

BERGEN NEW JERSEY County

James J. Tedesco III
County Executive

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DEPARTMENT OF HUMAN SERVICES
Melissa H. DeBartolo, Esq.
Director

DIVISION OF SENIOR SERVICES
Lorraine Joewono
Director



For Your Information...

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) 387-7212 • Fax (201) 439-1598

Bergenfieldcenter@bergencountynj.gov

Open: Monday - Friday, 8:00AM - 3:30PM

BERGEN NEW JERSEY County

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BERGENFIELD SENIOR ACTIVITY CENTER Bergen County Department of Human Services Division of Senior Services/ADRC December 2024

December 2:	Holiday Decorating, Hot Cocoa, Cookies and Karaoke	9:00 AM
December 4:	Healthy Through the Holidays w/Corrin SNOWY Bingo	9:30 AM 12:15 PM
December 6:	Jewelry Making w/ Ybis Nina	9:30 AM
December 9:	Total Brain Health w/ Agata	9:30 AM
December 10:	5 Sneaky Ways of Weight Gain w/ Humana	9:30 AM
December 16:	Brain Fitness w/ Corrin	9:30 AM
December 17:	Potato Latkes*	9:30 AM
December 18:	Bingo Bash	12:15 PM
December 19:	December Birthdays Celebration	12:00 PM
December 20:	Holiday Party* (No Bingo today)	ALL DAY
December 23:	Holiday Door Hangers* w/ Agata	9:30 AM
December 25:	Christmas Day- CENTER CLOSED	ALL DAY
December 27:	Hand Massages w/ Agata	9:00 AM
December 31:	New Year's Eve Toast	12:00 PM

December 11 & 18:
**Bingocize
Wednesdays**
w/ Bergenfield Health
Department
9:00 AM

**Registration Required. Please
call Center 201-387-7212*

**Please Note Center will be closed
Wednesday, January 1, 2025**

December 5, 12 19 & 26:
Bingocize Thursdays
w/ Bergenfield Health
Department
9:30 AM

Holiday Luncheon

Garfield Senior Activity Center
480 Midland Ave
Garfield, New Jersey, 07026
Wednesday, December 25, 2024

10:00 AM - 2:00 PM

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

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



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.

Lunch Served Daily at 11:30

BERGENFIELD SENIOR ACTIVITY CENTER

December 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>9:00 Holiday Decorating/Karaoke 9:30 Dominoes/ Puzzles/ Cards 10:00 Qigong/ Tai Chi Class 12:30 Bingo</p> <p>Turkey and Red Bean Chili</p>	<p>3</p> <p>10:30 Ceramics 10:00 Yoga Exercise 12:30 Line Dancing Class 1:00 Poker/ Dominoes</p> <p>Eggplant Rollatini</p>	<p>4</p> <p>9:30 Dominoes/ Puzzles/ Cards 9:30 Healthy Through the Holidays 12:15 SNOWY Bingo 12:30 Regular Bingo</p> <p>Chicken Piccata</p>	<p>5</p> <p>9:00 Bingocize 9:30 Dominoes/ Puzzles/ Cards 10:00 Cardio Exercise 12:30 Dance Class with Lourdes 1:00 Poker/ Dominoes</p> <p>Pork Loin w/ Gravy</p>	<p>6</p> <p>9:00 Pine Cone Project 9:30 Dominoes/ Puzzles/ Cards 9:30 Zumba Exercise 12:30 Bingo</p> <p>Egg Salad Platter</p>
<p>9</p> <p>9:30 Total Brain Health 9:30 Dominoes/ Puzzles/ Cards 10:00 Qigong/ Tai Chi Class 12:30 Bingo</p> <p>Cheeseburger</p>	<p>10</p> <p>9:30 Presentation: 5 Sneaky Ways of Weight Gain 10:30 Ceramics 10:00 Yoga Exercise 12:30 Line Dancing Class 1:00 Poker/ Dominoes</p> <p>Korean BBQ Leg</p>	<p>11</p> <p>9:30 Dominoes/ Puzzles/ Cards 9:30 Bingocize 10:30 Cabanics Exercise 12:30 Regular Bingo</p> <p>Salisbury Steak w/ Gravy</p>	<p>12</p> <p>9:00 Bingocize 9:30 Dominoes/ Puzzles/ Cards 10:00 Cardio Exercise 12:30 Dance Class with Lourdes 1:00 Poker/ Dominoes</p> <p>Chicken Francese</p>	<p>13</p> <p>9:30 Dominoes/ Puzzles/ Cards 9:30 Zumba Exercise 12:30 Bingo</p> <p>Balsamic Chicken</p>
<p>16</p> <p>9:30 Brain Fitness 9:30 Dominoes/ Puzzles/ Cards 10:00 Qigong/ Tai Chi Class 12:30 Bingo</p> <p>Turkey & Swiss Sandwich</p>	<p>17</p> <p>9:30 Potato Latkes 10:30 Ceramics 10:00 Yoga Exercise 12:30 Line Dancing Class 1:00 Poker/ Dominoes</p> <p>Italian Meatballs & Ziti Marinara</p>	<p>18</p> <p>9:30 Dominoes/ Puzzles/ Cards 9:30 Bingocize 10:30 Cabanics Exercise 12:15 Bingo Bash 12:30 Regular Bingo</p> <p>Cheese Omelet</p>	<p>19</p> <p>9:00 Bingocize 9:30 Dominoes/ Puzzles/ Cards 10:00 Cardio Exercise 12:00 December Birthdays Celebration 12:30 Dance Class with Lourdes 1:00 Poker/ Dominoes</p> <p>Chicken Florentine</p>	<p>20 HOLIDAY PARTY</p> <p>9:30 Dominoes/ Puzzles/ Cards 9:30 Zumba Exercise</p> <p>Chicken Marsala</p>
<p>23</p> <p>9:30 Dominoes/ Puzzles/ Cards 9:30 Door Hanger Art Project 10:00 Qigong/ Tai Chi Class 12:30 Bingo</p> <p>Fish w/ Lemon Pepper Sauce</p>	<p>24</p> <p>10:30 Ceramics 10:00 Yoga Exercise 12:30 Line Dancing Class 1:00 Poker/ Dominoes</p> <p>Stuffed Cabbage</p>	<p>25</p> <div style="display: flex; justify-content: space-around; align-items: center;">   </div> <p>CENTER CLOSED</p>	<p>26</p> <div style="display: flex; justify-content: space-between; align-items: center;">  </div> <p>9:00 Bingocize 9:30 Dominoes/ Puzzles/ Cards 10:00 Cardio Exercise 12:30 Dance Class with Lourdes 1:00 Poker/ Dominoes</p> <p>Chicken Fettuccini Alfredo</p>	<p>27</p> <p>9:00 Hand Massages 9:30 Dominoes/ Puzzles/ Cards 9:30 Zumba Exercise 12:30 Bingo</p> <p>Homestyle Meatloaf w/ Gravy</p>
<p>30</p> <p>9:30 Dominoes/ Puzzles/ Cards 10:00 Qigong/Tai Chi Class 12:30 Bingo</p> <p>Tuna Salad Platter</p>	<p>31</p> <p>9:30 Ceramics 10:00 Yoga Exercise 12:00 New Year's Toast 12:30 Line Dancing Class 1:00 Poker/ Dominoes</p> <p>Roasted Chicken Leg</p>	<p><i>Continental Breakfast available Monday- Friday 9:00 AM - 10:15 AM</i></p> 	<div style="text-align: center;">  </div>	<p>Lunch Served Daily ~ 11:30 AM (Suggested Lunch Donation: \$1.25) Please reserve 1 day in advance</p> <p>MENU SUBJECT TO CHANGE WITHOUT NOTICE.</p>