENTER

September 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Suggested Lunch Donation: \$1.25 Per Meal <i>Please reserve lunch by 11:30AM the day before</i> Lunch is served at 11:30AM daily	1 9:30 Dominoes/Puzzles/Cards 10:00 Yoga Exercise 10:30 Ceramics 12:30 Dancing Class 1:00 Scrabble Ham Steak w/ Pineapple	2 9:30 Dominoes/Puzzles/Cards 10:30 Cabanics Exercise 12:30 Regular Bingo 12:30 Hula Dancing Korean BBQ Chicken Leg	3 9:30 Dominoes/Puzzles/Cards 10:00 Cardio Exercise 12:30 Dance Class w/ Lourdes 1:00 Scrabble Seafood Salad over Spinach	4 9:30 Dominoes/Puzzles/Cards 9:30 Zumba Exercise 12:30 Bingo Roast Turkey w/ Gravy
7  CENTER CLOSED	8 9:30 Dominoes/Puzzles/Cards 10:00 Yoga Exercise 10:30 Ceramics 12:30 Dancing Class 1:00 Scrabble Stuffed Cabbage	9 9:30 Dominoes/Puzzles/Cards 10:30 Cabanics Exercise <u>12:00 CIDER Bingo</u> 12:30 Regular Bingo 12:30 Hula Dancing Italian Meatballs	9:30 Dominoes/Puzzles/Cards 10:00 Cardio Exercise 12:30 Dance Class w/ Lourdes 1:00 Scrabble Tuna Noodle Salad over Romaine	11 <u>9:00 9/11 Moment of Silence</u> 9:30 Dominoes/Puzzles/Cards <u>9:30 ESL Class</u> 9:30 Zumba Exercise <u>9:59 9/11 Remembrance</u> 12:30 Bingo Chicken with Pineapple
14 <u>9:00 Hand Massages</u> 9:30 Crochet/Knitting Group 9:30 Dominoes/Puzzles/Cards 10:00 Qigong/Tai Chi Class 12:30 Yoga Exercise 12:30 Bingo BBQ Pulled Pork Sandwich	15 9:30 Dominoes/Puzzles/Cards 10:00 Yoga Exercise 10:30 Ceramics 12:30 Dancing Class 1:00 Scrabble Fish w/ Lemon Dill Sauce	16 9:30 Dominoes/Puzzles/Cards 10:30 Cabanics Exercise 12:30 Regular Bingo 12:30 Hula Dancing Egg Salad Sandwich	17 9:30 Dominoes/Puzzles/Cards <u>9:30 Presentation: Exploring the Myths of Aging – Part II</u> 10:00 Cardio Exercise <u>12:00 Celebration: September Birthdays</u> 12:30 Dance Class w/ Lourdes 1:00 Scrabble Homestyle Meatloaf w/ Gravy	18 9:30 Dominoes/Puzzles/Cards <u>9:30 ESL Class</u> 9:30 Zumba Exercise 12:30 Bingo Sweet & Sour Chicken
21 9:30 Crochet/Knitting Group 9:30 Dominoes/Puzzles/Cards 10:00 Qigong/Tai Chi Class 12:30 Yoga Exercise 12:30 Bingo Roast Beef w/ Gravy	22 9:30 Dominoes/Puzzles/Cards 10:00 Yoga Exercise 10:30 Ceramics 12:30 Dancing Class 1:00 Scrabble Cheese Omelet	23 9:30 Dominoes/Puzzles/Cards 10:30 Cabanics Exercise 12:30 Regular Bingo 12:30 Hula Dancing Chicken Cacciatore	24 9:30 Dominoes/Puzzles/Cards 10:00 Cardio Exercise 12:30 Dance Class w/ Lourdes 1:00 Scrabble Annual Senior Festival at Van Saun Park Cheeseburger w/ Lettuce & Tomato	25 9:30 Dominoes/Puzzles/Cards <u>9:30 ESL Class</u> 9:30 Zumba Exercise <u>10:30 Nutrition Education: All About Fall – Exploring Seasonal Produce</u> 12:30 Bingo Chicken Salad Sandwich
28 <u>9:30 Class: Total Brain Health</u> 9:30 Crochet/Knitting Group 9:30 Dominoes/Puzzles/Cards 10:00 Qigong/Tai Chi Class 12:30 Yoga Exercise 12:30 Bingo Chicken Florentine	29 9:30 Dominoes/Puzzles/Cards 10:00 Yoga Exercise 10:30 Ceramics 12:30 Dancing Class 1:00 Scrabble Stuffed Peppers	30 <u>9:30 Presentation: Fall Prevention</u> 9:30 Dominoes/Puzzles/Cards 10:30 Cabanics Exercise 12:30 Regular Bingo 12:30 Hula Dancing Roast Beef w/ Provolone	The Bergenfield Borough Nurse, Liliza Pancho, RN, will be coming every <u>first Wednesday</u> of the month from <u>10:00 am – 12:00 pm</u> to check blood pressure and other vitals. She will be in the Library during these hours	Continental Breakfast Monday-Friday 9:00AM - 10:15AM 