

BERGEN NEW JERSEY County

James J. Tedesco III
County Executive

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DEPARTMENT OF HUMAN SERVICES

Melissa DeBartolo, Esq.
Acting 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 on Disability Services
201-336-6500

**Bergen County
Board of Social Services**
201-368-4200

BERGEN NEW JERSEY County

GARFIELD SENIOR CENTER

Bergen County Department of Human Services
Division of Senior Services/ADRC
February 2020
HEALTHY HEART MONTH

February 5th	Bergen County Board of Social Services Outreach Program, Food Stamp Applications	9AM-12PM
February 13th	Garfield Senior Activity Center Valentine's Day Party, Sign up in office	11AM-2:30PM
February 14th	Valentine's Day Card Distribution by Christopher Columbus School #8	11:30PM-1PM
February 17th	President's Day, CENTER CLOSED	ALL DAY
February 20th	February Birthday Celebration	12:45PM
February 26th	Act Now Foundation Memory Screening conducted by Cary Lopez, Appointment only. Sign up in Office	9:45AM-12:45PM
February 27th	"Pedestrian and Home Safety" Presentation by Hackensack Meridian along with The Garfield Police Department, Office Jeff Stewart and Meliam Gonzales	11am-12pm

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.

Garfield Senior Activity Center's 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.

GARFIELD SENIOR ACTIVITY CENTER

480 Midland Avenue
Garfield, NJ 07026
Phone: (973) 478-0502 • Fax (973) 253-0543
Open: Monday - Friday, 8:00AM - 3:30PM
GarfieldCenter@co.bergen.nj.us

480 Midland Avenue • Garfield, NJ 07026
Phone: (973) 478-0502 • Fax (973) 253-0543
GarfieldCenter@co.bergen.nj.us
Adrianna Svorinic, Center Director
Open Monday - Friday, 8:00AM - 3:30PM



Monday

Tuesday

Wednesday

Thursday

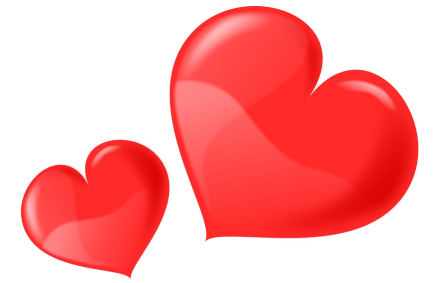
Friday



SUGGESTED DONATION FOR LUNCH IS \$1.25

PLEASE CALL 24 HOURS IN ADVANCE TO RESERVE LUNCH

PLEASE CALL BEFORE 12:15pm MENU IS SUBJECT TO CHANGE WITHOUT NOTICE



3
8:45 EXERCISE CLASS
9:30 BINGO
11:00-12:00 ZUMBA WITH RITA

**VEGETABLE LASAGNA
MARINARA**

4
9:00 SEWING CIRCLE
9:30 BINGO
10:30 SUN YOGA
12:30 BEGINNERS BALLROOM DANCING
1:00-2:45 BALLROOM DANCING

CHICKEN SALAD PLATE

5
8:45 EXERCISE CLASS
9:30 BINGO
1:00 ART CLASS
1:00 DANCING W/ DANNY

**BONELESS BBQ BEEF
SANDWICH**

6
9:30 BINGO
10:00-11:30 BEGINNERS TAI CHI &
INTRODUCTION TO SELF DEFENSE
1:00 COUNTRY LINE DANCE W/ COBY

HAWAIIAN CHICKEN

7
8:45 EXERCISE CLASS
9:45 YOGA CLASS
1:00 LINE DANCE W/ JOHN

MEATBALL MARSALA

10
8:45 EXERCISE CLASS
9 30 BINGO
11:00-12:00 ZUMBA WITH RITA

EARLY LUNCH 11:45AM

**CHEESE OMELET &
BREAKFAST SAUSAGE**

11
9:00 SEWING CIRCLE
9:30 BINGO
10:30 SUN YOGA
12:30 BEGINNERS BALLROOM DANCING
1:00-2:45 BALLROOM DANCING

CHICKEN SCAMPI

12
8:45 EXERCISE CLASS
9:30 BINGO
1:00 ART CLASS
1:00 DANCING W/ DANNY

MEAT LASAGNA

**13
VALENTINE'S DAY PARTY**



14
8:45 EXERCISE CLASS
9:45 YOGA CLASS
1:00 LINE DANCE W/ JOHN

CHICKEN PARMESAN

**17
PRESIDENT'S DAY
CENTER CLOSED**



18
9:00 SEWING CIRCLE
9:30 BINGO
10:30 SUN YOGA
12:30 BEGINNERS BALLROOM DANCING
1:00-2:45 BALLROOM DANCING

**SHAVED PHILLY BEEF
SANDWICH**

19
8:45 EXERCISE CLASS
9:30 BINGO
1:00 ART CLASS
1:00 DANCING W/ DANNY

**BREADED CHICKEN BREAST
CHIPOTLE**

20
9:30 BINGO
10:00-11:30 BEGINNERS TAI CHI &
INTRODUCTION TO SELF DEFENSE
1:00 COUNTRY LINE DANCE W/ COBY

**RIGATONI WITH BEEF
BOLOGNESE**

21
8:45 EXERCISE CLASS
9:45 YOGA CLASS
1:00 LINE DANCE W/ JOHN

**HEALTHY VEGETABLE
ROTINI SALAD**

24
8:45 EXERCISE CLASS
9:30 BINGO
11:00-12:00 ZUMBA WITH RITA

ROAST PORK WITH GRAVY

25
9:00 SEWING CIRCLE
9:30 BINGO
10:30 SUN YOGA
12:30 BEGINNERS BALLROOM DANCING
1:00-2:45 BALLROOM DANCING

STUFFED CABBAGE

26
8:45 EXERCISE CLASS
9:30 BINGO
1:00 ART CLASS
1:00 DANCING W/ DANNY

BAKED PENNE WITH RICOTTA

27
9:30 BINGO
10:00-11:30 BEGINNERS TAI CHI &
INTRODUCTION TO SELF DEFENSE
1:00 COUNTRY LINE DANCE W/ COBY

**OPEN HOT ROAST BEEF
SANDWICH**

28
8:45 EXERCISE CLASS
9:45 YOGA CLASS
1:00 LINE DANCE W/ JOHN

EGGPLANT ROLLATINI