

BERGEN NEW JERSEY *County*

James J. Tedesco III
County Executive

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DIVISION OF SENIOR SERVICES
Lorraine Joewono
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
OCTOBER 2022

October 4th	Blood Pressure Screening, Hackensack UMC, Lisa Lopez	11:00AM
October 13th	Bergen County Board of Social Services, Food Stamp Outreach	9:00AM—12:00PM
October 18th	Bergen New Bridge Medical Center, “Managing Sciatica” William Wright	11:45AM
October 28th	Halloween Costume Party, Garfield Senior Center	12:00PM-3:00PM

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.

OCTOBER 2022



GARFIELD SENIOR ACTIVITY CENTER



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>3 8:00 COFFEE & NEWS 8:30 PUZZLES/WORD SEARCH 10:30 EXERCISE W/ LISA 11:30 LUNCH 12:30 CABANICS W/ GERARDO BONELESS CHICKEN BREAST W/ LEMON SAUCE</p>	<p>4 NATIONAL TACO DAY 8:00 COFFEE & NEWS 8:30 PUZZLES/WORD SEARCH 9:30 BINGO 11:30 LUNCH 12:30 EXERCISE W/ LISA BEEF TACOS</p>	<p>5 8:00 COFFEE & NEWS 9:00 ZUMBA GOLD W/ KATTIE 10:30 SUN YOGA (DVD) 11:30 LUNCH 12:30 EXERCISE W/ LISA TURKEY BURGER W/ TOMATO & LETTUCE</p>	<p>6 8:00 COFFEE & NEWS 8:30 SENIOR COLORING 10:00 TAI CHI W/ JAMES 11:30 LUNCH 12:30 LINE DANCING W/ COBY POTATO CRUSTED FISH</p>	<p>7 8:00 COFFEE & NEWS 8:30 SENIOR COLORING 9:30 YOGA W/ CAROL 11:30 LUNCH 12:30 LINE DANCING W/ JOHN BRATWURST W/ SAUERKRAUT & SAUTEED ONIONS</p>
	<p>11 8:00 COFFEE & NEWS 8:30 PUZZLES/WORD SEARCH 9:30 BINGO 11:30 LUNCH 12:30 EXERCISE W/ LISA SKINLESS EGGPLANT ROLLATINI</p>	<p>12 8:00 COFFEE & NEWS 9:00 ZUMBA GOLD W/ KATTIE 10:30 SUN YOGA (DVD) 11:30 LUNCH 12:30 EXERCISE W/ LISA BAKED FISH W/ DILL SAUCE</p>	<p>13 8:00 COFFEE & NEWS 8:30 SENIOR COLORING 10:00 TAI CHI W/ JAMES 11:30 LUNCH 12:30 LINE DANCING W/ COBY HERB ROASTED CHICKEN LEG QUARTER</p>	<p>14 8:00 COFFEE & NEWS 8:30 SENIOR COLORING 9:30 YOGA W/ CAROL 11:30 LUNCH 12:30 LINE DANCING W/ JOHN SWEDISH MEATBALLS W/ GRAVY</p>
<p>17 8:00 COFFEE & NEWS 8:30 PUZZLES/WORD SEARCH 10:30 EXERCISE W/ LISA 11:30 LUNCH 12:30 CABANICS W/ GERARDO EGG SALAD ON ROMAINE LETTUCE</p>	<p>18 8:00 COFFEE & NEWS 8:30 PUZZLES/WORD SEARCH 9:30 BINGO 11:30 LUNCH 12:30 EXERCISE W/ LISA SHEPHERD'S PIE (3 OZ BEEF, 1/2 CUP MASHED POTATOES, 1/2 CUP MIXED VEGETABLES)</p>	<p>19 8:00 COFFEE & NEWS 9:00 ZUMBA GOLD W/ KATTIE 10:30 SUN YOGA (DVD) 11:30 LUNCH 12:30 EXERCISE W/ LISA CHICKEN CUTLET PARMESAN</p>	<p>20 8:00 COFFEE & NEWS 8:30 SENIOR COLORING 10:00 TAI CHI W/ JAMES 11:30 LUNCH 12:30 LINE DANCING W/ COBY SLICED TURKEY BREAST W/ GRAVY & CRANBERRY SAUCE</p>	<p>21 8:00 COFFEE & NEWS 8:30 SENIOR COLORING 9:30 YOGA W/ CAROL 11:30 LUNCH 12:30 LINE DANCING W/ JOHN PORK TENDERLOIN W/ GRAVY</p>
<p>24 8:00 COFFEE & NEWS 8:30 PUZZLES/WORD SEARCH 10:30 EXERCISE W/ LISA 11:30 LUNCH 12:30 CABANICS W/ GERARDO HOMESTYLE MEATLOAF W/ GRAVY</p>	<p>25 8:00 COFFEE & NEWS 8:30 PUZZLES/WORD SEARCH 9:30 BINGO 11:30 LUNCH 12:30 EXERCISE W/ LISA BBQ PULLED PORK</p>	<p>26 8:00 COFFEE & NEWS 9:00 ZUMBA GOLD W/ KATTIE 10:00 FALL PREVENTION 10:30 SUN YOGA (DVD) 11:30 LUNCH 12:30 EXERCISE W/ LISA (10 OZ) VEGETABLE LASAGNA</p>	<p>27 8:00 COFFEE & NEWS 8:30 SENIOR COLORING 10:00 TAI CHI W/ JAMES 11:30 LUNCH 12:30 LINE DANCING W/ COBY POT ROAST W/ GRAVY</p>	<p>28 8:00 COFFEE & NEWS 8:30 SENIOR COLORING 9:30 YOGA W/ CAROL 12:00 </p>
<p>31 8:00 COFFEE & NEWS 8:30 PUZZLES/WORD SEARCH 10:30 EXERCISE W/ LISA 11:30 LUNCH 12:30 CABANICS W/ GERARDO CHICKEN CORDON BLEU</p>		<p>Computers available for seniors to use </p>		<p>SUGGESTED DONATION \$1.25 PER MEAL PLEASE CALL 24 HOURS IN ADVANCE TO RESERVE LUNCH BY 11:30AM MENU IS SUBJECT TO CHANGE</p>