

BERGEN NEW JERSEY *County*

James J. Tedesco III
County Executive

BOARD OF COUNTY COMMISSIONERS

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DEPARTMENT OF HUMAN SERVICES
Melissa H. DeBartolo, Esq.
Director

DIVISION OF SENIOR SERVICES
Lorraine Joewono
Director



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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James J. Tedesco III, County Executive

GARFIELD SENIOR ACTIVITY CENTER Bergen County Department of Human Services Division of Senior Services/ADRC JUNE 2023

June 5th	Bergen County Farmers' Market, Please return forms to the office before June 5th	9-12pm
June 6th	Center Closed, Elections	All Day
June 13th	Blood Pressure Screening, Hackensack UMC, HARP	11:00AM-1:00PM
June 13th	"Protecting yourself in the retail world" Division of Consumer Af- fairs Bergen County, Denis Niland	11:45AM
June 14th	Aromatherapy and Hand massag- es with Agata and Dorene	10:30AM
June 16th	Center Closed, Juneteenth	All Day
June 27th	Live Musical Entertainment by David Scance. Please Sign up in Office	1:30-2:30PM

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

Bergen County Elder Abuse Awareness Walk

Saturday June 3, 2023

Overpeck County Park Amphitheater
One Challenger Road, Ridgefield Park

Rain Date Sunday, June 11, 2023

9:00am—12:00pm

Register today using the link below or calling 201-336-7416

<https://www.eventbrite.com/e/bergen-county-elder-abuse-awareness-walk-tickets-635453868627>



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.

JUNE 2023

GARFIELD SENIOR ACTIVITY CENTER

973-478-0502

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>*SUGGESTED DONATION: \$1.25 PER MEAL *LUNCH WILL BE GRAB & GO UNTIL FURTHER NOTICE *RESERVE LUNCH BY 11:30 THE DAY</p>		<p>COMPUTERS, IPADS, AND POOL ROOM ARE AVAILABLE FOR USE</p> 	<p>1 10:00 TAI CHI WITH JAMES 11:30 LUNCH 12:30 LINE DANCING W/ COBY</p> <p>HAM SALAD</p>	<p>2 9:30 YOGA W/ CAROL 11:30 LUNCH 12:30 LINE DANCING W/ JOHN</p> <p>ROASTED CHICKEN LEG</p>
<p>5 9-12: BERGEN COUNTY FARMERS' MARKET 10:30 EXERCISE W/ LISA 11:30 LUNCH 12:30 CABANICS W/ GERARDO</p> <p>TUNA NOODLE SALAD</p>	<p>6 CENTER CLOSED DUE TO ELECTIONS</p>	<p>7 9:00 ZUMBA GOLD W/ KATTIE 11:30 LUNCH 12:30 EXERCISE W/ LISA 1:30 BEGINNER'S BELLY DANCING W/ ELLY</p> <p>CHEF SALAD</p>	<p>8 10:00 TAI CHI WITH JAMES 11:30 LUNCH 11:45 JEWELRY MAKING 12:30 LINE DANCING W/ COBY</p> <p>TURKEY & PROVOLONE ARUGULA SANDWICH</p>	<p>9 9:30 YOGA W/ CAROL 11:30 LUNCH 12:30 LINE DANCING W/ JOHN</p> <p>BREADED CHICKEN CUTLET WITH SLICED MOZZARELLA</p>
<p>12 10:30 EXERCISE W/ LISA 11:30 LUNCH 12:30 CABANICS W/ GERARDO</p> <p>MEATLOAF</p>	<p>13 9:30 BINGO 11-1 BLOOD PRESSURE SCREENING 11:30 LUNCH 11:45 "PROTECTING YOURSELF IN THE RETAIL WORLD" 12:30 EXERCISE W/ LISA ROASTED CHICKEN LEG</p>	<p>14 9:00 ZUMBA GOLD W/ KATTIE 10:30 AROMATHERAPY MASSAGE 11:30 LUNCH 12:30 EXERCISE W/ LISA 1:30 BEGINNER'S BELLY DANCING W/ ELLY</p> <p>EGG SALAD</p>	<p>15 10:00 TAI CHI WITH JAMES 11:30 LUNCH 12:30 LINE DANCING W/ COBY</p> <p>SLICED ROAST BEEF SANDWICH</p>	<p>16 CENTER CLOSED JUNETEENTH</p> 
<p>19 10:30 EXERCISE W/ LISA 11:30 LUNCH 12:30 CABANICS W/ GERARDO</p> <p>TUNA SALAD</p>	<p>20 9:30 BINGO 11:30 LUNCH 12:30 EXERCISE W/ LISA</p> <p>CHICKEN FILLET WITH HONEY DIJON MUSTARD</p>	<p>21 9:00 ZUMBA GOLD W/ KATTIE 11:30 LUNCH 12:30 EXERCISE W/ LISA 1:30 BEGINNER'S BELLY DANCING W/ ELLY SWISS & TOMATO SANDWICH</p>	<p>22 10:00 TAI CHI WITH JAMES 11:30 LUNCH 12:30 LINE DANCING W/ COBY</p> <p>SLICED TURKEY & SWISS SANDWICH</p>	<p>23 9:30 YOGA W/ CAROL 11:30 LUNCH 12:30 LINE DANCING W/ JOHN</p> <p>HARD BOILED EGGS</p>
<p>26 10:30 EXERCISE W/ LISA 11:30 LUNCH 12:30 CABANICS W/ GERARDO</p> <p>HAM & PROVOLONE SANDWICH</p>	<p>27 9:30 BINGO 11:30 LUNCH 12:30 EXERCISE W/ LISA 1:30 LIVE MUSICAL ENTERTAINMENT BY DAVID STANCE</p> <p>CHEF SALAD</p>	<p>28 9:00 ZUMBA GOLD W/ KATTIE 11:30 LUNCH 12:30 EXERCISE W/ LISA 1:30 BEGINNER'S BELLY DANCING W/ ELLY</p> <p>TUNA SALAD</p>	<p>29 10:00 TAI CHI WITH JAMES 11:30 LUNCH 12:30 LINE DANCING W/ COBY</p> <p>GRILLED CHICKEN CAESAR SALAD</p>	<p>30 9:30 YOGA W/ CAROL 11:30 LUNCH 12:30 LINE DANCING W/ JOHN</p> <p>ROAST BEEF & TOMATO SANDWICH</p>