

BERGEN NEW JERSEY *County*

James J. Tedesco III
County Executive

BOARD OF COUNTY COMMISSIONERS

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DEPARTMENT OF HUMAN SERVICES
Melissa H. DeBartolo, Esq.
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 of Disability Services
(201) 336-6500

Bergen County
Board of Social Services
(201) 368-4200

GARFIELD SENIOR ACTIVITY CENTER

Adrianna Svorinic, Director
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 March 2024

March 4th	Jewelry Making Class	12:00PM
March 5th	Blood Pressure Screening, Hackensack UMC, HARP	11:00AM
March 6th, 13th, 20th, & 27th	WISE Program 6 Week Class, The Center for Alcohol & Drug Resources w/ Rosemary Marchetto	10:00AM- 12:00PM
March 11th	"Heart Health", ShopRite of Wallington w/ Stephanie Sass, MS RD <i>Rescheduled Presentation</i>	12:00PM
March 12th	"Protecting Yourself in a Retail World", Senior Planet Lecture w/ Adrianna Svorinic	12:00PM
March 18th	"Memory: Fact or Fiction", Total Brain Health Workshop w/ Agata Halat & Dorene McBride	11:45AM
March 19th	Bergen County Music & Drum Circle <i>Registration Required (973) 478-0502</i>	12:00PM
March 29th	Center Closed, Good Friday	All Day
March 31st	Spring Luncheon at Garfield Senior Center <i>Registration Required (973) 478-0502</i> or email garfieldcenter@co.bergen.nj.us	10:00AM- 2:00PM

The 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.





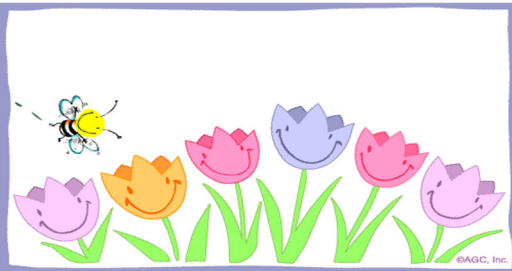







SPRING LUNCHEON

JOIN US FOR FOOD AND MUSIC ON
SUNDAY, MARCH 31
10:00AM - 2:00PM

Garfield Senior Activity Center
480 Midland Avenue
Garfield, New Jersey 07026

To RSVP call 973-478-0502 or email garfieldcenter@co.bergen.nj.us

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Suggested Lunch Donation: \$1.25 Per Meal Please reserve lunch by 11:30 AM the day before</p> <p>Lunch Served Daily at 11:30AM</p>	<p>We have computers, iPad's and a pool room available for use</p> <div></div>			<p>1 9:30 Yoga w/ Carol 10:30 Relaxing Balancing Tai Chi w/ Philomena 12:30 Line Dancing w/ John</p> <p>Eggplant Rollatini</p>
<p>4 10:30 Exercise w/ Lisa 12:00 <u>Jewelry Making Class</u> 12:30 Cabanics w/ Gerardo</p> <p>Swedish Meatballs</p>	<p>5 9:30 Bingo 11:00 <u>Blood Pressure Screening</u> 12:30 Exercise w/ Lisa</p>  <p>Grilled Chicken w/ Roasted Pepper</p>	<p>6 9:00 Zumba w/ Kattie 10:00 <u>WISE Program</u> 12:30 Exercise w/ Lisa 1:30 Belly Dancing w/ Elly</p> <p>Homestyle Meatloaf w/ Gravy</p>	<p>7 9:00 Beginner's Line Dancing w/ Sasha 10:00 Tai Chi w/ James 12:30 Line Dancing w/ Philomena</p> <p>LS Ham Steak</p>	<p>8 9:30 Yoga w/ Carol 10:30 Relaxing Balancing Tai Chi w/ Philomena 12:30 Line Dancing w/ John</p>  <p>Beer Battered Fish</p>
<p>11 10:30 Exercise w/ Lisa 12:00 <u>Heart Health Presentation</u> 12:30 Cabanics w/ Gerardo</p> <p>Sweet Chicken Sausage</p>	<p>12 9:30 Bingo 12:00 <u>Protecting Yourself in a Retail World Lecture</u> 12:30 Exercise w/ Lisa</p> <p>Stuffed Cabbage</p>	<p>13 9:00 Zumba w/ Kattie 10:00 <u>WISE Program</u> 12:30 Exercise w/ Lisa 1:30 Belly Dancing w/ Elly</p> <p>Korean BBQ Chicken Leg</p>	<p>14 9:00 Beginner's Line Dancing w/ Sasha 10:00 Tai Chi w/ James 12:30 Line Dancing w/ Philomena</p> <p>Hamburger</p>	<p>15 9:30 Yoga w/ Carol 10:30 Relaxing Balancing Tai Chi w/ Philomena 12:30 Line Dancing w/ John</p> <p>Tuna Salad on Romaine Lettuce</p>
<p>18 10:30 Exercise w/ Lisa 11:45 <u>Total Brain Health Workshop</u></p>  <p>Corned Beef</p>	<p>19 9:30 Bingo 11:30 Lunch 12:00 <u>Music & Drum Circle</u> 12:30 Exercise w/ Lisa</p>  <p>Pork Tenderloin w/ Gravy</p>	<p>20 9:00 Zumba w/ Kattie 10:00 <u>WISE Program</u> 12:30 Exercise w/ Lisa 1:30 Belly Dancing w/ Elly</p> <p>Roast Turkey w/ Gravy</p>	<p>21 9:00 Beginner's Line Dancing w/ Sasha 10:00 Tai Chi w/ James 12:30 Line Dancing w/ Philomena</p>  <p>Shepherd's Pie w/ Mashed Potatoes</p>	<p>22 9:30 Yoga w/ Carol 10:30 Relaxing Balancing Tai Chi w/ Philomena 12:30 Line Dancing w/ John</p> <p>Egg Salad</p>
<p>25 10:30 Exercise w/ Lisa 12:30 Cabanics w/ Gerardo</p> <p>Stuffed Peppers</p>	<p>26 9:30 Bingo 12:30 Exercise w/ Lisa</p> <p>Herbed Roasted Chicken Leg</p>	<p>27 9:00 Zumba w/ Kattie 10:00 <u>WISE Program</u> 12:30 Exercise w/ Lisa 1:30 Belly Dancing w/ Elly</p> <p>Baked Ziti & Meatballs</p>	<p>28 9:00 Beginner's Line Dancing w/ Sasha 10:00 Tai Chi w/ James 12:30 Line Dancing w/ Philomena</p> <p>Chicken Sausage w/ Onions & Peppers</p>	<p>29</p> <p>CENTER CLOSED</p>