

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

BERGEN NEW JERSEY *County*

James J. Tedesco III, County Executive

GARFIELD SENIOR ACTIVITY CENTER **Bergen County Department of Human Services** **Division of Senior Services/ADRC** **April 2025**

| | | |
|------------------|---|-----------------|
| April 1: | Blood Pressure Screenings w/ Hackensack UMC, HARP | 11:00AM |
| April 2: | Total Brain Health Class w/ Agata | 10:00AM |
| April 2: | Presentation: How to Assemble an Emergency Bag w/ Agata Halat, BC Senior Services | 11::00AM |
| April 3: | Sound Bath Therapy Class | 9:15AM |
| April 9: | Join us for Karaoke! | 10:30AM |
| April 16: | Memory Screenings w/ Act Now Foundation | 10:00AM |
| April 16: | Diamond Art Easter Magnets - Registration Required! | 10:00AM |
| April 16: | April Birthday Party | 11:30AM |
| April 17: | Sound Bath Therapy Class | 9:15AM |
| April 18: | Good Friday - Center Closed | All Day |
| April 23: | Presentation: How to Protect Yourself from Scams w/ Humana | 10:30AM |
| April 29 | Volunteer Appreciation | 11:30AM |
| April 30: | Jeopardy w/ Tricia | 10:00AM |
| April 30: | Connect & Color | 10:30AM |

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.

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








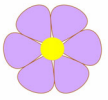


MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

| | | | | |
|--|--|---|--|--|
|  | <p>1 9:30 Bingo 11:00 Blood Pressure Screening 12:30 Exercise w/ Lisa 1:30 Walking Club</p> <p>Chicken Florentine</p> | <p>2 9:00 Zumba w/ Kattie 10:00 Diamond Art 10:00 Total Brain Health Class 11:00 Presentation: Emergency Bag 12:30 Exercise w/ Lisa</p> <p>Tuna Salad Platter</p> | <p>3 9:00 Sound Bath Therapy 10:00 Tai Chi w/ James 12:30 Line Dancing w/ Philomena</p> <p>Hungarian Goulash</p> | <p>4 9:30 Yoga w/ Carol 10:30 Relaxing Balancing Tai Chi 12:30 Line Dancing w/ Cheryl</p>  <p>Manicotti w/ Tomato Sauce</p> |
| <p>7 9:30 Beginner's Line Dancing w/ Sasha 10:30 Exercise w/ Lisa 12:30 Cabanics w/ Gerardo 1:30 Walking Club</p>  <p>Jamaican Jerk Chicken</p> | <p>8 9:30 Bingo 12:30 Exercise w/ Lisa 1:30 Walking Club</p> <p>Pork Loin w/ Gravy</p> | <p>9 9:00 Zumba w/ Kattie 10:00 Diamond Art 10:30 Karaoke 12:30 Exercise w/ Lisa</p>  <p>Oven Roasted Turkey Breast</p> | <p>10 10:00 Tai Chi w/ James 12:30 Line Dancing w/ Philomena</p> <p>Chicken Parmesan</p> | <p>11 9:30 Yoga w/ Carol 10:30 Relaxing Balancing Tai Chi 12:30 Line Dancing w/ Cheryl</p> <p>Seafood Salad Platter</p> |
| <p>14 9:30 Beginner's Line Dancing w/ Sasha 10:30 Exercise w/ Lisa 12:30 Cabanics w/ Gerardo 1:30 Walking Club</p> <p>Homestyle Meatloaf</p> | <p>15 9:30 Bingo 12:30 Exercise w/ Lisa 1:30 Walking Club</p>  <p>Roast Turkey w/ Swiss Cheese</p> | <p>16 9:00 Zumba w/ Kattie 10:00 Diamond Art 10:00 Memory Screenings 10:00 Diamond Art Easter Magnets 11:30 April Birthday Party 12:30 Exercise w/ Lisa</p> <p>Chicken Cordon Bleu</p> | <p>17 9:00 Sound Bath Therapy 10:00 Tai Chi w/ James 12:30 Line Dancing w/ Philomena</p> <p>Beef Stir Fry</p> | <p>18</p> <p>GOOD FRIDAY</p>  <p>Center Closed</p> |
| <p>21 9:30 Beginner's Line Dancing w/ Sasha 10:30 Exercise w/ Lisa 1:30 Walking Club</p> <p>Ham Steak w/ Pineapple</p> | <p>22 9:30 Bingo 12:30 Exercise w/ Lisa 1:30 Walking Club</p> <p>Cheese Omelet</p> | <p>23 9:00 Zumba w/ Kattie 10:00 Diamond Art 10:30 Presentation: Protection/Scams 12:30 Exercise w/ Lisa</p> <p>Meatballs w/ Marinara</p> | <p>24 10:00 Tai Chi w/ James 12:30 Line Dancing w/ Philomena</p>  <p>Chef Salad</p> | <p>25 9:30 Yoga w/ Carol 10:30 Relaxing Balancing Tai Chi 12:30 Line Dancing w/ Cheryl</p> <p>Korean BBQ Chicken Leg</p> |
| <p>28 9:30 Beginner's Line Dancing w/ Sasha 10:30 Exercise w/ Lisa 12:30 Cabanics w/ Gerardo 1:30 Walking Club</p>  <p>Chicken Piccata</p> | <p>29 9:30 Bingo 11:30 Volunteer Appreciation 12:30 Exercise w/ Lisa 1:30 Walking Club</p> <p>Pot Roast</p> | <p>30 9:00 Zumba w/ Kattie 10:00 Diamond Art 10:00 Jeopardy 10:30 Connect & Color 12:30 Exercise w/ Lisa</p>  <p>Egg Salad Platter</p> | <p>We have Computers, iPad's and a Pool Room available for use.</p>  | <p>Suggested Lunch Donation: \$1.25 Per Meal Please reserve lunch by 11:30 AM the day before</p> <p>Lunch will Be Served at 11:30 Daily</p> |