

BERGEN NEW JERSEY County

James J. Tedesco III
County Executive

Board of Chosen Freeholders

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Tracy Silna Zur

DEPARTMENT OF HUMAN SERVICES/ADRC

Melissa DeBartolo, Esq.

Acting Department 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 on Disability Services
201-336-6500

**Bergen County
Board of Social Services**
201-368-4200

BERGEN NEW JERSEY County

GARFIELD SENIOR CENTER

Bergen County Department of Human Services
Division of Senior Services/ADRC
December 2019
SEASON'S GREETINGS

December 10 th	"Watching Out For Us" Presentation by Hackensack UMC Health Awareness Regional Program, Shehrieen Bakhtyar BS, CHES	11:00 AM
December 11 th	"Holiday Concert" by Abraham Lincoln School #6, Conducted by music teacher Rita Linkute-Apaza	9:30AM
December 12 th	TheraPhysical Presentation on "Fall Prevention", Magdalena Buczek, PT, DPT	11:30AM
December 17 th	December Birthday Celebration	12:45PM
December 18 th	Christopher Columbus School #8 Holiday Visit	11:30AM
December 20 th December 22 nd December 22 nd	Garfield Senior Activity Center Christmas Party Hanukkah Begins at Sundown First Day of Winter	11AM-3PM
December 25 th December 25 th	Christmas Day Observance - CENTER CLOSED Christmas Day Dinner at Garfield Senior Activity Center	10:00am-1:30pm
December 26 th	Kwanzaa Begins	

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.

GARFIELD SENIOR ACTIVITY CENTER

480 Midland Avenue
Garfield, NJ 07026
Phone: (973) 478-0502 • Fax (973) 253-0543
Open: Monday - Friday, 8:00AM - 3:30PM
GarfieldCenter@co.bergen.nj.us

480 Midland Avenue • Garfield, NJ 07026
Phone: (973) 478-0502 • Fax (973) 253-0543
GarfieldCenter@co.bergen.nj.us
Adrianna Svorinic, Center Director
Open Monday - Friday, 8:00AM - 3:30PM





Monday

Tuesday

Wednesday

Thursday

Friday

<p>2 8:45 EXERCISE CLASS 9 :30 BINGO 11:00-12:00 ZUMBA WITH RITA</p> <p>UNBREADED CHICKEN PICATTA</p>	<p>3 9:00 SEWING CIRCLE 9:30 BINGO 12:30 BEGINNERS BALLROOM DANCING 1:00-2:45 BALLROOM DANCING</p> <p>SALISBURY STEAK</p>	<p>4 8:45 EXERCISE CLASS 9:30 BINGO 1:00 ART CLASS 1:00 DANCING W/ DANNY</p> <p>LEMON PEPPER FISH</p>	<p>5 9:30 BINGO 10:00-11:30 BEGINNERS TAI CHI & INTRODUCTION TO SELF DEFENSE 1:00 COUNTRY LINE DANCE W/ COBY</p> <p>CHICKEN SALAD</p>	<p>6 8:45 EXERCISE CLASS 9:45 YOGA CLASS 1:00 LINE DANCE W/ JOHN</p> <p>VEGETABLE LASAGNA</p>
<p>9 8:45 EXERCISE CLASS 9 :30 BINGO 11:00-12:00 ZUMBA WITH RITA</p> <p>EARLY LUNCH 11:45AM</p> <p>BREADED FISH SANDWICH</p>	<p>10 9:00 SEWING CIRCLE 9:30-10:45AM BINGO 10:30 SUN YOGA 12:30 BEGINNERS BALLROOM DANCING 1:00-2:45 BALLROOM DANCING</p> <p>ROAST PORK W/ GRAVY</p>	<p>11 8:45 EXERCISE CLASS NO BINGO DUE TO CHRISTMAS CONCERT 1:00 ART CLASS 1:00 DANCING W/ DANNY</p> <p>EGGPLANT ROLLATINI</p>	<p>12 9:30 BINGO 10:00-11:30 BEGINNERS TAI CHI & INTRODUCTION TO SELF DEFENSE 1:00 COUNTRY LINE DANCE W/ COBY</p> <p>MEATLOAF</p>	<p>13 8:45 EXERCISE CLASS 9:45 YOGA CLASS 1:00 LINE DANCE W/ JOHN</p> <p>CHICKEN SCAMPI</p>
<p>16 8:45 EXERCISE CLASS 9 :30 BINGO 11:00-12:00 ZUMBA WITH RITA</p> <p>OPEN ROAST TURKEY SANDWICH</p>	<p>17 9:00 SEWING CIRCLE 9:30 BINGO 10:30 SUN YOGA 12:30 BEGINNERS BALLROOM DANCING 1:00-2:45 BALLROOM DANCING</p> <p>CHICKEN PARMESAN</p>	<p>18 8:45 EXERCISE CLASS 9:30 BINGO 1:00 ART CLASS 1:00 DANCING W/ DANNY</p> <p>HAMBURGER</p>	<p>19 9:30 BINGO 10:00—12:00 COMPUTER CLASS 10:00-11:30 BEGINNERS TAI CHI & INTRODUCTION TO SELF DEFENSE 1:00 COUNTRY LINE DANCE W/ COBY</p> <p>HAWAIIAN BONELESS PORK</p>	<p>20 CHRISTMAS PARTY!</p> 
<p>23 8:45 EXERCISE CLASS 9 :30 BINGO 11:00-12:00 ZUMBA WITH RITA</p> <p>SWEET & SOUR MEATBALLS</p>	<p>24 9:00 SEWING CIRCLE 9:30 BINGO 10:30 SUN YOGA 12:30 BEGINNERS BALLROOM DANCING 1:00-2:45 BALLROOM DANCING</p> <p>TUNA SALAD SANDWICH</p>	<p>25 CENTER CLOSED! CHRISTMAS DAY</p> 	<p>26 9:30 BINGO 10:00-11:30 BEGINNERS TAI CHI & INTRODUCTION TO SELF DEFENSE 1:00 COUNTRY LINE DANCE W/ COBY</p> <p>ROASTED CHICKEN QUARTER</p>	<p>27 8:45 EXERCISE CLASS 9:45 YOGA CLASS 1:00 LINE DANCE W/ JOHN</p> <p>BONELESS BBQ BEEF RIB</p>
<p>30 8:45 EXERCISE CLASS 9:30 BINGO 11:00-12:00 ZUMBA WITH RITA</p> <p>PORK CHOP WITH GRAVY</p>	<p>31 9:00 SEWING CIRCLE 9:30 BINGO 10:30 SUN YOGA 12:30 BEGINNERS BALLROOM DANCING 1:00-2:45 BALLROOM DANCING</p> <p>CHEESE OMELET</p>	<p>HAPPY HOLIDAYS FROM THE GARFIELD SENIOR CENTER STAFF! ***** ADRIANNA, LUCYNA, TAMIKO, KIM, AND TONY!</p>	<p>SUGGESTED DONATION FOR LUNCH IS \$1.25</p> <p>PLEASE CALL 24 HOURS IN ADVANCE TO RESERVE LUNCH</p> <p>PLEASE CALL BEFORE 12:15pm MENU IS SUBJECT TO CHANGE WITHOUT NOTICE</p>	