

BERGEN NEW JERSEY *County*

James J. Tedesco III
County Executive

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DIVISION OF SENIOR SERVICES

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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. 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
DECEMBER 2022**

December 6th	Blood Pressure Screening, Hackensack UMC, Lisa Lopez	11:00AM
December 8th	Bergen County Board of Social Services, Food Stamp Outreach	9:00AM—12:00PM
December 12th	“Just Say Yes to Fruits and Vegetables,” Community Food- Bank of New Jersey, Dawn Fraser, Nutrition Educator	12:00PM
December 14th	Garfield Senior Activity Center Christmas Party. Sign up in the office.	12PM-3PM
December 25th	Bergen County Christmas Day Dinner. Reservation Only	10AM-1:30PM

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 \$1.25 PER MEAL</p> <p>PLEASE CALL 24 HOURS IN ADVANCE TO RESERVE LUNCH BY 11:30AM</p> <p>MENU IS SUBJECT TO CHANGE WITHOUT NOTICE</p>	<p>HAPPY HOLIDAYS FROM THE GARFIELD SENIOR CENTER STAFF!</p> <p>ADRIANNA, LUCY, TAMIKO, KIM, AND TONY</p>  	<p>Pool tables and Computers are available for use!</p>  	<p>1</p> <p>8:30 SENIOR COLORING 11:30 LUNCH 12:30 LINE DANCING W/ COBY</p> <p>MEATLOAF W/ GRAVY</p>	<p>2</p> <p>8:30 SENIOR COLORING 9:30 YOGA W/ CAROL 11:30 LUNCH 12:30 LINE DANCING W/ JOHN</p> <p>HERB ROASTED CHICKEN LEG</p>
<p>5</p> <p>8:30 PUZZLES/WORD SEARCH 10:30 EXERCISE W/ LISA 11:30 LUNCH 12:30 CABANICS W/ GERARDO</p> <p>WHOLE WHEAT ZITI WITH TURKEY SAUSAGE, PEPPER, & ONION</p>	<p>6</p> <p>8:30 PUZZLES/WORD SEARCH 9:30 BINGO 11:30 LUNCH 12:30 EXERCISE W/ LISA</p> <p>TUNA SALAD</p>	<p>7</p> <p>9:00 ZUMBA GOLD W/ KATTIE 10:30 SUN YOGA (DVD) 11:30 LUNCH 12:30 EXERCISE W/ LISA</p> <p>PULLED BBQ CHICKEN</p>	<p>8</p> <p>8:30 SENIOR COLORING 11:30 LUNCH 12:30 LINE DANCING W/ COBY</p> <p>SLICED ROAST BEEF W/ GRAVY</p>	<p>9</p> <p>8:30 SENIOR COLORING 9:30 YOGA W/ CAROL 11:30 LUNCH 12:30 LINE DANCING W/ JOHN</p> <p>TORTELLINI AND CHICKEN ALFREDO</p>
<p>12</p> <p>8:30 PUZZLES/WORD SEARCH 10:30 EXERCISE W/ LISA 11:30 LUNCH 12:30 CABANICS W/ GERARDO</p> <p>EGG SALAD</p>	<p>13</p> <p>8:30 PUZZLES/WORD SEARCH 9:30 BINGO 11:30 LUNCH 12:30 EXERCISE W/ LISA</p> <p>MEATBALLS & CHEESE RAVIOLI</p>	<p>14</p> <p>CHRISTMAS PARTY!</p>  	<p>15</p> <p>8:30 SENIOR COLORING 11:30 LUNCH 12:30 LINE DANCING W/ COBY</p> <p>STUFFED CABBAGE</p>	<p>16</p> <p>8:30 SENIOR COLORING 9:30 YOGA W/ CAROL 11:30 LUNCH 12:30 LINE DANCING W/ JOHN</p> <p>UNBREADED CHICKEN MARSALA</p>
<p>19</p> <p>8:30 PUZZLES/WORD SEARCH 10:30 EXERCISE W/ LISA 11:30 LUNCH 12:30 CABANICS W/ GERARDO</p>  <p>TURKEY AND RED KIDNEY BEAN CHILI</p>	<p>20</p> <p>8:30 PUZZLES/WORD SEARCH 9:30 BINGO 11:30 LUNCH 12:30 EXERCISE W/ LISA</p>  <p>BEEF GOULASH</p>	<p>21</p> <p>9:00 ZUMBA GOLD W/ KATTIE 10:00 FALL PREVENTION 10:30 SUN YOGA (DVD) 11:30 LUNCH 12:30 EXERCISE W/ LISA</p>  <p>BAKED FISH IN DILL SAUCE</p>	<p>22</p> <p>8:30 SENIOR COLORING 11:30 LUNCH 12:30 LINE DANCING W/ COBY</p>  <p>BBQ CHICKEN QUARTER</p>	<p>23</p> <p>8:30 SENIOR COLORING 9:30 YOGA W/ CAROL 11:30 LUNCH 12:30 LINE DANCING W/ JOHN</p>  <p>SALISBURY STEAK W/ GRAVY AND ONIONS</p>
<p>26 CENTER CLOSED CHRISTMAS DAY OBSERVED</p> 	<p>27</p> <p>8:30 PUZZLES/WORD SEARCH 9:30 BINGO 11:30 LUNCH 12:30 EXERCISE W/ LISA</p> <p>BROCCOLI STUFFED FISH</p>	<p>28</p> <p>9:00 ZUMBA GOLD W/ KATTIE 10:00 FALL PREVENTION 10:30 SUN YOGA (DVD) 11:30 LUNCH 12:30 EXERCISE W/ LISA</p> <p>SLOPPY JOE</p>	<p>29</p> <p>8:30 SENIOR COLORING 11:30 LUNCH 12:30 LINE DANCING W/ COBY</p> <p>CHICKEN PARMESAN</p>	<p>30</p> <p>8:30 SENIOR COLORING 9:30 YOGA W/ CAROL 11:30 LUNCH 12:30 LINE DANCING W/ JOHN</p> <p>PORK TENDERLOIN W/ GRAVY</p>