

BERGEN NEW JERSEY *County*

James J. Tedesco III
County Executive

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DIVISION OF SENIOR SERVICES

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Director



On behalf of the County of Bergen, we thank you for your patience during the Covid-19 pandemic. At this time, the County has lifted most restrictions related to Covid, but will continue to require health screenings upon entrance to the centers. Masks are now optional throughout the centers. Masks are still required on the bus for those who are unvaccinated although preferable for all to wear one when on the bus. Meals will return to congregate setting, and there will no longer be a Grab & Go option. We look forward to seeing you again as we resume all regular activities. If you have any questions, kindly contact your center directly at (973) 478-0502.

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

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

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**GARFIELD SENIOR ACTIVITY CENTER
Bergen County Department of Human Services
Division of Senior Services/ADRC
MAY 2022
OLDER AMERICANS MONTH**

May 8th	Mother's Day	
May 12th	Bergen County Board of Social Services, Food Stamp Outreach	9AM-12PM
May 30th	Center Closed, Memorial Day	ALL DAY

The Garfield 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 over.



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.

MAY 2022

GARFIELD SENIOR ACTIVITY CENTER



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>2 10:30-11:30 YWCA EXERCISE CLASS WITH LISA 11:30 LUNCH 12:30 CABANICS W/ GERARDO</p> <p>CHICKEN SALAD ON LETTUCE</p>	<p>3 9:30 BINGO 11:30 LUNCH 12:30 CHAIR EXERCISE WITH LISA</p> <p>ITALIAN MEATBALLS</p>	<p>4 10:30-11:15 SUN YOGA VIDEO 11:30 LUNCH 12:30 EXERCISE WITH LISA</p> <p>LEMON-PEPPER BAKED FISH</p>	<p>5 8:30-11:30 SENIOR COLORING 10-11:30 TAI CHI WITH JAMES 11:30 LUNCH 1:00-2:30 LINE DANCING WITH COBY</p> <p>GARLIC ROASTED PORK W/GRAVY</p>	<p>6 8:30-11:30 SENIOR COLORING 9:30-10:30 YOGA WITH CAROL 11:30 LUNCH 1:00-2:30 LINE DANCING WITH JOHN</p> <p>UNBREADED CHICKEN PICCATA</p>
<p>9 10:30-11:30 YWCA EXERCISE CLASS WITH LISA 11:30 LUNCH 12:30 CABANICS W/ GERARDO</p> <p>CHEESE OMELET</p>	<p>10 9:30 BINGO 11:30 LUNCH 12:30 CHAIR EXERCISE WITH LISA</p> <p>KOREAN BBQ CHICKEN LEG</p>	<p>11 10:30-11:15 SUN YOGA VIDEO 11:30 LUNCH 12:30 EXERCISE WITH LISA</p> <p>VEGGIE BURGER</p>	<p>12 8:30-11:30 SENIOR COLORING 10-11:30 TAI CHI WITH JAMES 11:30 LUNCH 1:00-2:30 LINE DANCING WITH COBY</p> <p>CHICKEN FLORENTINE</p>	<p>13 8:30-11:30 SENIOR COLORING 9:30-10:30 YOGA WITH CAROL 11:30 LUNCH 1:00-2:30 LINE DANCING WITH JOHN</p> <p>POTATO CRUSTED BAKED FISH</p>
<p>16 10:30-11:30 YWCA EXERCISE CLASS WITH LISA 11:30 LUNCH 12:30 NO CABANICS W/ GERARDO</p> <p>TUNA SALAD</p>	<p>17 9:30 BINGO 11:30 LUNCH 12:30 CHAIR EXERCISE WITH LISA</p> <p>HEARTY MEAT LASAGNA</p>	<p>18 10:30-11:15 SUN YOGA VIDEO 11:30 LUNCH 12:30 EXERCISE WITH LISA</p> <p>HAWAIIAN CHICKEN BREAST</p>	<p>19 8:30-11:30 SENIOR COLORING 10-11:30 TAI CHI WITH JAMES 11:30 LUNCH 1:00-2:30 LINE DANCING WITH COBY</p> <p>SALISBURY STEAK WITH GRAVY</p>	<p>20 8:30-11:30 SENIOR COLORING 9:30-10:30 YOGA WITH CAROL 11:30 LUNCH 1:00-2:30 LINE DANCING WITH JOHN</p> <p>ROASTED TURKEY WITH GRAVY</p>
<p>23 10:30-11:30 YWCA EXERCISE CLASS WITH LISA 11:30 LUNCH 12:30 CABANICS W/ GERARDO</p> <p>BONELESS CHICKEN SCAMPI</p>	<p>24 9:30 BINGO 11:30 LUNCH 12:30 CHAIR EXERCISE WITH LISA</p> <p>PORK CHOP WITH GRAVY</p>	<p>25 10:30-11:15 SUN YOGA VIDEO 11:30 LUNCH 12:30 EXERCISE WITH LISA</p> <p>PEPPER STEAK</p>	<p>26 8:30-11:30 SENIOR COLORING 10-11:30 TAI CHI WITH JAMES 11:30 LUNCH 1:00-2:30 LINE DANCING WITH COBY</p> <p>SWEDISH MEATBALLS</p>	<p>27 8:30-11:30 SENIOR COLORING 9:30-10:30 YOGA WITH CAROL 11:30 LUNCH 1:00-2:30 LINE DANCING WITH JOHN</p> <p>CHICKEN PENNE WITH PINK SAUCE</p>
<p>30</p> <p>MEMORIAL DAY CENTER CLOSED</p> 	<p>31 9:30 BINGO 11:30 LUNCH 12:30 CHAIR EXERCISE WITH LISA</p> <p>HAMBURGER</p>		<p>SUGGESTED DONATION FOR LUNCH IS \$1.25</p> <p>PLEASE CALL 24 HOURS IN ADVANCE TO RESERVE LUNCH BY 11:30AM</p>	<p>PLEASE CALL BEFORE 11:30PM</p> <p>MENU IS SUBJECT TO CHANGE</p>