

BERGEN NEW JERSEY *County*

James J. Tedesco III
County Executive

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DEPARTMENT OF HUMAN SERVICES

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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

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

GarfieldCenter@co.bergen.nj.us

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

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GARFIELD SENIOR ACTIVITY CENTER Bergen County Department of Human Services Division of Senior Services/ADRC November 2021

November 2nd	Center Closed, Election Day	All Day
November 3rd	Blood Pressure Screening, Garfield Health Department, Darlene Reveille	9:30-10:30am
November 8th	"Nutrition Fact Labels" virtual presentation by Alyssa Chaneski, Community Food Bank Of New Jersey	9:30am-10:15am
November 11th	Center Closed, Veterans Day	All Day
November 17th	Overview of Resources for Sen- iors Presentation by Brianna Greenberg, Care Coordinator, Bergen County Senior Services	10:15am-10:45am
November 17th	Blood Pressure Screening, Garfield Health Department, Darlene Reveille	9:30-10:30am
November 25th	Center Closed, Thanksgiving	All Day
November 26th	Center Closed, Day After Thanksgiving	All Day

Thank you for your patience and understanding as we continue to navigate necessary COVID-19 protocols and preventative measures at our Senior Activity Centers. These protocols are intended to further ensure the health and safety of everyone at the center. Our senior activity center staff are diligently working to bring safe, but fun and enjoyable activities and programming to our centers. At this time, we ask that you please continue to pre-register for morning or afternoon sessions, as well as, for to-go lunches. Please know that your cooperation during these challenging times is very much appreciated. If you have any questions, kindly contact your center directly at (973) 478-0502.

The Garfield 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.

NOVEMBER**GARFIELD SENIOR ACTIVITY CENTER****2021****MONDAY****TUESDAY****WEDNESDAY****THURSDAY****FRIDAY**

<p>1 10:30-11:30 YWCA EXERCISE CLASS WITH LISA 11:30-12PM GRAB & GO LUNCH</p> <p>TURKEY SWISS SANDWICH</p>	<p>2</p> <p>CENTER CLOSED</p> <p>ELECTION DAY</p>	<p>3 10:30-11:30 SUN YOGA 11:30-12PM GRAB & GO LUNCH 12:30-1:30 EXERCISE WITH LISA</p> <p>BREADED CHICKEN CUTLET</p>	<p>4 8:30-11:30 SENIOR COLORING 10-11:30 TAI CHI WITH JAMES 11:30-12PM GRAB & GO LUNCH</p> <p>SHAVED BEEF STROGANOFF</p>	<p>5 8:30-11:30 SENIOR COLORING 9:30-10:30 YOGA WITH CAROL 11:30-12PM GRAB & GO LUNCH</p> <p>BROCCOLI STUFFED CHICKEN</p>
<p>8 10:30-11:30 YWCA EXERCISE CLASS WITH LISA 11:30-12PM GRAB & GO LUNCH</p> <p>CHICKEN SALAD SANDWICH</p>	<p>9 9:30 BINGO 11:30-12PM GRAB & GO LUNCH 12:15-1:15 EXERCISE WITH LISA</p> <p>BBQ PULLED PORK</p>	<p>10 10:30-11:30 SUN YOGA 11:30-12PM GRAB & GO LUNCH 12:30-1:30 EXERCISE WITH LISA</p> <p>HAMBURGER PLATE</p>	<p>11</p> <p>CENTER CLOSED</p> <p>VETERANS DAY</p>	<p>12 8:30-11:30 SENIOR COLORING 9:30-10:30 YOGA WITH CAROL 11:30-12PM GRAB & GO LUNCH</p> <p>ROAST TURKEY WITH GRAVY</p>
<p>15 10:30-11:30 YWCA EXERCISE CLASS WITH LISA 11:30-12PM GRAB & GO LUNCH</p> <p>HAM & SWISS SANDWICH</p>	<p>16 9:30 BINGO 11:30-12PM GRAB & GO LUNCH 12:15-1:15 EXERCISE WITH LISA</p> <p>CHICKEN TERIYAKI</p>	<p>17 10:30-11:30 SUN YOGA 11:30-12PM GRAB & GO LUNCH 12:30-1:30 EXERCISE WITH LISA</p> <p>SALISBURY STEAK WITH GRAVY</p>	<p>18 8:30-11:30 SENIOR COLORING 10-11:30 TAI CHI WITH JAMES 11:30-12PM GRAB & GO LUNCH</p> <p>ITALIAN MEATBALL</p>	<p>19 8:30-11:30 SENIOR COLORING 9:30-10:30 YOGA WITH CAROL 11:30-12PM GRAB & GO LUNCH</p> <p>SHAVED CHICKEN</p>
<p>22 10:30-11:30 YWCA EXERCISE CLASS WITH LISA 11:30-12PM GRAB & GO LUNCH</p> <p>EGG SALAD ON MULTIGRAIN</p>	<p>23 9:30 BINGO 11:30-12PM GRAB & GO LUNCH 12:15-1:15 EXERCISE WITH LISA</p> <p>KOREAN BBQ CHICKEN LEG</p>	<p>24 10:30-11:30 SUN YOGA 11:30-12PM GRAB & GO LUNCH 12:30-1:30 EXERCISE WITH LISA</p> <p>STUFFED CABBAGE</p>	<p>25</p> <p>CENTER CLOSED</p> <p>THANKSGIVING</p>	<p>26</p> <p>CENTER CLOSED</p> <p>DAY AFTER THANKSGIVING</p>
<p>29 10:30-11:30 YWCA EXERCISE CLASS WITH LISA 11:30-12PM GRAB & GO LUNCH</p> <p>BREADED CHICKEN CUTLET SANDWICH</p>	<p>30 9:30 BINGO 11:30-12PM GRAB AND GO LUNCH 12:15-1:15 EXERCISE WITH LISA</p> <p>HOMESTYLE MEATLOAF W/GRAVY</p>		<p>-CALL AND SIGN UP FOR ALL CLASSES AHEAD OF TIME.</p> <p>-OUR CAPACITY IS LIMITED TO 40 PEOPLE IN THE CENTER</p>	<p>SUGGESTED DONATION FOR LUNCH IS \$1.25</p> <p>PLEASE CALL 24 HOURS IN ADVANCE TO RESERVE LUNCH</p> <p>PLEASE CALL BEFORE 11:30PM MENU IS SUBJECT TO CHANGE</p>