

# BERGEN NEW JERSEY *County*

James J. Tedesco III  
County Executive

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DEPARTMENT OF HUMAN SERVICES  
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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

Adrianna Svorinic, Director  
480 Midland Avenue  
Garfield, NJ, 07026  
Phone: (973) 478-0502 • Fax (973)-253-0543

[GarfieldCenter@co.bergen.nj.us](mailto: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 February 2024

February 6th	Blood Pressure Screening Hackensack UMC, HARP	11:00AM
February 6th	Life's Essential "8" - Steps to Heart Health w/ Bergen County Health Services	12:00PM
February 7th	"Senior Safety" Presentation Bergen County Sheriff's Office, Community Outreach Unit, Officer Litty Thomas	11:45AM
February 9th	Garfield Senior Activity Center Valentine's Day Party, Please Sign Up in Office or call (973) 478-0502	11:00AM- 2:00PM
February 13th	"Heart Health" Presentation, ShopRite of Lodi, w/ Stephanie Sass, MS RD	12:00PM
February 20th	"Getting to Know You", Total Brain Health Workshop, w/ Agata Halat & Dorene McBride	11:45AM
February 21st & 28th	WISE Program 6 Week Class, The Center for Alcohol & Drug Resources, w/ Rosemary Marchetto Sign Up in Office or call (973) 478-0502	10:00AM- 12:00PM
February 29th	Artificial Intelligence (AI) Presentation, Councilman Pawel Maslag, City of Garfield	11:30AM

The 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.

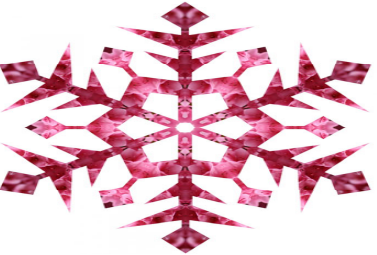








AMERICAN HEART MONTH FEATURING

BERGEN COUNTY  
HEALTH SERVICES:

LIFE'S ESSENTIAL EIGHT  
HEART HEALTH PRESENTATION

For the month of February, Bergen County Health Services will present at all ten county-operated centers.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>We have computers, iPad's and a pool room available for use</p> 		<p><b>1</b>  <b>9:00</b> Beginner's Line Dancing w/ Sasha  <b>10:00</b> Tai Chi w/ James  <b>11:30</b> Lunch  <b>12:30</b> Line Dancing w/ Philomena</p> <p>Chicken Piccata</p>	<p><b>2</b>  <b>9:30</b> Yoga w/ Carol  <b>10:30</b> Relaxing Balancing Tai Chi w/ Philomena  <b>11:30</b> Lunch  <b>12:30</b> Line Dancing w/ John</p> <p>Ham Steak</p>
<p><b>5</b>  <b>10:30</b> Exercise w/ Lisa  <b>11:30</b> Lunch  <b>12:30</b> Cabanics w/ Gerardo</p> <p>Homestyle Meatloaf w/ Gravy</p>	<p><b>6</b>  <b>9:30</b> Bingo  <b>11:00</b> <u>Blood Pressure Screening</u>  <b>11:30</b> Lunch  <b>12:00</b> Presentation: Heart Health  <b>12:30</b> Exercise w/ Lisa</p> <p>Turkey &amp; Swiss</p>	<p><b>7</b>  <b>9:00</b> Zumba w/ Kattie  <b>11:30</b> Lunch  <b>11:45</b> <u>Senior Safety Presentation</u>  <b>12:30</b> Exercise w/ Lisa  <b>1:30</b> Belly Dancing w/ Elly</p> <p>Korean BBQ Chicken Leg</p>	<p><b>8</b>  <b>9:00</b> Beginner's Line Dancing w/ Sasha  <b>10:00</b> Tai Chi w/ James  <b>11:30</b> Lunch  <b>12:30</b> Line Dancing w/ Philomena</p> <p>Pulled Pork</p>	<p><b>9</b>  <b>Valentine's Day Party!</b></p>  <p>Pepper Steak</p>
<p><b>12</b>  <b>10:30</b> Exercise w/ Lisa  <b>11:30</b> Lunch  <b>12:30</b> Cabanics w/ Gerardo</p> <p>Egg Salad on Pumpernickel</p>	<p><b>13</b>  <b>9:30</b> Bingo  <b>11:30</b> Lunch  <b>12:00</b> <u>Heart Health Presentation</u>  <b>12:30</b> Exercise w/ Lisa</p> <p>Chicken Marsala</p>	<p><b>14</b>  <b>9:00</b> Zumba w/ Kattie  <b>11:30</b> Lunch  <b>12:30</b> Exercise w/ Lisa  <b>1:30</b> Belly Dancing w/ Elly</p>  <p>Eggplant Rollatini</p>	<p><b>15</b>  <b>9:00</b> Beginner's Line Dancing w/ Sasha  <b>10:00</b> Tai Chi w/ James  <b>11:30</b> Lunch  <b>12:30</b> Line Dancing w/ Philomena</p> <p>Cheeseburger</p>	<p><b>16</b>  <b>9:30</b> Yoga w/ Carol  <b>10:30</b> Relaxing Balancing Tai Chi w/ Philomena  <b>11:30</b> Lunch  <b>12:30</b> Line Dancing w/ John</p> <p>Beer Battered Fish</p>
<p><b>19</b></p>  <p><b>CENTER CLOSED</b></p> <p><b>President's Day</b></p> 	<p><b>20</b>  <b>9:30</b> Bingo  <b>11:30</b> Lunch  <b>11:45</b> <u>Total Brain Health Workshop</u>  <b>12:30</b> Exercise w/ Lisa</p> <p>Roast Turkey Sandwich w/ Cheddar</p>	<p><b>21</b>  <b>9:00</b> Zumba w/ Kattie  <b>10:00</b> <u>WISE Program</u>  <b>11:30</b> Lunch  <b>12:30</b> Exercise w/ Lisa  <b>1:30</b> Belly Dancing w/ Elly</p> <p>Pork Loin w/ Gravy</p>	<p><b>22</b>  <b>9:00</b> Beginner's Line Dancing w/ Sasha  <b>10:00</b> Tai Chi w/ James  <b>11:30</b> Lunch  <b>12:30</b> Line Dancing w/ Philomena</p> <p>Sesame Chicken</p>	<p><b>23</b>  <b>9:30</b> Yoga w/ Carol  <b>10:30</b> Relaxing Balancing Tai Chi w/ Philomena  <b>11:30</b> Lunch  <b>12:30</b> Line Dancing w/ John</p> <p>Spinach Quiche</p>
<p><b>26</b>  <b>10:30</b> Exercise w/ Lisa  <b>11:30</b> Lunch  <b>12:30</b> Cabanics w/ Gerardo</p> <p>Stuffed Cabbage</p>	<p><b>27</b>  <b>9:30</b> Bingo  <b>11:30</b> Lunch  <b>12:30</b> Exercise w/ Lisa</p> <p>Tuna Salad on Whole Wheat</p>	<p><b>28</b>  <b>9:00</b> Zumba w/ Kattie  <b>10:00</b> <u>WISE Program</u>  <b>11:30</b> Lunch  <b>12:30</b> Exercise w/ Lisa  <b>1:30</b> Belly Dancing w/ Elly</p> <p>Chicken Florentine</p>	<p><b>29</b>  <b>9:00</b> Beginner's Line Dancing w/ Sasha  <b>10:00</b> Tai Chi w/ James  <b>11:30</b> Lunch  <b>11:30</b> <u>AI Presentation</u>  <b>12:30</b> Line Dancing w/ Philomena</p> <p>Cranberry Glazed Turkey Meatballs</p>	<p><b>Suggested Lunch Donation:</b>  <b>\$1.25 Per Meal</b></p> <p><b>Please reserve lunch by 11:30 AM the day before</b></p>