

BERGEN NEW JERSEY *County*

James J. Tedesco III
County Executive

BOARD OF COUNTY COMMISSIONERS

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DEPARTMENT OF HUMAN SERVICES
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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 July 2024

July 2nd	Blood Pressure Screening w/ Hackensack UMC, HARP	11:00AM 1:00PM
July 3rd	Emergency Preparedness Presentation Bergen County Department of Health Services	11:30AM
July 4th	Independence Day Center Closed	All Day
July 16th	Driver and Pedestrian Safety Presentation w/ EZ Ride Presentation Jensy Jimenez and Lisa Lee	11:30AM
July 24th	Total Brain Health Workshop: "What's Age Got To Do With It?" w/ Agata Halat & Dorene McBride	12:00PM- 12:30PM
July 25th	Jewelry Making Class	10:30AM
July 30th	Jewelry Making Class	10:30AM
July 31st	Healthy Living for your Brain and Body Presentation w/ Alzheimer's Association Terrina Chery	12:00PM 12:30PM

Save the Date

Senior Festival

September 12, 2024

Rain Date: Tuesday September 17, 2024

10AM - 2PM










Van Saun County Park, Paramus

Registration Recommended: Call: 201-336-7417 or Email: seniors@co.bergen.nj.us

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.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1 10:30 Exercise w/ Lisa 12:30 Cabanics w/ Gerardo 1:30 Walking Club</p> <p>Stuffed Peppers</p>	<p>2 9:30 Bingo 11:00 <u>Blood Pressure Screening</u> 12:30 Exercise w/ Lisa 1:30 Walking Club</p>  <p>Homestyle Meatloaf w/ Gravy</p>	<p>3 9:00 Zumba w/ Kattie 11:30 <u>Emergency Preparedness Presentation</u> 12:30 Exercise w/ Lisa 1:30 Belly Dancing w/ Elly</p> <p>Hawaiian Chicken</p>	<p>4</p>  <p>Center Closed</p>	<p>5 9:30 Yoga w/ Carol 10:30 Relaxing Balancing Tai Chi w/ Philomena 12:30 Line Dancing w/ John</p> <p>Turkey & Swiss Sandwich</p>
<p>8 10:30 Exercise w/ Lisa 12:30 Cabanics w/ Gerardo 1:30 Walking Club</p> <p>Chicken Marsala</p>	<p>9 9:30 Bingo 12:30 Exercise w/ Lisa 1:30 Walking Club</p>  <p>Pork Loin w/ Gravy</p>	<p>10 9:00 Zumba w/ Kattie 12:30 Exercise w/ Lisa 1:30 Belly Dancing w/ Elly</p> <p>Roast Beef w/ Gravy</p>	<p>11 9:00 Beginner's Line Dancing w/ Sasha 10:00 Tai Chi w/ James 12:30 Line Dancing w/ Philomena</p>  <p>BBQ Chicken Leg</p>	<p>12 9:30 Yoga w/ Carol 10:30 Relaxing Balancing Tai Chi w/ Philomena 12:30 Line Dancing w/ John</p> <p>Cheeseburger</p>
<p>15 10:30 Exercise w/ Lisa 12:30 Cabanics w/ Gerardo 1:30 Walking Club</p>  <p>Sweet Chicken Sausage</p>	<p>16 9:30 Bingo 11:30 <u>Driver & Pedestrian Safety Presentation</u> 12:30 Exercise w/ Lisa 1:30 Walking Club</p> <p>Stuffed Cabbage</p>	<p>17 9:00 Zumba w/ Kattie 12:30 Exercise w/ Lisa 1:30 Belly Dancing w/ Elly</p> <p>Ziti & Meatball Marinara</p>	<p>18 9:00 Beginner's Line Dancing w/ Sasha 10:00 Tai Chi w/ James 12:30 Line Dancing w/ Philomena</p>  <p>Chef Salad</p>	<p>19 9:30 Yoga w/ Carol 10:30 Relaxing Balancing Tai Chi w/ Philomena 12:30 Line Dancing w/ John</p> <p>Chicken Cordon Bleu</p>
<p>22 10:30 Exercise w/ Lisa 12:30 Cabanics w/ Gerardo 1:30 Walking Club</p> <p>Roast Turkey w/ Gravy</p>	<p>23 9:30 Bingo 12:30 Exercise w/ Lisa 1:30 Walking Club</p> <p>Swedish Meatballs w/ Gravy</p>	<p>24 9:00 Zumba w/ Kattie 12:00 <u>Total Brain Health Workshop</u> 12:30 Exercise w/ Lisa 1:30 Belly Dancing w/ Elly</p>  <p>Beef & Cheese Lasagna</p>	<p>25 9:00 Beginner's Line Dancing w/ Sasha 10:00 Tai Chi w/ James 10:30 <u>Jewelry Making Class</u> 12:30 Line Dancing w/ Philomena</p> <p>Balsamic Chicken w/ Peppers</p>	<p>26 9:30 Yoga w/ Carol 10:30 Relaxing Balancing Tai Chi w/ Philomena 12:30 Line Dancing w/ John</p>  <p>Egg Salad Platter</p>
<p>29 10:30 Exercise w/ Lisa 12:30 Cabanics w/ Gerardo 1:30 Walking Club</p> <p>Herbed Chicken Leg</p>	<p>30 9:30 Bingo 10:30 <u>Jewelry Making Class</u> 12:30 Exercise w/ Lisa 1:30 Walking Club</p>  <p>Cheese Omelet</p>	<p>31 9:00 Zumba w/ Kattie 12:00 <u>Healthy Living For Your Brain And Body Presentation</u> 12:30 Exercise w/ Lisa 1:30 Belly Dancing w/ Elly</p> <p>Salisbury Steak w/ Gravy</p>	<p>Suggested Lunch Donation: \$1.25 Per Meal Please reserve lunch by 11:30 AM the day before</p> <p>Lunch will Be Served at 11:30 Daily</p>	<p>We have computers, iPad's and a pool room available for use</p> 