

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

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

Garfieldcenter@bergencountynj.gov

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
March 2025

March 4:	Blood Pressure Screenings w/ Hackensack UMC, HARP	11:00AM
March 5:	Total Brain Health Class w/ Agata	10:00AM
March 5:	Calling All Singers... Join us for Karaoke!	10:45AM
March 5:	Presentation: Healthy Eating from Head to Toe w/ ShopRite of Wallington	12:00PM
March 12:	Color & Sip Mocktails to Celebrate National Coloring Day	10:30AM
March 13:	Sound Bath Therapy Class	9:15AM
March 17:	Happy St. Patrick's Day... Join us for Breakfast!	9:00AM
March 19:	Jeopardy w/ Tricia	10:30AM
March 19:	March Birthday Party	11:30AM
March 20:	Sound Bath Therapy Class	9:15AM
March 26:	Senior Planet Class: Ridesharing Phone Applications	10:00AM
March 26:	Diamond Art Spring Keychain Craft Registration Required (973) 478-0502	10:30AM

SPRING LUNCHEON

JOIN US FOR FOOD AND MUSIC ON
SUNDAY, APRIL 20, 2025
10:00AM - 2:00PM

Garfield Senior Activity Center
480 Midland Avenue
Garfield, New Jersey 07026

Kindly RSVP with your Senior Activity Center Director

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

3
 9:30 Beginner's Line Dancing w/ Sasha
 10:30 Exercise w/ Lisa
 12:30 Cabanics w/ Gerardo
 1:30 Walking Club

Roast Turkey w/ Gravy

4
 9:30 Bingo
11:00 Blood Pressure Screening
 12:30 Exercise w/ Lisa
 1:30 Walking Club

Stuffed Cabbage

5
 9:00 Zumba w/ Kattie
 10:00 Diamond Art
10:00 Total Brain Health Class
10:45 Karaoke
12:00 Presentation: Healthy Eating
 12:30 Exercise w/ Lisa


Spinach Quiche

6
 10:00 Tai Chi w/ James
 12:30 Line Dancing w/ Philomena

Korean BBQ Chicken Leg

7
 9:30 Yoga w/ Carol
 10:30 Relaxing Balancing Tai Chi
 12:30 Line Dancing w/ Cheryl

Breaded Fish Filet




10
 9:30 Beginner's Line Dancing w/ Sasha
 10:30 Exercise w/ Lisa
 12:30 Cabanics w/ Gerardo
 1:30 Walking Club

Salisbury Steak w/ Mushroom Gravy

11
 9:30 Bingo
 12:30 Exercise w/ Lisa
 1:30 Walking Club

Chef Salad



12
 9:00 Zumba w/ Kattie
 10:00 Diamond Art
10:30 Color & Sip Mocktails
 12:30 Exercise w/ Lisa

Chicken Florentine

13
9:00 Sound Bath Therapy
 10:00 Tai Chi w/ James
 12:30 Line Dancing w/ Philomena


Roast Turkey & Swiss

14
 9:30 Yoga w/ Carol
 10:30 Relaxing Balancing Tai Chi
 12:30 Line Dancing w/ Cheryl

Eggplant Parmesan

17
9:00 St. Patrick's Day Breakfast
 9:30 Beginner's Line Dancing w/ Sasha
 10:30 Exercise w/ Lisa
 1:30 Walking Club

Corned Beef



18
 9:30 Bingo
 12:30 Exercise w/ Lisa
 1:30 Walking Club

Pork Tenderloin w/ Gravy

19
 9:00 Zumba w/ Kattie
 10:00 Diamond Art
10:30 Jeopardy
11:30 March Birthday Party
 12:30 Exercise w/ Lisa

Chicken Parmesan

20
9:00 Sound Bath Therapy
 10:00 Tai Chi w/ James
 12:30 Line Dancing w/ Philomena

Fish Filet w/ Lemon Sauce

21
 9:30 Yoga w/ Carol
 10:30 Relaxing Balancing Tai Chi
 12:30 Line Dancing w/ Cheryl

Tuna Noodle Salad

24
 9:30 Beginner's Line Dancing w/ Sasha
 10:30 Exercise w/ Lisa
 12:30 Cabanics w/ Gerardo
 1:30 Walking Club

Homestyle Meatloaf w/ Gravy

25
 9:30 Bingo
 12:30 Exercise w/ Lisa
 1:30 Walking Club


Stuffed Shells

26
 9:00 Zumba w/ Kattie
 10:00 Diamond Art
10:00 Senior Planet Class
10:30 Diamond Art Spring Keychain
 12:30 Exercise w/ Lisa

Beef Stir Fry

27
 10:00 Tai Chi w/ James
 12:30 Line Dancing w/ Philomena

Herb Roasted Chicken Leg




28
 9:30 Yoga w/ Carol
 10:30 Relaxing Balancing Tai Chi
 12:30 Line Dancing w/ Cheryl

Egg Salad Platter

31
 9:30 Beginner's Line Dancing w/ Sasha
 10:30 Exercise w/ Lisa
 12:30 Cabanics w/ Gerardo
 1:30 Walking Club

Stuffed Peppers



HELLO Spring



HAPPY ST. PATRICK'S DAY



We have Computers, iPad's and a Pool Room available for use.



Suggested Lunch Donation: \$1.25 Per Meal
Please reserve lunch by 11:30 AM the day before
Lunch will Be Served at 11:30 Daily