

# BERGEN NEW JERSEY *County*

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

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**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

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

[Garfieldcenter@bergencountynj.gov](mailto:Garfieldcenter@bergencountynj.gov)

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 2025**

<b>February 4:</b>	<b>Blood Pressure Screenings</b> w/ Hackensack UMC, HARP	<b>11:00AM</b>
<b>February 5:</b>	<b>Total Brain Health Class</b> w/ Agata	<b>10:30AM</b>
<b>February 5:</b>	<b>Hand Massage</b> w/ Agata	<b>11:00AM</b>
<b>February 6:</b>	<b>Presentation: Reducing Your Risk of Dementia</b> w/ Act Now Foundation	<b>11:30AM</b>
<b>February 12:</b>	<b>Valentine's Day Cookie Decorating &amp; Hot Cocoa</b>	<b>10:30AM</b>
<b>February 13:</b>	<b>Sound Bath Therapy Class</b>	<b>9:15AM</b>
<b>February 14:</b>	<b>Valentine's Day Social... Entertainment by Tommy Walker</b>	<b>12:00PM</b>
<b>February 17:</b>	<b>President's Day - Center Closed</b>	<b>All Day</b>
<b>February 19:</b>	<b>Presentation: Heart Health</b> w/ Hackensack Meridian Health	<b>10:30AM</b>
<b>February 19:</b>	<b>February Birthday Party</b>	<b>11:30AM</b>
<b>February 20:</b>	<b>Jeopardy</b> w/ Tricia	<b>10:30AM</b>
<b>February 25:</b>	<b>Pancake Breakfast</b>	<b>8:30AM</b>
<b>February 26:</b>	<b>Memory Screenings</b> w/ Act Now Foundation <b>Registration Required (973) 478 - 0502</b>	<b>10:00AM</b>
<b>February 27:</b>	<b>Sound Bath Therapy Class</b>	<b>9:15AM</b>

*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, APRIL 20, 2025  
10:00AM - 2:00PM

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

**Kindly RSVP with your Senior Activity Center Director**

**MONDAY**

**TUESDAY**

**WEDNESDAY**

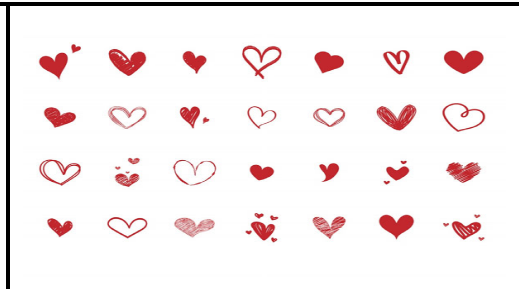
**THURSDAY**

**FRIDAY**

**Suggested Lunch Donation:**  
**\$1.25 Per Meal**  
 Please reserve lunch by 11:30 AM the day before

Lunch will Be Served at **11:30** Daily


We have Computers, iPad's and a Pool Room available for use.

**3**  
 9:30 Beginner's Line Dancing w/ Sasha  
 10:30 Exercise w/ Lisa  
 12:30 Cabanics w/ Gerardo  
 1:30 Walking Club

**Asian Beef Stir Fry**

**4**  
 9:30 Bingo  
**11:00 Blood Pressure Screening**  
 12:30 Exercise w/ Lisa  
 1:30 Walking Club



**Chicken Tarragon**


**5**  
 9:00 Zumba w/ Kattie  
 10:00 Diamond Art  
**10:30 Total Brain Health Class**  
**11:00 Hand Massage**  
 12:30 Exercise w/ Lisa

**Tuna Noodle Salad**

**6**  
 10:00 Tai Chi w/ James  
**11:30 Presentation: Risk of Dementia**  
 12:30 Line Dancing w/ Philomena


**Korean BBQ Chicken Leg**

**7**  
 10:30 Relaxing Balancing Tai Chi  
 12:30 Line Dancing w/ Cheryl



**Stuffed Cabbage**

**10**  
 9:30 Beginner's Line Dancing w/ Sasha  
 10:30 Exercise w/ Lisa  
 12:30 Cabanics w/ Gerardo  
 1:30 Walking Club




**Lemon Pepper Tilapia**

**11**  
 9:30 Bingo  
 12:30 Exercise w/ Lisa  
 1:30 Walking Club

**Cheeseburger**

**12**  
 9:00 Zumba w/ Kattie  
 10:00 Diamond Art  
**10:30 Cookie Decorating/ Hot Cocoa**  
 12:30 Exercise w/ Lisa



**Chicken Cordon Bleu**

**13**  
**9:00 Sound Bath Therapy**  
 10:00 Tai Chi w/ James  
 12:30 Line Dancing w/ Philomena


**Roast Turkey w/ Swiss**

**14**  
 10:30 Relaxing Balancing Tai Chi  
**12:00 Valentine's Day Social**




**Chicken Parmesan**

**17**



**Center Closed**

**18**  
 9:30 Bingo  
 12:30 Exercise w/ Lisa  
 1:30 Walking Club



**Chili Con Carne**

**19**  
 9:00 Zumba w/ Kattie  
 10:00 Diamond Art  
**10:30 Presentation: Heart Health**  
**11:30 February Birthday Party**  
 12:30 Exercise w/ Lisa

**Chicken Cranberry Dijon**

**20**  
**9:15 Jeopardy**  
 10:00 Tai Chi w/ James  
 12:30 Line Dancing w/ Philomena

**Italian Turkey Sausage**

**21**  
 9:30 Yoga w/ Carol  
 10:30 Relaxing Balancing Tai Chi  
 12:30 Line Dancing w/ Cheryl

**Egg Salad Platter**

**24**  
 9:30 Beginner's Line Dancing w/ Sasha  
 10:30 Exercise w/ Lisa  
 12:30 Cabanics w/ Gerardo  
 1:30 Walking Club

**Sliced Pork Loin**

**25**  
**8:30 Pancake Breakfast**  
 9:30 Bingo  
 12:30 Exercise w/ Lisa  
 1:30 Walking Club

**Cheese Omelet**


**26**  
 9:00 Zumba w/ Kattie  
**10:00 Memory Screenings**  
 10:00 Diamond Art  
 12:30 Exercise w/ Lisa

**Potato Crusted Pollock**

**27**  
**9:00 Sound Bath Therapy**  
 10:00 Tai Chi w/ James  
 12:30 Line Dancing w/ Philomena

**Stuffed Peppers**

**28**  
 9:30 Yoga w/ Carol  
 10:30 Relaxing Balancing Tai Chi  
 12:30 Line Dancing w/ Cheryl



**Homestyle Meatloaf w/ Gravy**