

BERGEN NEW JERSEY *County*

James J. Tedesco III
County Executive

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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. Meals have returned to a 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 APRIL 2023

April 3rd	"A Brighter Side To Life" Presentation, Bergen New Bridge Medical Center with Krishna Shah	9:45AM
April 4th	Blood Pressure Screening & Wellness Check, Hackensack UMC, HARP	11:00AM-1:00PM
April 6th	Jewelry Making Class	10:45AM
April 7th	Good Friday, Center Closed	ALL DAY
April 9th	The Annual Easter Luncheon at Americas Unidas Senior Center, Reservations are required, Call 201-336-3320	10:00AM-2:00PM
April 11th	"Just Say Yes to Fruits and Vegetables" Presentation, Community Food Bank of NJ with Dawn Fraser	12:00PM
April 18th	"Scams" Presentation, Division of Consumer Affairs, Bergen County with Denis Niland	11:45AM

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>3</p> <p>8:30 PUZZLES/WORD SEARCH 9:45 A BRIGHTER SIDE TO LIFE PRESENTATION 10:30 EXERCISE W/ LISA 11:30 LUNCH 12:30 CABANICS W/ GERARDO TUNA PEA NOODLE SALAD</p>	<p>4 8:30 PUZZLES/WORD SEARCH 9:30 BINGO 11:00-1:00 BLOOD PRESSURE SCREENING & WELLNESSCHECK 11:30 LUNCH 12:30 EXERCISE W/ LISA</p> <p>CHICKEN SALAD</p>	<p>5</p> <p>9:00 ZUMBA GOLD W/ KATTIE 10:30 SUN YOGA (DVD) 11:30 LUNCH 12:30 EXERCISE W/ LISA 1:30 BEGINNER'S BELLY DANCING W/ ELLY NEW EGG SALAD</p>	<p>6</p> <p>8:30 SENIOR COLORING 10:00 TAI CHI WITH JAMES 10:45 JEWELRY MAKING 11:30 LUNCH 12:30 LINE DANCING W/ COBY</p> <p>TURKEY SALAD</p>	<p>7</p> <p>CENTER CLOSED</p> <p>GOOD FRIDAY</p>
<p>10</p> <p>8:30 PUZZLES/WORD SEARCH 9:30 JEWELRY MAKING 10:30 EXERCISE W/ LISA 11:30 LUNCH 12:30 CABANICS W/ GERARDO</p> <p>CHEF SALAD</p>	<p>11</p> <p>8:30 PUZZLES/WORD SEARCH 9:30 BINGO 11:30 LUNCH 12:00 JUST SAY YES TO FRUITS AND VEGETABLES 12:30 EXERCISE W/ LISA KOREAN BBQ CHICKEN LEG</p>	<p>12</p> <p>9:00 ZUMBA GOLD W/ KATTIE 10:30 SUN YOGA (DVD) 11:30 LUNCH 12:30 EXERCISE W/ LISA 1:30 BEGINNER'S BELLY DANCING W/ ELLY HAM & SWISS SANDWICH</p>	<p>13</p> <p>8:30 SENIOR COLORING 10:00 TAI CHI WITH JAMES 11:30 LUNCH 12:30 LINE DANCING W/ COBY</p> <p>ROAST BEEF & ARUGULA SANDWICH</p>	<p>14</p> <p>8:30 SENIOR COLORING 9:30 YOGA W/ CAROL 11:30 LUNCH 12:30 LINE DANCING W/ JOHN</p> <p>CHICKEN WALDORF SALAD</p>
<p>17</p> <p>8:30 PUZZLES/WORD SEARCH 10:30 EXERCISE W/ LISA 11:30 LUNCH 12:30 CABANICS W/ GERARDO</p> <p>TUNA SALAD</p>	<p>18</p> <p>8:30 PUZZLES/WORD SEARCH 9:30 BINGO 11:30 LUNCH 11:45 SCAMS PRESENTATION 12:30 EXERCISE W/ LISA TURKEY & PROVOLONE SANDWICH</p>	<p>19</p> <p>9:00 ZUMBA GOLD W/ KATTIE 10:30 SUN YOGA (DVD) 11:30 LUNCH 12:30 EXERCISE W/ LISA 1:30 BEGINNER'S BELLY DANCING W/ ELLY GRILLED CHICKEN CUTLET</p>	<p>20</p> <p>8:30 SENIOR COLORING 10:00 TAI CHI WITH JAMES 11:30 LUNCH 12:30 LINE DANCING W/ COBY</p> <p>SWISS & TOMATO SANDWICH</p>	<p>21</p> <p>8:30 SENIOR COLORING 9:30 YOGA W/ CAROL 11:30 LUNCH 12:30 LINE DANCING W/ JOHN</p> <p>TUNA BOWTIE SALAD</p>
<p>24</p> <p>8:30 PUZZLES/WORD SEARCH 9:45 IPAD HELP 10:30 EXERCISE W/ LISA 11:30 LUNCH 12:30 CABANICS W/ GERARDO</p> <p>HAM SALAD</p>	<p>25</p> <p>8:30 PUZZLES/WORD SEARCH 9:30 BINGO 11:30 LUNCH 12:30 EXERCISE W/ LISA</p> <p>SLICED COLD MEATLOAF</p>	<p>26</p> <p>9:00 ZUMBA GOLD W/ KATTIE 10:30 SUN YOGA (DVD) 11:30 LUNCH 12:30 EXERCISE W/ LISA 1:30 BEGINNER'S BELLY DANCING W/ ELLY CHEF SALAD</p>	<p>27</p> <p>8:30 SENIOR COLORING 10:00 TAI CHI WITH JAMES 11:30 LUNCH 12:30 LINE DANCING W/ COBY</p> <p>ROAST BEEF & PROVOLONE SANDWICH</p>	<p>28</p> <p>8:30 SENIOR COLORING 9:30 YOGA W/ CAROL 11:30 LUNCH 12:30 LINE DANCING W/ JOHN</p> <p>CHICKEN SALAD</p>