

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. Meals will return to congregate setting. 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** **MARCH 2023**

March 7th	Blood Pressure Screening, Hackensack UMC, HARP	11:00AM-1:00PM
March 7th	“Wellness Check: Are you drinking enough water daily?” Presentation by Hackensack UMC, HARP program	11:45AM
March 12th	Daylight Saving Time Begins	
March 15th	“Salt & Reading Food Labels” Presentation, Shop Rite of Lodi, Julianne Gallo, RD	10:00AM
March 21st	Jewelry Making Class, “How to make Bracelet’s and Earrings.” w/ Meena	11:45AM
March 29th	IPAD Introduction, Please Sign up in office	9:00AM

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: \$1.25 PER MEAL</p> <p>LUNCH WILL BE GRAB & GO UNTIL FURTHER NOTICE</p>	<p>COMPUTERS, IPADS, AND POOL ROOM ARE AVAILABLE FOR USE</p> 	<p>1</p> <p>9:00 ZUMBA GOLD W/ KATTIE 10:30 SUN YOGA (DVD) 11:30 LUNCH 12:30 EXERCISE W/ LISA</p> <p>EGG SALAD</p>	<p>2</p> <p>8:30 SENIOR COLORING 10:00 TAI CHI W/ JAMES 11:30 LUNCH 12:30 LINE DANCING W/ COBY</p> <p>HAM & SWISS SANDWICH</p>	<p>3</p> <p>8:30 SENIOR COLORING 9:30 YOGA W/ CAROL 11:30 LUNCH 12:30 LINE DANCING W/ JOHN</p> <p>TUNA SALAD</p>
<p>6</p> <p>8:30 PUZZLES/WORD SEARCH 10:30 EXERCISE W/ LISA 11:30 LUNCH 12:30 CABANICS W/ GERARDO</p> <p>TURKEY & PROVOLONE SANDWICH</p>	<p>7</p> <p>8:30 PUZZLES/WORD SEARCH 9:30 BINGO 11:00 - 1:00 Blood Pressure Screen 11:30 LUNCH 11:45 WELLNESS CHECK 12:30 EXERCISE W/ LISA</p> <p>ROAST BEEF & TOMATO SANDWICH</p>	<p>8</p> <p>9:00 ZUMBA GOLD W/ KATTIE 10:30 SUN YOGA (DVD) 11:30 LUNCH 12:30 EXERCISE W/ LISA</p> <p>TUNA SALAD</p>	<p>9</p> <p>8:30 SENIOR COLORING 10:00 TAI CHI W/ JAMES 11:30 LUNCH 12:30 LINE DANCING W/ COBY</p> <p>CHEF SALAD</p>	<p>10</p> <p>8:30 SENIOR COLORING 9:30 YOGA W/ CAROL 11:30 LUNCH 12:30 LINE DANCING W/ JOHN</p> <p>HARD BOILED EGG</p>
<p>13</p> <p>8:30 PUZZLES/WORD SEARCH 10:30 EXERCISE W/ LISA 11:30 LUNCH 12:30 CABANICS W/ GERARDO</p> <p>CHICKEN SALAD</p>	<p>14</p> <p>8:30 PUZZLES/WORD SEARCH 9:30 BINGO 11:30 LUNCH 12:30 EXERCISE W/ LISA</p> <p>EGG SALAD</p>	<p>15</p> <p>9:00 ZUMBA GOLD W/ KATTIE 10:00 READING FLOOD LABELS 10:30 SUN YOGA (DVD) 11:30 LUNCH 12:30 EXERCISE W/ LISA</p> <p>BREADED CHICKEN CUTLET & MOZZARELLA</p>	<p>16</p> <p>8:30 SENIOR COLORING 10:00 TAI CHI W/ JAMES 11:30 LUNCH 12:30 LINE DANCING W/ COBY</p> <p>CORNEB BEEF</p>	<p>17</p> <p>8:30 SENIOR COLORING 9:30 YOGA W/ CAROL 11:30 LUNCH 12:30 LINE DANCING W/ JOHN</p> <p>TUNA SALAD SANDWICH</p> 
<p>20</p> <p>8:30 PUZZLES/WORD SEARCH 10:30 EXERCISE W/ LISA 11:30 LUNCH 12:30 CABANICS W/ GERARDO</p> <p>TURKEY & SWISS SANDWICH</p>	<p>21</p> <p>8:30 PUZZLES/WORD SEARCH 9:30 BINGO 11:30 LUNCH 11:45 JEWELRY MAKING 12:30 EXERCISE W/ LISA</p> <p>BREADED CHICKEN & MOZZARELLA SANDWICH</p>	<p>22</p> <p>9:00 ZUMBA GOLD W/ KATTIE 10:30 SUN YOGA (DVD) 11:30 LUNCH 12:30 EXERCISE W/ LISA</p> <p>ROAST BEEF & TOMATO SANDWICH</p>	<p>23</p> <p>8:30 SENIOR COLORING 10:00 TAI CHI W/ JAMES 11:30 LUNCH 12:30 LINE DANCING W/ COBY</p> <p>CHEF SALAD</p>	<p>24</p> <p>8:30 SENIOR COLORING 9:30 YOGA W/ CAROL 11:30 LUNCH 12:30 LINE DANCING W/ JOHN</p> <p>EGG SALAD</p>
<p>27</p> <p>8:30 PUZZLES/WORD SEARCH 10:30 EXERCISE W/ LISA 11:30 LUNCH 12:30 CABANICS W/ GERARDO</p> <p>TUNA & BOWTIE SALAD</p>	<p>28</p> <p>8:30 PUZZLES/WORD SEARCH 9:30 BINGO 11:30 LUNCH 12:30 EXERCISE W/ LISA</p> <p>COLD MEATLOAF SANDWICH</p>	<p>29</p> <p>9:00 ZUMBA GOLD W/ KATTIE 9:00 iPad INTRODUCTION 10:30 SUN YOGA (DVD) 11:30 LUNCH 12:30 EXERCISE W/ LISA</p> <p>HAM & SWISS SANDWICH</p>	<p>30</p> <p>8:30 SENIOR COLORING 10:00 TAI CHI W/ JAMES 11:30 LUNCH 12:30 LINE DANCING W/ COBY</p> <p>GRILLED CHICKEN CAESAR SALAD</p>	<p>31</p> <p>8:30 SENIOR COLORING 9:30 YOGA W/ CAROL 11:30 LUNCH 12:30 LINE DANCING W/ JOHN</p> <p>TUNA SALAD</p>