



James J. Tedesco, III
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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
October 2026



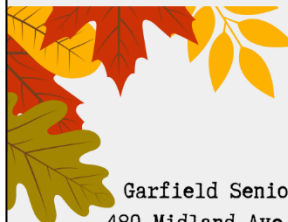
Oct 1	Movie: <i>Selena</i> in celebration of Hispanic Heritage Month	9:30 AM
Oct 5	*Hand Massages w/Agata Halat, Bergen County Division of Senior Services	9:00 AM
Oct 8	*Fall Art Project w/ Ybis Nina	9:30 AM
Oct 9	*Flu Clinic w/ Bergen New Bridge Medical Center	9:30 AM - 11:30 AM
Oct 12	Indigenous Peoples' Day & Columbus Day – Center Closed	ALL DAY
Oct 14	Movie: <i>In the Heights</i> in celebration of Hispanic Heritage Month	9:30 AM
Oct 15	Presentation: Depression Myths w/ Harvey Silberstein, Bergen County Division of Senior Services	9:30 AM
Oct 19	Class: Total Brain Health w/ Agata Halat, Bergen County Division of Senior Services	9:30 AM
Oct 19	*Halloween Art Project w/ Ybis Nina	10:30 AM
Oct 22	*Jewelry Making w/ Ybis Nina	9:30 AM
Oct 22	Celebration: October Birthdays	12:00 PM
Oct 28	Movie: <i>Wicked: For Good</i>	9:30 AM
Oct 29	Presentation: Medicare Open Enrollment w/ Zaria Evans, Bergen County Division of Senior Services	9:30 AM
Oct 30	*Halloween Party	ALL DAY
Oct 30	Witch Bingo	12:15 PM

Advanced registration for programs with * required. To register please call **(201) 336-7471** or email **bergenfieldcenter@bergencountynj.gov** visit the 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.



Thanksgiving Luncheon

THURSDAY, NOV. 26, 2026
10:00AM - 2:00PM
(RSVP BY NOV. 19)

Garfield Senior Activity Center
480 Midland Ave, Garfield NJ 07026

To RSVP call (973) 478-0502
or email seniors@bergencountynj.gov



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Continental Breakfast Monday-Friday 9:00AM - 10:15AM 	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 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	1 9:30 Movie: <u>Selena</u> 9:30 Dominoes/Puzzles/Cards 10:00 Cardio Exercise 12:30 Dance Class w/ Lourdes 1:00 Scrabble Eggplant Rollatini w/ Meatballs	2 9:30 Dominoes/Puzzles/Cards 9:30 ESL Class 9:30 Zumba Exercise 12:30 Bingo 12:30 Hula Dancing Bratwurst w/ Sauerkraut
5 9:00 Hand Massages 9:30 Crochet/Knitting Group 9:30 Dominoes/Puzzles/Cards 10:00 Qigong/Tai Chi Class 12:30 Yoga Exercise 12:30 Bingo Fish w/ Lemon Caper Sauce	6 9:30 Dominoes/Puzzles/Cards 10:00 Yoga Exercise 10:30 Ceramics 12:30 Dancing Class 1:00 Scrabble Ham Steak w/ Pineapple	7 9:30 Dominoes/Puzzles/Cards 10:30 Cabanics Exercise 12:30 Regular Bingo 12:30 Hula Dancing Italian Turkey Sausage	8 9:30 Dominoes/Puzzles/Cards 9:30 Fall Art Project 10:00 Cardio Exercise 12:30 Dance Class w/ Lourdes 1:00 Scrabble Seafood Salad Platter w/ Spinach	9 9:30 Dominoes/Puzzles/Cards 9:30 Flu Clinic 9:30 ESL Class 9:30 Zumba Exercise 12:30 Bingo 12:30 Hula Dancing Ginger Soy Chicken
12   CENTER CLOSED	13 9:30 Dominoes/Puzzles/Cards 10:00 Yoga Exercise 10:30 Ceramics 12:30 Dancing Class 1:00 Scrabble Homestyle Meatloaf w/ Gravy	14 9:30 Movie: <u>In the Heights</u> 9:30 Dominoes/Puzzles/Cards 10:30 Cabanics Exercise 12:30 Regular Bingo 12:30 Hula Dancing Chicken Tikka Masala	15 9:30 Dominoes/Puzzles/Cards 9:30 Presentation: <u>Depression Myths</u> 10:00 Cardio Exercise 12:30 Dance Class w/ Lourdes 1:00 Scrabble Tuna Noodle Salad over Romaine	16 9:30 Dominoes/Puzzles/Cards 9:30 ESL Class 9:30 Zumba Exercise 12:30 Bingo 12:30 Hula Dancing Korean BBQ Chicken Leg
19 9:30 Class: <u>Total Brain Health</u> 9:30 Crochet/Knitting Group 9:30 Dominoes/Puzzles/Cards 10:00 Qigong/Tai Chi Class 10:30 Halloween Art Project 12:30 Yoga Exercise 12:30 Bingo Roast Turkey w/ Gravy	20 9:30 Dominoes/Puzzles/Cards 10:00 Yoga Exercise 10:30 Ceramics 12:30 Dancing Class 1:00 Scrabble Chicken Marsala	21 9:30 Dominoes/Puzzles/Cards 10:30 Cabanics Exercise 12:30 Regular Bingo 12:30 Hula Dancing Breaded Pork Chop w/ Gravy	22 9:30 Dominoes/Puzzles/Cards 9:30 Jewelry Making w/ <u>Ybis Nina</u> 10:00 Cardio Exercise 12:00 Celebration: <u>October Birthdays</u> 12:30 Dance Class w/ Lourdes 1:00 Scrabble Stuffed Cabbage	23 9:30 Dominoes/Puzzles/Cards 9:30 ESL Class 9:30 Zumba Exercise 12:30 Bingo 12:30 Hula Dancing Egg Salad Sandwich
26 9:30 Crochet/Knitting Group 9:30 Dominoes/Puzzles/Cards 10:00 Qigong/Tai Chi Class 12:30 Yoga Exercise 12:30 Bingo Cheese Omelet	27 9:30 Dominoes/Puzzles/Cards 10:00 Yoga Exercise 10:30 Ceramics 12:30 Dancing Class 1:00 Scrabble Beef Chili Con Carne	28 9:30 Movie: <u>Wicked: For Good</u> 9:30 Dominoes/Puzzles/Cards 10:30 Cabanics Exercise 12:30 Regular Bingo 12:30 Hula Dancing Turkey and Swiss w/ Lettuce & Tomato	29 9:30 Dominoes/Puzzles/Cards 9:30 Presentation: <u>Medicare Open Enrollment</u> 10:00 Cardio Exercise 12:30 Dance Class w/ Lourdes 1:00 Scrabble Chicken Cordon Bleu	30 9:30 Halloween Party 9:30 Dominoes/Puzzles/Cards 9:30 Zumba Exercise 12:15 Witch Bingo 12:30 Bingo 12:30 Hula Dancing  Chicken Parmesan