

BERGEN NEW JERSEY *County*

James J. Tedesco III
County Executive

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DIVISION OF SENIOR SERVICES
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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

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GARFIELD SENIOR ACTIVITY CENTER
Bergen County Department of Human Services
Division of Senior Services/ADRC
SEPTEMBER 2022

September 6th	Blood Pressure Screening. Hackensack UMC, Lisa Lopez	11:00AM
September 8th	Bergen County Board of Social Services, Food Stamp Outreach	9:00AM—12:00PM
September 13th	“Annual Senior Festival” Van Saun County Park, Paramus	10:00AM—2:00PM
September 20th	Community Food Bank of New Jersey Nutrition Education “Fiber” with Dawn Fraser	9:00AM
September 21st	“Fall Prevention” Health Department	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

<p>SUGGESTED DONATION FOR LUNCH IS \$1.25</p> <p>PLEASE CALL 24 HOURS IN ADVANCE TO RESERVE LUNCH BY 11:30AM</p> <p>MENU IS SUBJECT TO CHANGE</p>		<p>Computers available for seniors to use</p> 	<p>1</p> <p>8:00 COFFEE & NEWS 8:30 SENIOR COLORING 10:00 TAI CHI W/ JAMES 11:30 LUNCH 12:30 LINE DANCING W/ COBY SLICED TURKEY W/ GRAVY</p>	<p>2</p> <p>8:00 COFFEE & NEWS 8:30 SENIOR COLORING 9:30 YOGA W/ CAROL 11:30 LUNCH 12:30 LINE DANCING W/ JOHN RIGATONI BOLOGNESE</p>
	<p>6</p> <p>8:00 COFFEE & NEWS 8:30 PUZZLES/WORD SEARCH 9:30 BINGO 11:30 LUNCH 12:30 EXERCISE W/ LISA HAMBURGER (BEEF) W/ SAUSAGE & OLIVE OIL</p>	<p>7</p> <p>8:00 COFFEE & NEWS 9:00 ZUMBA GOLD W/ KATTIE 10:30 SUN YOGA (DVD) 11:30 LUNCH 12:30 EXERCISE W/ LISA CHICKEN FLORENTINE</p>	<p>8</p> <p>8:00 COFFEE & NEWS 8:30 SENIOR COLORING 10:00 TAI CHI W/ JAMES 11:30 LUNCH 12:30 LINE DANCING W/ COBY FISH STICKS W/ LEMON WEDGE & TARTAR SAUCE</p>	<p>9</p> <p>8:00 COFFEE & NEWS 8:30 SENIOR COLORING 9:30 YOGA W/ CAROL 11:30 LUNCH 12:30 LINE DANCING W/ JOHN BBQ PULLED PORK SANDWICH</p>
<p>12</p> <p>8:00 COFFEE & NEWS 8:30 PUZZLES/WORD SEARCH 10:30 EXERCISE W/ LISA 11:30 LUNCH 12:30 CABANICS W/ GERARDO GRILLED CHICKEN CAESAR SALAD</p>	<p>13</p> <p>8:00 COFFEE & NEWS 8:30 PUZZLES/WORD SEARCH 9:30 BINGO 11:30 LUNCH 12:30 EXERCISE W/ LISA SALISBURY STEAK W/ BROWN GRAVY</p>	<p>14</p> <p>8:00 COFFEE & NEWS 9:00 ZUMBA GOLD W/ KATTIE 10:30 SUN YOGA (DVD) 11:30 LUNCH 12:30 EXERCISE W/ LISA ITALIAN MEATBALLS W/ TOMATO BASIL SAUCE</p>	<p>15</p> <p>8:00 COFFEE & NEWS 8:30 SENIOR COLORING 10:00 TAI CHI W/ JAMES 11:30 LUNCH 12:30 LINE DANCING W/ COBY TURKEY BURGER</p>	<p>16</p> <p>8:00 COFFEE & NEWS 8:30 SENIOR COLORING 9:30 YOGA W/ CAROL 11:30 LUNCH 12:30 LINE DANCING W/ JOHN ORANGE CHICKEN</p>
<p>19</p> <p>8:00 COFFEE & NEWS 8:30 PUZZLES/WORD SEARCH 10:30 EXERCISE W/ LISA 11:30 LUNCH 12:30 NO CABANICS CLASS TURKEY & SWISS CHEESE W/ ARGULA ON WW ROLL</p>	<p>20</p> <p>8:00 COFFEE & NEWS 8:30 PUZZLES/WORD SEARCH 9:30 BINGO 11:30 LUNCH 12:30 EXERCISE W/ LISA STUFFED CABBAGE</p>	<p>21</p> <p>8:00 COFFEE & NEWS 9:00 ZUMBA GOLD W/ KATTIE 10:00 FALL PREVENTION 10:30 SUN YOGA (DVD) 11:30 LUNCH 12:30 EXERCISE W/ LISA LEMON PEPPER BAKED FISH</p>	<p>22</p> <p>8:00 COFFEE & NEWS 8:30 SENIOR COLORING 10:00 TAI CHI W/ JAMES 11:30 LUNCH 12:30 LINE DANCING W/ COBY SLOPPY JOE ON KAISER ROLL</p>	<p>23</p> <p>8:00 COFFEE & NEWS 8:30 SENIOR COLORING 9:30 YOGA W/ CAROL 11:30 LUNCH 12:30 LINE DANCING W/ JOHN EGG SALAD ON ROMAINE LETTUCE</p>
<p>26</p> <p>8:00 COFFEE & NEWS 8:30 PUZZLES/WORD SEARCH 10:30 EXERCISE W/ LISA 11:30 LUNCH 12:30 CABANICS W/ GERARDO TUNA NOODLE SALAD</p>	<p>27</p> <p>8:00 COFFEE & NEWS 8:30 PUZZLES/WORD SEARCH 9:30 BINGO 11:30 LUNCH 12:30 EXERCISE W/ LISA PORK TENDERLOIN W/ GRAVY</p>	<p>28</p> <p>8:00 COFFEE & NEWS 9:00 ZUMBA GOLD W/ KATTIE 10:30 SUN YOGA (DVD) 11:30 LUNCH 12:30 EXERCISE W/ LISA KOREAN BBQ CHICKEN LEG QUARTER</p>	<p>29</p> <p>8:00 COFFEE & NEWS 8:30 SENIOR COLORING 10:00 TAI CHI W/ JAMES 11:30 LUNCH 12:30 LINE DANCING W/ COBY CHEESE RAVIOLI IN A HEARTY SPINACH SAUCE</p>	<p>30</p> <p>8:00 COFFEE & NEWS 8:30 SENIOR COLORING 9:30 YOGA W/ CAROL 11:30 LUNCH 12:30 LINE DANCING W/ JOHN 2:00 FINE ART CLASS W/ DONNA SHAVED CHICKEN SANDWICH</p>