

# BERGEN NEW JERSEY *County*

**James J. Tedesco III**  
*County Executive*

**BOARD OF COUNTY COMMISSIONERS**

**Thomas J. Sullivan**  
*Chairman*

**Germaine M. Ortiz**  
*Vice Chairwoman*

**Dr. Joan M. Voss**  
*Chair Pro Tempore*

**Mary J. Amoroso**  
**Ramon M. Hache, Sr.**

**Steven A. Tanelli**

**Tracy Silna Zur**

**DEPARTMENT OF HUMAN SERVICES**  
**Melissa H. DeBartolo, Esq.**  
*Director*

**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. 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

# BERGEN NEW JERSEY *County*

James J. Tedesco III, County Executive

**GARFIELD SENIOR ACTIVITY CENTER**  
**Bergen County Department of Human Services**  
**Division of Senior Services/ADRC**  
**FEBRUARY 2023**

<b>February 2nd</b>	<b>Blood Pressure Screening, Hackensack UMC, HARP</b>	<b>11:00AM</b>
<b>February 20th</b>	<b>President's Day</b>	<b>ALL DAY</b>
<b>February 21st</b>	<b>Jewelry Making Class w/ Meena Trivedi</b>	<b>10:00AM</b>
<b>February 22nd</b>	<b>"Stay Young at Heart" Presentation, Shop Rite of Wallington, Stephanie Sass, MS, RD</b>	<b>10:00AM</b>
<b>February 28th</b>	<b>Computer and Phone help w/ Meena Trivedi</b>	<b>9:30AM</b>

*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.

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

<p><b>SUGGESTED DONATION \$1.25 PER MEAL</b></p> <p><b>LUNCH WILL BE GRAB &amp; GO UNTIL FURTHER NOTICE</b></p>		<p><b>1</b></p> <p>9:00 ZUMBA GOLD W/ KATTIE 10:30 SUN YOGA (DVD) 11:30 LUNCH 12:30 EXERCISE W/ LISA</p>	<p><b>2</b></p> <p>8:30 SENIOR COLORING 10:00 TAI CHI W/ JAMES 11:30 LUNCH 12:30 LINE DANCING W/ COBY</p>	<p><b>3</b></p> <p>8:30 SENIOR COLORING 9:30 YOGA W/ CAROL 11:30 LUNCH 12:30 LINE DANCING W/ JOHN</p>
<p><b>6</b></p> <p>8:30 PUZZLES/WORD SEARCH 10:30 EXERCISE W/ LISA 11:30 LUNCH 12:30 CABANICS W/ GERARDO</p>	<p><b>7</b></p> <p>8:30 PUZZLES/WORD SEARCH 9:30 BINGO 11:30 LUNCH 12:30 EXERCISE W/ LISA</p>	<p><b>8</b></p> <p>9:00 ZUMBA GOLD W/ KATTIE 10:30 SUN YOGA (DVD) 11:30 LUNCH 12:30 EXERCISE W/ LISA</p>	<p><b>9</b></p> <p>8:30 SENIOR COLORING 10:00 TAI CHI W/ JAMES 11:30 LUNCH 12:30 LINE DANCING W/ COBY</p>	<p><b>10</b></p> <p>8:30 SENIOR COLORING 9:30 YOGA W/ CAROL 11:30 LUNCH 12:30 LINE DANCING W/ JOHN</p>
<p><b>13</b></p> <p>8:30 PUZZLES/WORD SEARCH 10:30 EXERCISE W/ LISA 11:30 LUNCH 12:30 CABANICS W/ GERARDO</p>	<p><b>14</b></p> <p>8:30 PUZZLES/WORD SEARCH 9:30 BINGO 11:30 LUNCH 12:30 EXERCISE W/ LISA</p> 	<p><b>15</b></p> <p>9:00 ZUMBA GOLD W/ KATTIE 10:30 SUN YOGA (DVD) 11:30 LUNCH 12:30 EXERCISE W/ LISA</p>	<p><b>16</b></p> <p>8:30 SENIOR COLORING 10:00 TAI CHI W/ JAMES 11:30 LUNCH 12:30 LINE DANCING W/ COBY</p>	<p><b>17</b></p> <p>8:30 SENIOR COLORING 9:30 YOGA W/ CAROL 11:30 LUNCH 12:30 LINE DANCING W/ JOHN</p>
<p><b>20 CENTER CLOSED PRESIDENT'S DAY</b></p> 	<p><b>21</b></p> <p>8:30 PUZZLES/WORD SEARCH 9:30 BINGO 11:30 LUNCH 12:30 EXERCISE W/ LISA</p>	<p><b>22</b></p> <p>9:00 ZUMBA GOLD W/ KATTIE 10:30 SUN YOGA (DVD) 11:30 LUNCH 12:30 EXERCISE W/ LISA</p>	<p><b>23</b></p> <p>8:30 SENIOR COLORING 10:00 TAI CHI W/ JAMES 11:30 LUNCH 12:30 LINE DANCING W/ COBY</p>	<p><b>24</b></p> <p>8:30 SENIOR COLORING 9:30 YOGA W/ CAROL 11:30 LUNCH 12:30 LINE DANCING W/ JOHN</p>
<p><b>27</b></p> <p>8:30 PUZZLES/WORD SEARCH 10:30 EXERCISE W/ LISA 11:30 LUNCH 12:30 CABANICS W/ GERARDO</p>	<p><b>28</b></p> <p>8:30 PUZZLES/WORD SEARCH 9:30 BINGO 11:30 LUNCH 12:30 EXERCISE W/ LISA</p>		<p><b>COMPUTERS AND POOL ROOM ARE AVAILABLE FOR USE</b></p> 	