



James J. Tedesco III  
County Executive

Board of Chosen Freeholders

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Joan M. Voss  
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DEPARTMENT OF HUMAN SERVICES/ADRC

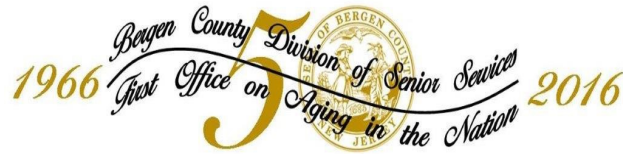
Melissa DeBartolo, Esq.

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



James J. Tedesco III, County Executive

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

JULY 2019  
NATIONAL ICE CREAM MONTH

July 3rd & July 17th	Blood Pressure screenings done by Sr. Anne Moroney S.C., Pastoral Care, St. Mary's General Hospital	10AM-11:30AM
July 4th	Independence Day, CENTER CLOSED	ALL DAY
July 10th	Bergen County Board of Social Services, Food Stamps Outreach Program	9-12PM
July 15th	July Birthday Celebration	12:45PM
July 18th	"Sun Safety" Presentation, Hackensack Meridian Health, Health Awareness Regional Program, Sharon Guerrero, BS, CHES	11:30AM
July 25th	"Positive Thinking: When Life Gives Us Lemons," Humana, Ann Marie Banout	11:15-12PM

**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

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Adrianna Svorinic, Center Director

Open Monday - Friday, 8:00AM - 3:30PM



**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

<p><b>1</b> 8:45 EXERCISE CLASS 9:30-10:45AM BINGO 11:00-12:00 ZUMBA WITH RITA</p> <p><b>ROAST TURKEY W/ GRAVY</b></p>	<p><b>2</b> 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><b>FISH &amp; CHIPS</b></p>	<p><b>3</b> 8:45 EXERCISE CLASS 9:30 BINGO NO COMPUTER CLASS 1:00 ART CLASS 1:00 DANCING W/ DANNY</p> <p><b>HOT DOG W/ SAUERKRAUT</b></p>	<p><b>4</b></p> <p><b>CENTER CLOSED</b></p> <p><b>INDEPENDENCE DAY</b></p>	<p><b>5</b> 8:45 EXERCISE CLASS 10:30 YOGA CLASS 1:00 LINE DANCE W/ JOHN</p> <p><b>CHICKEN CORDON BLEU</b></p>
<p><b>8</b> 8:45 EXERCISE CLASS 9:30-10:45AM BINGO 11:00-12:00 ZUMBA WITH RITA</p> <p><b>EGGPLANT ROLLATINI</b></p>	<p><b>9</b> 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><b>HAWAIIAN CHICKEN</b></p>	<p><b>10</b> 8:45 EXERCISE CLASS 9:30 BINGO 10:00-12:00 COMPUTER CLASS 1:00 ART CLASS 1:00 DANCING W/ DANNY</p> <p><b>COCONUT CRUSTED HADDOCK</b></p>	<p><b>11</b> 9:30 BINGO 10:00-11:30 BEGINNERS TAI CHI &amp; INTRODUCTION TO SELF DEFENSE 1:00 COUNTRY LINE DANCE W/ COBY</p> <p><b>MEATLOAF W/ GRAVY</b></p>	<p><b>12</b> 8:45 EXERCISE CLASS 10:30 YOGA CLASS 1:00 LINE DANCE W/ JOHN</p> <p><b>BAKED PENNE W/ RICOTTA</b></p>
<p><b>15</b> 8:45 EXERCISE CLASS 9:30-10:45 BINGO 11:00-11:50 ZUMBA WITH RITA</p> <p><b>CHICKEN PICCATA UNBREADED</b></p>	<p><b>16</b> 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><b>RIGATONI TURKEY BOLOGNESE</b></p>	<p><b>17</b> 8:45 EXERCISE CLASS 9:30 BINGO NO COMPUTER CLASS 1:00 ART CLASS 1:00 DANCING W/ DANNY</p> <p><b>BBQ BEEF RIB</b></p>	<p><b>18</b> 9:30 BINGO 10:00-11:30 BEGINNERS TAI CHI &amp; INTRODUCTION TO SELF DEFENSE 1:00 COUNTRY LINE DANCE W/ COBY</p> <p><b>BREADED FLOUNDER FILET</b></p>	<p><b>19</b> 8:45 EXERCISE CLASS 10:30 YOGA CLASS 1:00 LINE DANCE W/ JOHN</p> <p><b>MEATBALLS WITH MUSHROOM GRAVY</b></p>
<p><b>22</b> 8:45 EXERCISE CLASS 9:30-10:45AM BINGO 11:00-12:00 ZUMBA WITH RITA</p> <p><b>MEAT LASAGNA</b></p>	<p><b>23</b> 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><b>PORK CHOP WITH GRAVY</b></p>	<p><b>24</b> 8:45 EXERCISE CLASS 9:30 BINGO 10:00-12:00 COMPUTER CLASS 1:00 DANCING W/ DANNY 1:00 ART CLASS</p> <p><b>CHICKEN SALAD</b></p>	<p><b>25</b> 9:30 BINGO 10:00-11:30 BEGINNERS TAI CHI &amp; INTRODUCTION TO SELF DEFENSE 1:00 COUNTRY LINE DANCE W/ COBY</p> <p><b>TURKEY BURGER</b></p>	<p><b>26</b> 8:45 EXERCISE CLASS 10:30 YOGA CLASS 1:00 LINE DANCE W/ JOHN</p> <p><b>TORTILLA CRUSTED FISH</b></p>
<p><b>29</b> 8:45 EXERCISE CLASS 9:30-10:45AM BINGO 11:00-12:00 ZUMBA WITH RITA</p> <p><b>OPEN ROAST BEEF SANDIWCH</b></p>	<p><b>30</b> 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><b>TUNA SALAD SANDWICH</b></p>	<p><b>31</b> 8:45 EXERCISE CLASS 9:30 BINGO NO COMPUTER CLASS 1:00 DANCING W/ DANNY 1:00 ART CLASS</p> <p><b>PENNE W/ ITALIAN MEATBALLS</b></p>	<p><i>SUGGESTED DONATION FOR LUNCH IS \$1.25</i></p> <p><b>PLEASE CALL 24 HOURS IN ADVANCE TO RESERVE LUNCH</b></p> <p><b>PLEASE CALL BEFORE 12:15PM MENU IS SUBJECT TO CHANGE WITHOUT NOTICE</b></p>	