

BERGEN NEW JERSEY *County*

James J. Tedesco III
County Executive

and the

BOARD OF COUNTY COMMISSIONERS

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

January 2nd	New Year's Day Observed, Center Closed	All Day
January 5th	Blood Pressure Screening, Hackensack UMC Lisa Lopez	11:00AM
January 12th	Jewelry Making Class with Meena Trivedi	10:00AM
January 16th	Martin Luther King Jr. Day, Center Closed	All Day
January 30th	Computer and Phone Help with Meena Trivedi	9:30AM


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

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.



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>2 NEW YEAR'S DAY OBSERVED CENTER CLOSED</p> 	<p>3 8:30 PUZZLES/WORD SEARCH 9:30 BINGO 11:30 LUNCH 12:30 EXERCISE W/ LISA</p> <p>MEATLOAF W/ GRAVY</p>	<p>4 9:00 ZUMBA GOLD W/ KATTIE 10:30 SUN YOGA (DVD) 11:30 LUNCH 12:30 EXERCISE W/ LISA</p> <p>GARLIC LEMON BAKED FISH</p>	<p>5 8:30 SENIOR COLORING 11:30 LUNCH 12:30 LINE DANCING W/ COBY</p> <p>BBQ PULLED PORK</p>	<p>6 8:30 SENIOR COLORING 9:30 YOGA W/ CAROL 10:30 CABANICS W/ GERARDO 11:30 LUNCH 12:30 LINE DANCING W/ JOHN</p> <p>ROASTED CHICKEN LEG CACCIATORE</p>
<p>9 8:30 PUZZLES/WORD SEARCH 10:30 EXERCISE W/ LISA 11:30 LUNCH</p> <p>TUNA AND BOWTIE SALAD</p>	<p>10 8:30 PUZZLES/WORD SEARCH 9:30 BINGO 11:30 LUNCH 12:30 EXERCISE W/ LISA</p> <p>BALSAMIC CHICKEN BREAST</p>	<p>11 9:00 ZUMBA GOLD W/ KATTIE 10:30 SUN YOGA (DVD) 11:30 LUNCH 12:30 EXERCISE W/ LISA</p> <p>HAMBURGER</p>	<p>12 8:30 SENIOR COLORING 11:30 LUNCH 12:30 LINE DANCING W/ COBY</p> <p>SLICED TURKEY W/ GRAVY</p>	<p>13 8:30 SENIOR COLORING 9:30 YOGA W/ CAROL 10:30 CABANICS W/ GERARDO 11:30 LUNCH 12:30 LINE DANCING W/ JOHN</p> <p>ITALIAN MEATBALLS</p>
<p>16 CENTER CLOSED MARTIN LUTHER KING'S BIRTHDAY</p> 	<p>17 8:30 PUZZLES/WORD SEARCH 9:30 BINGO 11:30 LUNCH 12:30 EXERCISE W/ LISA</p> <p>PORK CHOP W/ CINNAMON APPLE GLAZE</p>	<p>18 9:00 ZUMBA GOLD W/ KATTIE 10:30 SUN YOGA (DVD) 11:30 LUNCH 12:30 EXERCISE W/ LISA</p> <p>ORANGE CHICKEN</p>	<p>19 8:30 SENIOR COLORING 11:30 LUNCH 12:30 LINE DANCING W/ COBY</p> <p>WHOLE WHEAT ROTINI W/ CRUMBLER TURKEY SAUSAGE PEPPER AND ONIONS</p>	<p>20 8:30 SENIOR COLORING 9:30 YOGA W/ CAROL 10:30 CABANICS W/ GERARDO 11:30 LUNCH 12:30 LINE DANCING W/ JOHN</p> <p>PEPPER STEAK</p>
<p>23 8:30 PUZZLES/WORD SEARCH 10:30 EXERCISE W/ LISA 11:30 LUNCH</p> <p>CHICKEN CHOW MEIN</p>	<p>24 8:30 PUZZLES/WORD SEARCH 9:30 BINGO 11:30 LUNCH 12:30 EXERCISE W/ LISA</p> <p>SALISBURY STEAK W/ GRAVY</p>	<p>25 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>26 8:30 SENIOR COLORING 11:30 LUNCH 12:30 LINE DANCING W/ COBY</p> <p>CHEESE & SPINACH LASAGNA</p>	<p>27 8:30 SENIOR COLORING 9:30 YOGA W/ CAROL 10:30 CABANICS W/ GERARDO 11:30 LUNCH 12:30 LINE DANCING W/ JOHN</p> <p>CHICKEN MARSALA</p>
<p>30 8:30 PUZZLES/WORD SEARCH 10:30 EXERCISE W/ LISA 11:30 LUNCH</p> <p>EGG SALAD W/ LETTUCE</p>	<p>31 8:30 PUZZLES/WORD SEARCH 9:30 BINGO 11:30 LUNCH 12:30 EXERCISE W/ LISA</p> <p>KOREAN BBQ CHICKEN LEG</p>	<p>SUGGESTED DONATION \$1.25 PER MEAL</p> <p>PLEASE CALL 24 HOURS IN ADVANCE TO RESERVE LUNCH BY 11:30AM</p>		<p>Pool tables and Computers are available for use!</p> 