

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

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 Service Division of Senior Services/ADRC May 2024



May 6th	Total Brain Health Workshop: "That's So Distracting" w/ Agata Halat & Dorene McBride	12:00PM
May 7th	Blood Pressure Screening w/ Hackensack UMC, HARP	11:00AM-1:00PM
May 8th	Garfield Senior Activity Center Open House	9:00AM-2:00PM
May 8th	Arm Chair Aerobics Class w/ William Wright New Bridge Medical Center	10:00AM-10:30AM
May 8th	YWCA Northern New Jersey Exercise Program Demonstration w/ Christopher Carroll, Senior Wellness Coordinator	11:00AM-11:30AM
May 8th	Presentation: Reducing Your Sugar Intake w/ Stephanie Sass, ShopRite of Wallington	12:00PM-12:30PM
May 10th	Mother's Day Ice Cream Bar Please sign up in office	12:00PM-12:30PM
May 13th	Bergen County Farmers' Market Voucher Distribution, Please bring paperwork with you For more information call 973-478-0502	9:30AM-12:30PM
May 14th	Senior Planet Class: "How to Choose a New Computer" w/ Adrianna Svorinic	12:00PM
May 27th	Center Closed, Memorial Day	All Day
May 29th, 30th, and 31st	Garfield Senior Activity Center will be used as an early voting location. All activities including lunch will be held at Garfield Recreational Center next door.	All Day

Open House

Please join us at one of the 24 Senior Activity Centers or Nutrition Sites in Bergen County to celebrate Older Americans Month

For More Information Email: seniors@co.bergen.nj.us



Senior Festival

September 12, 2024
Rain Date: Tuesday September 17, 2023











10AM - 2PM
Van Saun County Park, Paramus

To RSVP Call 201-336-7417 or Email seniors@co.bergen.nj.us

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



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>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>	<p>We have computers, iPad's and a pool room available for use</p> 	<p>1 9:00 Zumba w/ Kattie 12:30 Exercise w/ Lisa 1:30 Belly Dancing w/ Elly</p>  <p>Roasted Turkey w/ Gravy</p>	<p>2 9:00 Beginner's Line Dancing w/ Sasha 10:00 Tai Chi w/ James 12:30 Line Dancing w/ Philomena</p> <p>Chef Salad</p>	<p>3 9:30 Yoga w/ Carol 10:30 Relaxing Balancing Tai Chi w/ Philomena 12:30 Line Dancing w/ John</p>  <p>Chicken Fajitas</p>
<p>6 10:30 Exercise w/ Lisa 12:00 <u>Total Brain Health Workshop</u> 12:30 Cabanics w/ Gerardo 1:30 Walking Club</p> <p>Stuffed Cabbage</p>	<p>7 9:30 Bingo 11:00 <u>Blood Pressure Screening</u> 12:30 Exercise w/ Lisa 1:30 Walking Club</p>  <p>Chicken Cordon Bleu</p>	<p>8 9:00 Zumba w/ Kattie 10:00 <u>Arm Chair Aerobics Class</u> 11:00 <u>YWCA Exercise Class Demo</u> 12:00 <u>Shop Rite Presentation</u> 12:30 Exercise w/ Lisa 1:30 Belly Dancing w/ Elly</p>  <p>Pepper Steak w/ Onion & Peppers</p>	<p>9 9:00 Beginner's Line Dancing w/ Sasha 10:00 Tai Chi w/ James 12:30 Line Dancing w/ Philomena</p> <p>Balsamic Chicken w/ Roasted Peppers</p>	<p>10 9:30 Yoga w/ Carol 10:30 Relaxing Balancing Tai Chi w/ Philomena 12:00 <u>Mother's Day Ice Cream Bar</u> 12:30 Line Dancing w/ John</p> <p>Eggplant Rollatini</p>
<p>13 9:30 <u>Bergen County Farmers' Market Voucher's</u> 10:30 Exercise w/ Lisa 12:30 Cabanics w/ Gerardo 1:30 Walking Club</p>  <p>Chicken Piccata</p>	<p>14 9:30 Bingo 12:00 <u>Senior Planet Lecture</u> 12:30 Exercise w/ Lisa 1:30 Walking Club</p> <p>Stuffed Peppers</p>	<p>15 9:00 Zumba w/ Kattie 12:30 Exercise w/ Lisa 1:30 Belly Dancing w/ Elly</p> <p>Korean BBQ Leg</p>	<p>16 9:00 Beginner's Line Dancing w/ Sasha 10:00 Tai Chi w/ James 12:30 Line Dancing w/ Philomena</p>  <p>Homestyle Meatloaf w/ Gravy</p>	<p>17 9:30 Yoga w/ Carol 10:30 Relaxing Balancing Tai Chi w/ Philomena 12:30 Line Dancing w/ John</p> <p>Chicken Parmesan</p>
<p>20 10:30 Exercise w/ Lisa 12:30 <u>Spring Craft</u> 1:30 Walking Club</p> <p>Pork Loin w/ Gravy</p>	<p>21 9:30 Bingo 12:30 Exercise w/ Lisa 1:30 Walking Club</p>  <p>Tuna Salad Platter on Romaine</p>	<p>22 9:00 Zumba w/ Kattie 12:30 Exercise w/ Lisa 1:30 Belly Dancing w/ Elly</p> <p>Baked Ziti & Meatballs</p>	<p>23 9:00 Beginner's Line Dancing w/ Sasha 10:00 Tai Chi w/ James 12:30 Line Dancing w/ Philomena</p> <p>Cheeseburger</p>	<p>24 9:30 Yoga w/ Carol 10:30 Relaxing Balancing Tai Chi w/ Philomena 12:30 Line Dancing w/ John</p> <p>Sliced Turkey w/ Swiss</p>
<p>27</p>  <p>CENTER CLOSED</p>	<p>28 9:30 Bingo 12:30 Exercise w/ Lisa 1:30 Walking Club</p> <p>Hawaiian Chicken</p>	<p>29 9:00 Zumba w/ Kattie 12:30 Exercise w/ Lisa 1:30 Belly Dancing w/ Elly</p>  <p>All activities including lunch will be held at Garfield Rec Center Egg Salad Platter on Spinach</p>	<p>30 9:00 Beginner's Line Dancing w/ Sasha 10:00 Tai Chi w/ James 12:30 Line Dancing w/ Philomena</p> <p>All activities including lunch will be held at Garfield Rec Center Ham & Swiss Sandwich</p>	<p>31 9:30 Yoga w/ Carol 10:30 Relaxing Balancing Tai Chi w/ Philomena 12:30 Line Dancing w/ John</p> <p>All activities including lunch will be held at Garfield Rec Center Tuna Sald w/ Tomato Sandwich</p>