

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 JANUARY 2022

January 1st	New Year's Day	All Day
January 11th	Presentation on "Statewide Ban of Disposable Bags", Bergen County Department of Health Services, Laura Jean Checki	9:00AM
January 17th	CENTER CLOSED, Martin Luther King, Jr. Birthday	All Day
January 18th	"Fall Prevention" Health Awareness Regional Program, Hackensack UMC, Michaela Chu	9AM-9:30AM
January 24th	Act Now Foundation Presentation on "What to Know about Alzheimer's Disease & Related Dementias", Cary Lopez and Kristine Allen	9:45AM
January 31st	Act Now Foundation Memory Screening, Sign up in office, Appointment only, Cary Lopez and Kristine Allen	9:45AM

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

JANUARY 2022

GARFIELD SENIOR ACTIVITY CENTER

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>3 10:30-11:30 YWCA EXERCISE CLASS WITH LISA 11:30-12PM GRAB AND GO LUNCH</p> <p>TUNA SALAD ON CROISSANT</p>	<p>4 9:30 BINGO 11:30-12PM GRAB AND GO LUNCH 12:30 EXERCISE WITH LISA</p> <p>CHEESE & SPINACH LASAGNA</p>	<p>5 10:30-11:15 SUN YOGA VIDEO 11:30-12PM GRAB AND GO LUNCH 12:15 EXERCISE WITH LISA</p> <p>MEATLOAF W/ BROWN GRAVY</p>	<p>6 8:30-11:30 SENIOR COLORING 10-11:30 TAI CHI WITH JAMES 11:30-12PM GRAB AND GO LUNCH</p> <p>STUFFED FLOUNDER</p>	<p>7 8:30-11:30 SENIOR COLORING 9:30-10:30 YOGA WITH CAROL 11:30-12PM GRAB AND GO LUNCH</p> <p>BEEF STROGANOFF</p>
<p>10 10:30-11:30 YWCA EXERCISE CLASS WITH LISA 11:30-12PM GRAB AND GO LUNCH</p> <p>ROAST BEEF SANDWICH</p>	<p>11 9:30 BINGO 11:30-12PM GRAB AND GO LUNCH 12:30 EXERCISE WITH LISA</p> <p>CHICKEN TERIYAKI</p>	<p>12 10:30-11:15 SUN YOGA VIDEO 11:30-12PM GRAB AND GO LUNCH 12:15 EXERCISE WITH LISA</p> <p>MEAT LASAGNA</p>	<p>13 8:30-11:30 SENIOR COLORING 10-11:30 TAI CHI WITH JAMES 11:30-12PM GRAB AND GO LUNCH</p> <p>SWEDISH MEATBALLS</p>	<p>14 8:30-11:30 SENIOR COLORING 9:30-10:30 YOGA WITH CAROL 11:30-12PM GRAB AND GO LUNCH</p> <p>SALISBURY STEAK</p>
<p>17 CENTER CLOSED MARTIN LUTHER KING'S BIRTHDAY</p> 	<p>18 9:30 BINGO 11:30-12PM GRAB AND GO LUNCH 12:30 EXERCISE WITH LISA</p> <p>SLICED TURKEY SANDWICH</p>	<p>19 10:30-11:15 SUN YOGA VIDEO 11:30-12PM GRAB AND GO LUNCH 12:15 EXERCISE WITH LISA</p> <p>BAKED PENNE W/ RICOTTA</p>	<p>20 8:30-11:30 SENIOR COLORING 10-11:30 TAI CHI WITH JAMES 11:30-12PM GRAB AND GO LUNCH</p> <p>ORANGE CHICKEN</p>	<p>21 8:30-11:30 SENIOR COLORING 9:30-10:30 YOGA WITH CAROL 11:30-12PM GRAB AND GO LUNCH</p> <p>BEEF & MACARONI CASSEROLE</p>
<p>24 10:30-11:30 YWCA EXERCISE CLASS WITH LISA 11:30-12PM GRAB AND GO LUNCH</p> <p>CHICKEN CUTLET SAND-</p>	<p>25 9:30 BINGO 11:30-12PM GRAB AND GO LUNCH 12:30 EXERCISE WITH LISA</p> <p>ROTINI W/ SAUSAGE AND PEPPERS</p>	<p>26 10:30-11:15 SUN YOGA VIDEO 11:30-12PM GRAB AND GO LUNCH 12:15 EXERCISE WITH LISA</p> <p>PORK LOIN W/ LEMON BUTTER</p>	<p>27 8:30-11:30 SENIOR COLORING 10-11:30 TAI CHI WITH JAMES 11:30-12PM GRAB AND GO LUNCH</p> <p>CHICKEN W/ HONEY DIJON SAUCE</p>	<p>28 8:30-11:30 SENIOR COLORING 9:30-10:30 YOGA WITH CAROL 11:30-12PM GRAB AND GO LUNCH</p> <p>OPEN TURKEY SANDWICH</p>
<p>31 10:30-11:30 YWCA EXERCISE CLASS WITH LISA 11:30-12PM GRAB AND GO LUNCH</p> <p>EGG SALAD</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>		<p>-CALL AND SIGN UP FOR ALL CLASSES AHEAD OF TIME.</p> <p>-OUR CAPACITY IS LIMITED TO 40 PEOPLE IN THE CENTER</p>	