

BERGEN NEW JERSEY *County*

James J. Tedesco III
County Executive

BOARD OF COUNTY COMMISSIONERS

Tracy Silna Zur
Chairwoman

Thomas J. Sullivan
Vice Chairman

Dr. Joan M. Voss
Chair Pro Tempore

Mary J. Amoroso

Ramon M. Hache, Sr.

Germaine M. Ortiz

Steven A. Tanelli

DEPARTMENT OF HUMAN SERVICES

Melissa H. DeBartolo, Esq.
Director

DIVISION OF SENIOR SERVICES

Lorraine Joewono
Director



On behalf of the County of Bergen, we thank you for your patience during the Covid-19 pandemic. At this time, the County has lifted most restrictions related to Covid, but will continue to require health screenings upon entrance to the centers. Masks are now optional throughout the centers. Masks are still required on the bus for those who are unvaccinated although preferable for all to wear one when on the bus. Meals will return to congregate setting, and there will no longer be a Grab & Go option. We look forward to seeing you again as we resume all regular activities. If you have any questions, kindly contact your center directly at (973) 478-0502.

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

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** **AUGUST 2022**

August 11th	Bergen County Board of Social Services, Food Stamp Outreach	9:00AM—12:00PM
August 17th	Ice Cream Social Dance Performance w/ Line Dancing, DJ, Raffle Covid Booster available	12:00PM-3:00PM
August 23rd	Blood Pressure Screening, Hackensack UMC, Lisa Lopez	11:00AM
August 24th	Department of Health Services Presentation: “Bergen Bites Back”, Marta Sujdak	10:00AM

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.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 8:00 COFFEE & NEWS 8:30 PUZZLES/WORD SEARCH 10:30 EXERCISE W/ LISA 11:30 LUNCH 12:30 CABANICS W/ GERARDO CHICKEN ROTINI SALAD	2 8:00 COFFEE & NEWS 8:30 PUZZLES/WORD SEARCH 9:30 BINGO 11:30 LUNCH 12:30 EXERCISE W/ LISA SLICED TURKEY W/ TURKEY GRAVY	3 8:00 COFFEE & NEWS 9:00 NO ZUMBA GOLD W/ KATTIE 9:00 ARMCHAIR TRAVEL 10:30 SUN YOGA (DVD) 11:30 LUNCH 12:30 EXERCISE W/ LISA BAKED FISH FLORENTINE	4 8:00 COFFEE & NEWS 8:30 SENIOR COLORING 10:00 TAI CHI W/ JAMES 11:30 LUNCH 12:30 LINE DANCING W/ COBY HOMESTYLE MEATLOAF W/ GRAVY	5 8:00 COFFEE & NEWS 8:30 SENIOR COLORIN 9:30 YOGA W/ CAROL 11:30 LUNCH 12:30 LINE DANCING W/ JOHN CHICKEN PARMESAN
8 8:00 COFFEE & NEWS 8:30 PUZZLES/WORD SEARCH 10:30 EXERCISE W/ LISA 11:30 LUNCH 12:30 CABANICS W/ GERARDO CHICKEN SALAD W/ LETTUCE LEAF	9 8:00 COFFEE & NEWS 8:30 PUZZLES/WORD SEARCH 9:30 BINGO 11:30 LUNCH 12:30 EXERCISE W/ LISA PENNE W/ CRUMBLED PORK SAUSAGE AND GARLIC & OLIVE OIL	10 8:00 COFFEE & NEWS 9:00 NO ZUMBA GOLD W/ KATTIE 9:00 ARMCHAIR TRAVEL 10:30 SUN YOGA (DVD) 11:30 LUNCH 12:30 EXERCISE W/ LISA CHICKEN CHOW MEIN	11 8:00 COFFEE & NEWS 8:30 SENIOR COLORING 10:00 TAI CHI W/ JAMES 11:30 LUNCH 12:30 LINE DANCING W/ COBY SWEET & SOUR MEATBALLS	12 8:00 COFFEE & NEWS 8:30 SENIOR COLORING 9:30 YOGA W/ CAROL 11:30 LUNCH 12:30 LINE DANCING W/ JOHN CHICKEN FILET W/ HONEY DIJON SAUCE
15 8:00 COFFEE & NEWS 8:30 PUZZLES/WORD SEARCH 10:30 EXERCISE W/ LISA 11:30 LUNCH 12:30 CABANICS W/ GERARDO TUNA W/ BOWTIE PASTA SALAD	16 8:00 COFFEE & NEWS 8:30 PUZZLES/WORD SEARCH 9:30 BINGO 11:30 LUNCH 12:30 EXERCISE W/ LISA TURKEY BURGER	17 8:00 COFFEE & NEWS 9:00 NO ZUMBA GOLD W/ KATTIE 11:30 LUNCH 12:00 ICE CREAM SOCIAL BOXED LUNCH	18 8:00 COFFEE & NEWS 8:30 SENIOR COLORING 10:00 TAI CHI W/ JAMES 11:30 LUNCH 12:30 LINE DANCING W/ COBY HOMESTYLE SALISBURY STEAK W/ BROWN GRAVY	19 8:00 COFFEE & NEWS 8:30 SENIOR COLORING 9:30 YOGA W/ CAROL 11:30 LUNCH 12:30 LINE DANCING W/ JOHN ROSEMARY ROASTED PORK W/ GRAVY
22 8:00 COFFEE & NEWS 8:30 PUZZLES/WORD SEARCH 10:30 EXERCISE W/ LISA 11:30 LUNCH 12:30 NO CABANICS CLASS EGG SALAD W/ ROMAINE LETTUCE	23 8:00 COFFEE & NEWS 8:30 PUZZLES/WORD SEARCH 9:30 BINGO 11:30 LUNCH 12:30 EXERCISE W/ LISA BONELESS CHICKEN SCAMPI	24 8:00 COFFEE & NEWS 9:00 NO ZUMBA GOLD W/ KATTIE 9:00 ARMCHAIR TRAVEL 10:00 "BERGEN BITES BACK" 11:30 LUNCH 12:30 EXERCISE W/ LISA PORK CHOP W/ APPLESAUCE	25 8:00 COFFEE & NEWS 8:30 SENIOR COLORING 10:00 TAI CHI W/ JAMES 11:30 LUNCH 12:30 LINE DANCING W/ COBY TURKEY CHILI W/ BEANS	26 8:00 COFFEE & NEWS 8:30 SENIOR COLORING 9:30 YOGA W/ CAROL 11:30 LUNCH 12:30 LINE DANCING W/ JOHN CHICKEN MARSALA
29 8:00 COFFEE & NEWS 8:30 PUZZLES/WORD SEARCH 10:30 EXERCISE W/ LISA 11:30 LUNCH 12:30 CABANICS W/ GERARDO PULLED BBQ PORK	30 8:00 COFFEE & NEWS 8:30 PUZZLES/WORD SEARCH 9:30 BINGO 11:30 LUNCH 12:30 EXERCISE W/ LISA KOREAN BBQ CHICKEN LEG QUARTER	31 8:00 COFFEE & NEWS 9:00 NO ZUMBA GOLD W/ KATTIE 9:00 ARMCHAIR TRAVEL 10:30 SUN YOGA (DVD) 11:30 LUNCH 12:30 EXERCISE W/ LISA PEPPER STEAK	Computers available for seniors use 	SUGGESTED DONATION FOR LUNCH IS \$1.25 PLEASE CALL 24 HOURS IN ADVANCE TO RESERVE LUNCH BY 11:30AM MENU IS SUBJECT TO CHANGE