

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

Tricia Rutch, Director
480 Midland Avenue
Garfield, NJ 07026
Phone: (973) 478-0502 • Fax (973) 253-0543

Garfieldcenter@bergencountynj.gov

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 January 2025

January 1:	New Year's Day - Center Closed	All Day
January 7:	Blood Pressure Screenings w/ Hackensack UMC, HARP	11:00AM
January 8:	Total Brain Health Class w/ Agata	10:30AM
January 8:	Hand Massage w/ Agata	11:00AM
January 9:	Sound Bath Therapy Class	9:15AM
January 15:	Jeopardy w/ Tricia	10:30AM
January 15:	January Birthday Party	11:30AM
January 20:	Martin Luther King Jr. Day Observance - Center Closed	All Day
January 22:	Winter Craft w/ Agata Please sign up in the office!	10:00AM
January 23:	Sound Bath Therapy Class	9:15AM
January 29:	Presentation: Stress Management w/ Bergen New Bridge Medical Center	10:30AM
January 30:	Jeopardy w/ Tricia	9:15AM

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>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> 	<p>1</p> <p>HAPPY <i>New Year</i></p> <p>Center Closed</p>	<p>2</p> <p>10:00 Tai Chi w/ James 12:30 Line Dancing w/ Philomena</p> <p>Chicken Cordon Bleu</p>	<p>3</p> <p>9:30 Yoga w/ Carol 10:30 Relaxing Balancing Tai Chi 12:30 Line Dancing w/ Cheryl</p> <p>Stuffed Cabbage</p>
<p>6</p> <p>10:30 Exercise w/ Lisa 12:30 Cabanics w/ Gerardo 1:30 Walking Club</p>  <p>Roast Turkey w/ Gravy</p>	<p>7</p> <p>9:30 Bingo 11:00 Blood Pressure Screening 12:30 Exercise w/ Lisa 1:30 Walking Club</p> <p>Salisbury Steak w/ Gravy</p>	<p>8</p> <p>9:00 Zumba w/ Kattie 10:00 Diamond Art 10:30 Total Brain Health Class 11:00 Hand Massage 12:30 Exercise w/ Lisa</p>  <p>Chicken Marsala</p>	<p>9</p> <p>9:00 Sound Bath Therapy 10:00 Tai Chi w/ James 12:30 Line Dancing w/ Philomena</p> <p>Tuna Salad on Spinach</p>	<p>10</p> <p>9:30 Yoga w/ Carol 10:30 Relaxing Balancing Tai Chi 12:30 Line Dancing w/ Cheryl</p> <p>Turkey Chili</p>
<p>13</p> <p>9:30 Beginner's Line Dancing w/ Sasha 10:30 Exercise w/ Lisa 12:30 Cabanics w/ Gerardo 1:30 Walking Club</p> <p>Cheese Omelet</p>	<p>14</p> <p>9:30 Bingo 12:30 Exercise w/ Lisa 1:30 Walking Club</p> <p>Roast Pork (Pernil)</p>	<p>15</p> <p>9:00 Zumba w/ Kattie 10:00 Diamond Art 10:30 Jeopardy 11:30 January Birthday Party 12:30 Exercise w/ Lisa</p> <p>Pot Roast w/ Gravy</p>	<p>16</p> <p>10:00 Tai Chi w/ James 12:30 Line Dancing w/ Philomena</p> <p>Fish Filet w/ Lemon Sauce</p>	<p>17</p> <p>9:30 Yoga w/ Carol 10:30 Relaxing Balancing Tai Chi 12:30 Line Dancing w/ Cheryl</p>  <p>Chicken Parmesan</p>
<p>20</p>  <p>Center Closed</p>	<p>21</p> <p>9:30 Bingo 12:30 Exercise w/ Lisa 1:30 Walking Club</p> <p>Stewed Beef Tips</p>	<p>22</p> <p>9:00 Zumba w/ Kattie 10:00 Diamond Art 10:00 Winter Craft 12:30 Exercise w/ Lisa</p>  <p>Baked Ziti & Meatballs</p>	<p>23</p> <p>9:00 Sound Bath Therapy 10:00 Tai Chi w/ James 12:30 Line Dancing w/ Philomena</p> <p>LS Ham Steak</p>	<p>24</p> <p>9:30 Yoga w/ Carol 10:30 Relaxing Balancing Tai Chi 12:30 Line Dancing w/ Cheryl</p> <p>Meatloaf w/ Mushroom Gravy</p>
<p>27</p> <p>9:30 Beginner's Line Dancing w/ Sasha 10:30 Exercise w/ Lisa 12:30 Cabanics w/ Gerardo 1:30 Walking Club</p> <p>Cheeseburger w/ Lettuce & Tomato</p>	<p>28</p> <p>9:30 Bingo 12:30 Exercise w/ Lisa 1:30 Walking Club</p>  <p>Chicken Salad on Romaine</p>	<p>29</p> <p>9:00 Zumba w/ Kattie 10:00 Diamond Art 10:30 Presentation: Stress Management 12:30 Exercise w/ Lisa</p> <p>Sesame Chicken</p>	<p>30</p> <p>9:15 Jeopardy 10:00 Tai Chi w/ James 12:30 Line Dancing w/ Philomena</p> <p>Vegetable Lasagna</p>	<p>31</p> <p>9:30 Yoga w/ Carol 10:30 Relaxing Balancing Tai Chi 12:30 Line Dancing w/ Cheryl</p> <p>Chicken Kiev</p>