

# BERGEN NEW JERSEY County

James J. Tedesco III  
County Executive

## BOARD OF COUNTY COMMISSIONERS

Germaine M. Ortiz  
Chairwoman

Mary J. Amoroso  
Vice Chairwoman

Dr. Joan M. Voss  
Chair Pro Tempore

Rafael Marte  
Thomas J. Sullivan  
Steven A. Tanelli  
Tracy Silna Zur

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

### GARFIELD SENIOR ACTIVITY CENTER

Aдриanna Svorinic, Director  
480 Midland Avenue  
Garfield, NJ, 07026  
Phone: (973) 478-0502 • Fax (973) 253-0543

[Garfieldcenter@co.bergen.nj.us](mailto:Garfieldcenter@co.bergen.nj.us)

# BERGEN NEW JERSEY County

James J. Tedesco III, County Executive

## GARFIELD SENIOR ACTIVITY CENTER Bergen County Department of Human Services Division of Senior Services/ADRC April 2024

April 2nd	Blood Pressure Screening w/ Hackensack UMC, HARP	11:00AM 1:00PM
April 3rd	Total Brain Health Workshop: "Memory Science" w/ Agata Halat & Dorene McBride	11:45AM- 12:30PM
April 10th	American Heart Association: "Hands-Only CPR" w/ Hackensack UMC, Sharon Guerrero	10:15AM- 11:15AM
April 15th	Spring Craft	12:30PM
April 17th	Presentation: "Long Term Impact of COVID-19" w/ Bergen New Bridge Medical Center, Dr. Gian Varbaro, Chief Medical Officer	12:00PM
April 23rd	Presentation: "Fall Prevention" w/Act Now Foundation, Cary Lopez	11:45AM- 12:30PM
April 24th	Presentation: "Tenant/Landlord rights, Home Weatherization, Lead Remediation, & more!" w/ Greater Bergen Community Action, Cynthia Arone	11:30AM- 12:00PM
Monday's and Tuesday's	Please join our walking club every Monday and Tuesday Weather Permitting. Great way to socialize and exercise!	1:30PM
Upcoming Event: May 8th	Garfield Senior Activity Center's Open House Bring a friend!	

## Caregivers Conference

Thursday, April 11th  
5:00 PM - 9:00 PM

Bergen County Administration Building  
Multi-Purpose Room

**SAVE THE DATE**

## Public Hearing on the Needs of Older Adults

Tuesday, April 30th  
8:30 AM - 11:30 AM

Bergen County Administration Building  
Public Meeting Room (5th floor)

To RSVP Call 201-336-7417 or  
Email [seniors@co.bergen.nj.us](mailto:seniors@co.bergen.nj.us)



To RSVP Call 201-336-7400 or  
Email [seniors@co.bergen.nj.us](mailto:seniors@co.bergen.nj.us)



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.

**Lunch Served Daily at 11:30**

**GARFIELD SENIOR ACTIVITY CENTER**

**April 2024**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>1</b> 10:30 Exercise w/ Lisa 12:30 Cabanics w/ Gerardo 1:30 Walking Club</p>  <p><b>Pork Loin w/ Gravy</b></p>	<p><b>2</b> 9:30 Bingo 11:00 <u>Blood Pressure Screening</u> 12:30 Exercise w/ Lisa 1:30 Walking Club</p> <p><b>Chicken Cordon Bleu</b></p>	<p><b>3</b> 9:00 Zumba w/ Kattie 11:45 <u>Total Brain Health Workshop</u> 12:30 Exercise w/ Lisa 1:30 Belly Dancing w/ Elly</p>  <p><b>Homestyle Meatloaf w/ Gravy</b></p>	<p><b>4</b> 9:00 Beginner's Line Dancing w/ Sasha 10:00 Tai Chi w/ James 12:30 Line Dancing w/ Philomena</p> <p><b>Stuffed Cabbage</b></p>	<p><b>5</b> 9:30 Yoga w/ Carol 10:30 Relaxing Balancing Tai Chi w/ Philomena 12:30 Line Dancing w/ John</p> <p><b>Turkey &amp; Swiss</b></p>
<p><b>8</b> 10:30 Exercise w/ Lisa 12:30 Cabanics w/ Gerardo 1:30 Walking Club</p> <p><b>Korean BBQ Chicken Leg</b></p>	<p><b>9</b> 9:30 Bingo 12:30 Exercise w/ Lisa 1:30 Walking Club</p> <p><b>Egg Salad</b></p>	<p><b>10</b> 9:00 Zumba w/ Kattie 10:15 <u>Hands-Only CPR Class</u> 12:30 Exercise w/ Lisa 1:30 Belly Dancing w/ Elly</p> <p><b>LS Ham Steak</b></p>	<p><b>11</b> 9:00 Beginner's Line Dancing w/ Sasha 10:00 Tai Chi w/ James 12:30 Line Dancing w/ Philomena</p>  <p><b>Salisbury Steak</b></p>	<p><b>12</b> 9:30 Yoga w/ Carol 10:30 Relaxing Balancing Tai Chi w/ Philomena 12:30 Line Dancing w/ John</p> <p><b>Chicken Parmesan</b></p>
<p><b>15</b> 10:30 Exercise w/ Lisa 12:30 <u>Spring Craft</u> 1:30 Walking Club</p> <p><b>Stuffed Peppers (Turkey)</b></p>	<p><b>16</b> 9:30 Bingo 12:30 Exercise w/ Lisa 1:30 Walking Club</p>  <p><b>Roast Beef w/ Gravy</b></p>	<p><b>17</b> 9:00 Zumba w/ Kattie 12:00 <u>Long Term Impact of Covid-19 Presentation</u> 12:30 Exercise w/ Lisa 1:30 Belly Dancing w/ Elly</p> <p><b>Tuna Salad Platter</b></p>	<p><b>18</b> 9:00 Beginner's Line Dancing w/ Sasha 10:00 Tai Chi w/ James 12:30 Line Dancing w/ Philomena</p> <p><b>Cheeseburger</b></p>	<p><b>19</b> 9:30 Yoga w/ Carol 10:30 Relaxing Balancing Tai Chi w/ Philomena 12:30 Line Dancing w/ John</p> <p><b>Eggplant Rollatini</b></p>
<p><b>22</b> 10:30 Exercise w/ Lisa 12:30 Cabanics w/ Gerardo 1:30 Walking Club</p>  <p><b>Herb Roasted Chicken Leg</b></p>	<p><b>23</b> 9:30 Bingo 11:45 <u>Fall Prevention Presentation</u> 12:30 Exercise w/ Lisa 1:30 Walking Club</p> <p><b>Cheese Omelet</b></p>	<p><b>24</b> 9:00 Zumba w/ Kattie 11:30 <u>Information Seminar Presentation</u> 12:30 Exercise w/ Lisa 1:30 Belly Dancing w/ Elly</p> <p><b>Baked Ziti w/ Meatballs</b></p>	<p><b>25</b> 9:00 Beginner's Line Dancing w/ Sasha 10:00 Tai Chi w/ James 12:30 Line Dancing w/ Philomena</p>  <p><b>Chicken Piccata</b></p>	<p><b>26</b> 9:30 Yoga w/ Carol 10:30 Relaxing Balancing Tai Chi w/ Philomena 12:30 Line Dancing w/ John</p> <p><b>Swedish Meatballs</b></p>
<p><b>29</b> 10:30 Exercise w/ Lisa 12:30 Cabanics w/ Gerardo 1:30 Walking Club</p> <p><b>Chicken Cacciatore</b></p>	<p><b>30</b> 9:30 Bingo 12:30 Exercise w/ Lisa 1:30 Walking Club</p>  <p><b>Beer Battered Fish</b></p>		<p><b>Suggested Lunch Donation: \$1.25 Per Meal</b> Please reserve lunch by 11:30 AM the day before</p> <p><b>Lunch will Be Served at 11:30 Daily</b></p>	<p><b>We have computers, iPad's and a pool room available for use</b></p> 