



James J. Tedesco III
County Executive

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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

Open: Monday - Friday, 8:00AM - 3:30PM



James J. Tedesco III, County Executive

GARFIELD SENIOR ACTIVITY CENTER
Bergen County Department of Human Services
Division of Senior Services/ADRC
January 2024

January 1st	Center Closed, New Year's Day	All Day
January 2nd	Blood Pressure Screening Hackensack UMC, HARP	11:00AM
January 2nd	"Know When Antibiotics Work" Presentation Hackensack UMC, Sharon Guerrero	11:50AM
January 10th	"Senior Safety" Presentation Bergen County Sheriff's Office, Community Outreach Unit, Officer Litty Thomas	11:45AM
January 15th	Center Closed Martin Luther King Jr. Day	All Day
January 17th	Jeopardy with Agata Halat and Dorene McBride	10:00AM
January 22nd	Jewelry Making Class	12:00PM
January 22nd	Memory Screening with the Act Now Foundation Cary Lopez, Reservations Required, Sign up in the office or call us at (973) 478-0502	10:00AM - 2:00PM

BERGEN COUNTY

WISHES YOU A







Happy and Healthy

NEW YEAR

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.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>1</div> <div>CENTER CLOSED</div> <div></div>	<div>2</div> <div>9:30 Bingo 11:00 <u>Blood Pressure Screening</u> 11:50 <u>Antibiotics Presentation</u> 12:30 Exercise w/ Lisa 1:30 Beginner's Line Dancing w/ Sasha</div> <div>Sweet Chicken Sausage</div>	<div>3</div> <div>9:00 Zumba w/ Kattie 11:30 Lunch 12:30 Exercise w/ Lisa</div> <div>Cheeseburger</div>	<div>4</div> <div>10:00 Tai Chi w/ James 11:30 Lunch 12:30 Line Dancing w/ Coby</div> <div>Korean BBQ Chicken Leg</div>	<div>5</div> <div>9:30 Yoga w/ Carol 10:30 Relaxing Balancing Tai Chi w/ Philomena 11:30 Lunch 12:30 Line Dancing w/ John</div> <div>Vegan Meatball Marsala</div>
<div>8</div> <div>10:30 Exercise w/ Lisa 11:30 Lunch 12:30 Cabanics w/ Gerardo</div> <div>Baked Chicken Cutlet w/ Lemon Sauce</div>	<div>9</div> <div>9:30 Bingo 11:30 Lunch 12:30 Exercise w/ Lisa 1:30 Beginner's Line Dancing w/ Sasha</div> <div>Pork Tenderloin w/ Gravy</div>	<div>10</div> <div>9:00 Zumba w/ Kattie 11:30 Lunch 11:45 <u>Senior Safety Presentation</u> 12:30 Exercise w/ Lisa 1:30 Belly Dancing w/ Elly</div> <div>Tuna Salad</div>	<div>11</div> <div>10:00 Tai Chi w/ James 11:30 Lunch 12:30 Line Dancing w/ Coby</div> <div>Stewed Beef Tips</div>	<div>12</div> <div>9:30 Yoga w/ Carol 10:30 Relaxing Balancing Tai Chi w/ Philomena 11:30 Lunch 12:30 Line Dancing w/ John</div> <div>Turkey Sloppy Joe</div>
<div>15</div> <div> CENTER CLOSED Martin Luther King Jr. Day </div>	<div>16</div> <div>9:30 Bingo 11:30 Lunch 12:30 Exercise w/ Lisa 1:30 Beginner's Line Dancing w/ Sasha</div> <div>Baked BBQ Chicken</div>	<div>17</div> <div>9:00 Zumba w/ Kattie 10:00 <u>Jeopardy Game</u> 11:30 Lunch 12:30 Exercise w/ Lisa 1:30 Belly Dancing w/ Elly</div> <div>Pulled Pork</div>	<div>18</div> <div>10:00 Tai Chi w/ James 11:30 Lunch 12:30 Line Dancing w/ Coby</div> <div>Turkey & Swiss Sandwich</div>	<div>19</div> <div>9:30 Yoga w/ Carol 10:30 Relaxing Balancing Tai Chi w/ Philomena 11:30 Lunch 12:30 Line Dancing w/ John</div> <div>Baked Ziti w/ Meatballs</div>
<div>22</div> <div>10:00 <u>Memory Screening</u> 10:30 Exercise w/ Lisa 11:30 Lunch 12:00 <u>Jewelry Making Class</u></div> <div>Baked Egg Casserole</div>	<div>23</div> <div>9:30 Bingo 11:30 Lunch 12:30 Exercise w/ Lisa 1:30 Beginner's Line Dancing w/ Sasha</div> <div>Homestyle Meatloaf</div>	<div>24</div> <div>9:00 Zumba w/ Kattie 11:30 Lunch 12:30 Exercise w/ Lisa 1:30 Belly Dancing w/ Elly</div> <div>Sesame Chicken</div>	<div>25</div> <div>10:00 Tai Chi w/ James 11:30 Lunch 12:30 Line Dancing w/ Coby</div> <div>Ham Steak</div>	<div>26</div> <div>9:30 Yoga w/ Carol 10:30 Relaxing Balancing Tai Chi w/ Philomena 11:30 Lunch 12:30 Line Dancing w/ John</div> <div>Baked Chicken Cutlet w/ Gravy</div>
<div>29</div> <div>10:30 Exercise w/ Lisa 11:30 Lunch 12:30 Cabanics w/ Gerardo</div> <div>Roast Turkey & Cheddar Sandwich</div>	<div>30</div> <div>9:30 Bingo 11:30 Lunch 12:30 Exercise w/ Lisa 1:30 Beginner's Line Dancing w/ Sasha</div> <div>Beer Battered Fish</div>	<div>31</div> <div>9:00 Zumba w/ Kattie 11:30 Lunch 12:30 Exercise w/ Lisa 1:30 Belly Dancing w/ Elly</div> <div>Eggplant Rollatini</div>	<div>We have computers, Ipad's and a pool room available for use</div> <div></div>	<div>Suggested Lunch Donation: \$1.25 Per Meal</div> <div>Please reserve lunch by 11:30 AM the day before</div>