

BERGEN NEW JERSEY County

James J. Tedesco III
County Executive

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DEPARTMENT OF HUMAN SERVICES

Melissa DeBartolo, Esq.
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

BERGEN NEW JERSEY County

GARFIELD SENIOR CENTER

Bergen County Department of Human Services
Division of Senior Services/ADRC
March 2020

NATIONAL NUTRITION MONTH

March 2nd	March Birthday Celebration	12:45PM
March 3rd	Senior Mingle Spring Visit from Garfield School #8	11:30-1PM
March 5th	Ez-Ride, Ryde 4 Life Program Presentation, Presented by Jillian Duke	11:30AM
March 6th	Bergen County Zoo visit and presentation	11AM
March 8th	Daylight Saving Time Begins	
March 11th	Bergen County Board of Social Services Outreach Program, Food Stamp Applications	9AM-12PM
March 17th	St. Patrick's Day	
March 20th	First Day of Spring	
March 30th	Washington Irving School #8 Spring Concert at Garfield Senior Activity Center	10AM

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's 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.

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>CHICKEN FLORENTINE</p>	<p>3 9:00 SEWING CIRCLE 9:30 BINGO 10:30 SUN YOGA NO BALLROOM DANCING</p> <p>EGGPLANT ROLLATINI</p>	<p>4 8:45 EXERCISE CLASS 9:30 BINGO 1:00 ART CLASS 1:00 DANCING W/ DANNY</p> <p>CHICKEN SALAD SANDWICH</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>HOMESTYLE MEATLOAF</p>	<p>6 8:45 EXERCISE CLASS 9:45 YOGA CLASS 1:00 LINE DANCE W/ JOHN</p> <p>CHILLED TUNA & BOWTIE SALAD</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>BONELESS BBQ BEEF SANDWICH</p>	<p>10 9:00 SEWING CIRCLE 9:30 BINGO 10:30 SUN YOGA NO BALLROOM DANCING</p> <p>UNBREADED CHICKEN PICATTA</p>	<p>11 8:45 EXERCISE CLASS 9:30 BINGO 1:00 ART CLASS 1:00 DANCING W/ DANNY</p> <p>HAMBURGER</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>GREEK-STYLE ROASTED CHICKEN QUARTER</p>	<p>13 8:45 EXERCISE CLASS 9:45 YOGA CLASS 1:00 LINE DANCE W/ JOHN</p> <p>POTATO CRUSTED FISH</p>
<p>16 8:45 EXERCISE CLASS 9 30 BINGO 11:00-12:00 ZUMBA WITH RITA</p> <p>ROAST BEEF & GRAVY</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>CORNERED BEEF</p>	<p>18 8:45 EXERCISE CLASS 9:30 BINGO 1:00 ART CLASS 1:00 DANCING W/ DANNY</p> <p>IRISH BANGERS & MASH</p>	<p>19 9:30 BINGO 10:00-11:30 BEGINNERS TAI CHI & INTRODUCTION TO SELF DEFENSE 1:00 COUNTRY LINE DANCE W/ COBY</p> <p>OPEN ROAST TUKEY</p>	<p>20 8:45 EXERCISE CLASS 9:45 YOGA CLASS 1:00 LINE DANCE W/ JOHN</p> <p>VEGGIE BURGER</p>
<p>23 8:45 EXERCISE CLASS 9 30 BINGO 11:00-12:00 ZUMBA WITH RITA</p> <p>KOREAN BBQ CHICKEN</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>SALISBURY STEAK WITH GRAVY</p>	<p>25 8:45 EXERCISE CLASS 9:30 BINGO 1:00 ART CLASS 1:00 DANCING W/ DANNY</p> <p>BALSAMIC BREADED CHICKEN</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>PORK CHOP WITH GRAVY</p>	<p>27 8:45 EXERCISE CLASS 9:45 YOGA CLASS 1:00 LINE DANCE W/ JOHN</p> <p>BAKED PENNE WITH RICOTTA</p>
<p>30 8:45 EXERCISE CLASS 9:30 BINGO 11:00-12:00 ZUMBA WITH RITA</p> <p>PHILLY SHAVED BEEF & CHEESE SANDWICH</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>CHICKEN TERIYAKI</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>	