



James J. Tedesco III
County Executive

Board of Chosen Freeholders

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Chairwoman
Mary J. Amoroso
Vice Chairwoman
Joan M. Voss
Chair Pro Tempore

David L. Ganz
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DEPARTMENT OF HUMAN SERVICES/ADRC

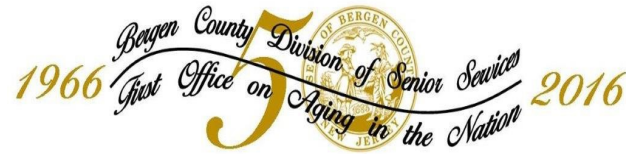
Michael V. Bellucci

Acting 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



James J. Tedesco III, County Executive

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

MAY 2019
OLDER AMERICANS MONTH

| | | |
|--------------------------------|---|-----------------|
| May 1st , May 15th, & May 23rd | Blood Pressure screenings done by Sr. Anne Moroney S.C., Pastoral Care, St. Mary's General Hospital | 10AM-11:30AM |
| May 2nd | Public Hearing 9AM County Administration Building, One Bergen County Plaza 5th Floor, Hackensack NJ | |
| May 2nd | "Eating Healthy For Older Adults" Presentation, Mary Ann Broadwell, Bergen County Nutrition Program Monitor | 11:30AM-12:00PM |
| May 8th | Bergen County Board of Social Services, Food Stamps Outreach Program | 9AM-12PM |
| May 9th | Garfield Senior Activity Center Mother's Day Party | ALL DAY |
| May 12th | Mother's Day | |
| May 22nd | May Birthday Celebration | 12:45PM |
| May 23rd | Garfield Senior Activity Center Open House | ALL DAY |
| May 27th | Memorial Day Observance, CENTER CLOSED | ALL DAY |
| May 30th | "Managing Arthritis" Presentation, New Bridge Medical Center, Dr. Pieusha Malhotra | 11:15AM |

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>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> |  | <p>1 8:45 EXERCISE CLASS 9:30 BINGO 10:00-12:00 COMPUTER CLASS 1:00 ART CLASS 1:00 DANCING W/ DANNY</p> <p>BAKED FISH</p> | <p>2 9:30 BINGO 10:00-11:30 BEGINNERS TAI CHI & INTRODUCTION TO SELF DEFENSE 1:00 COUNTRY LINE DANCE W/ COBY</p> <p>PORK CHOP WITH GRAVY</p> | <p>3 8:45 EXERCISE CLASS 9:45 YOGA CLASS 1:00 LINE DANCE W/ JOHN</p> <p>TURKEY & BEAN CHILI</p> |
| <p>6 8:45 EXERCISE CLASS 9:30-10:45AM BINGO 11:00-12:00 ZUMBA WITH RITA</p> <p>FISH & CHIPS</p> | <p>7 9:00 SEWING CIRCLE 9:30 BINGO 10:30-11:30 SUN YOGA CLASS 12:30 BEGINNERS BALLROOM DANCING 1:00-2:45 BALLROOM DANCING</p> <p>ZITI AND ITALIAN MEATBALLS</p> | <p>8 8:45 EXERCISE CLASS 9:30 BINGO 10:00-12:00 COMPUTER CLASS 1:00 ART CLASS 1:00 DANCING W/ DANNY</p> <p>CHICKEN SALAD</p> | <p>9 9:30 BINGO 10:00-11:30 BEGINNERS TAI CHI & INTRODUCTION TO SELF DEFENSE 1:00 COUNTRY LINE DANCE W/ COBY</p> <p>MOTHER'S DAY PARTY!</p> <p>ROAST TURKEY WITH GRAVY</p> | <p>10 8:45 EXERCISE CLASS 9:45 YOGA CLASS 1:00 LINE DANCE W/ JOHN</p> <p>CHICKEN FAJITAS</p> |
| <p>13 8:45 EXERCISE CLASS 9:30-10:45 BINGO 11:00-12:00 ZUMBA WITH RITA</p> <p>*EARLY LUNCH SERVED AT 11:50AM*</p> <p>OMELET & BREAKFAST SAUSAGE</p> | <p>14 9:00 SEWING CIRCLE 9:30 BINGO 10:30-11:30 SUN YOGA CLASS 12:30 BEGINNERS BALLROOM DANCING 1:00-2:45 BALLROOM DANCING</p> <p>CHICKEN CUTLET MILANESE</p> | <p>15 8:45 EXERCISE CLASS 9:30 BINGO 10:00-12:00 COMPUTER CLASS 1:00 ART CLASS 1:00 DANCING W/ DANNY</p> <p>SALISBURY STEAK W/GRAVY</p> | <p>16 9:30 BINGO 10:00-11:30 BEGINNERS TAI CHI & INTRODUCTION TO SELF DEFENSE 1:00 COUNTRY LINE DANCE W/ COBY</p> <p>VEGATABLE LASAGNA BECHAMEL</p> | <p>17 8:45 EXERCISE CLASS 9:45 YOGA CLASS 1:00 LINE DANCE W/ JOHN</p> <p>COCONUT CRUSTED HADDOCK FISH</p> |
| <p>20 8:45 EXERCISE CLASS 9:30-10:45AM BINGO 11:00-12:00 ZUMBA WITH RITA</p> <p>BONELESS CHICKEN SCAMPI</p> | <p>21 9:00 SEWING CIRCLE 9:30 BINGO 10:30-11:30 SUN YOGA CLASS 12:30 BEGINNERS BALLROOM DANCING 1:00-2:45 BALLROOM DANCING</p> <p>HOT OPEN ROAST BEEF SANDWICH</p> | <p>22 8:45 EXERCISE CLASS 9:30 BINGO 10:00-12:00 COMPUTER CLASS 1:00 DANCING W/ DANNY 1:00 ART CLASS</p> <p>ZITI WITH PORK SAUSAGE</p> | <p>23 9:30 BINGO ***8:45 EXERCISE CLASS*** 10:00-11:30 BEGINNERS TAI CHI & INTRODUCTION TO SELF DEFENSE 1:00 COUNTRY LINE DANCE W/ COBY</p> <p>OPEN HOUSE!</p> <p>CHICKEN & BROCCOLI</p> | <p>24 NO EXERCISE CLASS! 9:45 YOGA CLASS 1:00 LINE DANCE W/ JOHN</p> <p>HAMBURGER</p> |
| <p>27 CENTER CLOSED MEMORIAL DAY</p>  | <p>28 9:00 SEWING CIRCLE 9:30 BINGO 10:30-11:30 SUN YOGA CLASS 12:30 BEGINNERS BALLROOM DANCING 1:00-2:45 BALLROOM DANCING</p> <p>PARMESAN CRUSTED FISH</p> | <p>29 8:45 EXERCISE CLASS 9:30 BINGO 10:00-12:00 COMPUTER CLASS 1:00 DANCING W/ DANNY 1:00 ART CLASS</p> <p>ROAST TURKEY WRAP</p> | <p>30 9:30 BINGO 10:00-11:30 BEGINNERS TAI CHI & INTRODUCTION TO SELF DEFENSE 1:00 COUNTRY LINE DANCE W/ COBY</p> <p>EGGPLANT ROLLATINI</p> | <p>31 8:45 EXERCISE CLASS 9:45 YOGA CLASS 1:00 LINE DANCE W/ JOHN</p> <p>HAWAIIAN BONELESS CHICKEN</p> |