**James J. Tedesco, III**
*County Executive*

**Board of County Commissioners**

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**Dr. Joan M. Voss**
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**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**

*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.*

SAFE ZONE

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.

# 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
### November 2026

| | | |
|---|---|---|
| **Nov 2** | ***Hand Massages**<br>w/Agata Halat, Bergen County Division of Senior Services | **9:00 AM** |
| **Nov 3** | **Election Day – Center Closed** | **ALL DAY** |
| **Nov 4** | **PECAN Bingo** | **12:15 PM** |
| **Nov 6** | ***Workshop Part I: Aging & Life Transitions**<br>w/ The Center for Alcohol & Drug Resources | **10:00 AM** |
| **Nov 9** | ***Crafts: Fall Keychains Diamond Art**<br>w/Agata Halat, Bergen County Division of Senior Services | **9:30 AM** |
| **Nov 11** | **Veterans Day – Center Closed** | **ALL DAY** |
| **Nov 13** | ***Workshop Part II: Problems with Alcohol & Medications**<br>w/ The Center for Alcohol & Drug Resources | **10:00 AM** |
| **Nov 16** | ***Class: Total Brain Health**<br>w/ Agata Halat, Bergen County Division of Senior Services | **9:30 AM** |
| **Nov 16** | **Crafts: Lavender Painting**<br>w/ Agata Halat, Bergen County Division of Senior Services | **10:00 AM** |
| **Nov 18** | ***Bingo Bash** | **12:15 PM** |
| **Nov 19** | **November Birthdays** | **12:00 PM** |
| **Nov 20** | **Workshop Part III: Prevention & Screening**<br>w/ The Center for Alcohol & Drug Resources | **10:00 AM** |
| **Nov 26, 27** | **Thanksgiving Break – Center Closed** | **ALL DAY** |
| **Nov 30** | ***Tree and Holiday Decorating w/ Hot Cocoa & Cookies** | **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.

## 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

(201) 336-7471, Eleanor Contreras, Director

# BERGENFIELD SENIOR ACTIVITY CENTER

November 2026

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|---|
| **2**<br>**9:00 Hand Massages**<br>9:30 Crochet/Knitting Group<br>9:30 Dominoes/Puzzles/Cards<br>10:00 Qigong/Tai Chi Class<br>12:30 Bingo<br>1:30 Rummikub<br>Stuffed Cabbage | **3**<br><br>CENTER CLOSED | **4**<br>9:30 Dominoes/Puzzles/Cards<br>10:30 Cabanics Exercise<br>**12:15 PECAN Bingo**<br>12:30 Regular Bingo<br>12:30 Hula Dancing<br>1:30 Rummikub<br>Homestyle Meatloaf w/ Mushroom Gravy | **5**<br>9:30 Dominoes/Puzzles/Cards<br>10:00 Cardio Exercise<br>12:30 Dance Class w/ Lourdes<br>1:00 Scrabble<br>Tuna Salad Sandwich | **6**<br>9:30 Dominoes/Puzzles/Cards<br>9:30 Zumba Exercise<br>10:30 Cabanics Exercise<br>**10:00 Workshop: Aging & Life Transitions**<br>12:30 Bingo<br>12:30 Hula Dancing<br>1:30 Rummikub<br>Chicken Florentine |
| **9**<br>9:30 Crochet/Knitting Group<br>9:30 Dominoes/Puzzles/Cards<br>**9:30 Crafts: Fall Keychains**<br>10:00 Qigong/Tai Chi Class<br>12:30 Bingo<br>1:30 Rummikub<br>Sliced Pork Loin w/ Apple Cinnamon Glaze | **10**<br>9:30 Dominoes/Puzzles/Cards<br>10:00 Yoga Exercise<br>10:30 Ceramics<br>12:30 Dancing Class<br>1:00 Scrabble<br>Chicken Fajitas | **11**<br><br>CENTER CLOSED | **12**<br>9:30 Dominoes/Puzzles/Cards<br>10:00 Cardio Exercise<br>12:30 Dance Class w/ Lourdes<br>1:00 Scrabble<br>Baked Herbed Chicken Leg | **13**<br>9:30 Dominoes/Puzzles/Cards<br>9:30 Zumba Exercise<br>**10:00 Workshop: Problems with Alcohol & Medications**<br>12:30 Bingo<br>12:30 Hula Dancing<br>1:30 Rummikub<br>Turkey and Swiss Cheese |
| **16**<br>9:30 Crochet/Knitting Group<br>9:30 Dominoes/Puzzles/Cards<br>**9:30 Class: Total Brain Health**<br>**10:00 Crafts: Lavender Painting**<br>10:00 Qigong/Tai Chi Class<br>12:30 Bingo<br>1:30 Rummikub<br>Chicken Parmesan | **17**<br>9:30 Dominoes/Puzzles/Cards<br>10:00 Yoga Exercise<br>10:30 Ceramics<br>12:30 Dancing Class<br>1:00 Scrabble<br>Egg Salad with Lettuce & Tomato | **18**<br>9:30 Dominoes/Puzzles/Cards<br>10:30 Cabanics Exercise<br>**12:15 Bingo Bash**<br>12:30 Regular Bingo<br>12:30 Hula Dancing<br>1:30 Rummikub<br>Lemon Pepper Tilapia | **19**<br>9:30 Dominoes/Puzzles/Cards<br>10:00 Cardio Exercise<br>**12:00 Celebration: November Birthdays**<br>12:30 Dance Class w/ Lourdes<br>1:00 Scrabble<br>Sweet & Sour Chicken | **20**<br>9:30 Dominoes/Puzzles/Cards<br>9:30 Zumba Exercise<br>10:30 Cabanics Exercise<br>**10:00 Workshop: Prevention & Screening**<br>12:30 Bingo<br>12:30 Hula Dancing<br>1:30 Rummikub<br>Cheeseburger w/ Lettuce and Tomato |
| **23**<br>9:30 Crochet/Knitting Group<br>9:30 Dominoes/Puzzles/Cards<br>10:00 Qigong/Tai Chi Class<br>12:30 Bingo<br>1:30 Rummikub<br>Korean BBQ Chicken Leg | **24**<br>9:30 Dominoes/Puzzles/Cards<br>10:00 Yoga Exercise<br>10:30 Ceramics<br>12:30 Dancing Class<br>1:00 Scrabble<br>Cheese Omelet | **25**<br>9:30 Dominoes/Puzzles/Cards<br>10:30 Cabanics Exercise<br>12:30 Regular Bingo<br>12:30 Hula Dancing<br>1:30 Rummikub<br>Ham Steak w/ Pineapple | **26**<br>*Thanksgiving Luncheon*<br>GARFIELD SENIOR ACTIVITY CENTER<br>10AM-2PM<br>REGISTRATION REQUIRED<br>PLEASE CALL (973) 478-0502<br>CENTER CLOSED | <br>CENTER CLOSED |
| **30**<br>9:30 Crochet/Knitting Group<br>9:30 Dominoes/Puzzles/Cards<br>**9:30 Tree & Holiday Decorating w/ Hot Cocoa & Cookies**<br>10:00 Qigong/Tai Chi Class<br>12:30 Bingo<br>1:30 Rummikub<br>Eggplant Rollatini w/ Italian Meatballs | National Alzheimer's Disease Awareness Month<br> | Bergenfield Borough Nurses Liliza Pancho, RN, & Robin Epstein, RN, will be coming every **first Wednesday** of the month from **9:00 am – 11:00 am** to check blood pressure and other vitals in the Library | **Suggested Lunch Donation:**<br>**$1.25 Per Meal**<br>***Please reserve lunch by 11:30AM the day before***<br>**Lunch is served at 11:30AM daily** | **Continental Breakfast**<br>**Monday-Friday**<br>**9:00AM - 10:15AM**<br> |