

BERGEN NEW JERSEY *County*

James J. Tedesco III
County Executive

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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 December 2024

December 3:	Blood Pressure Screenings w/ Hackensack UMC, HARP	11:00AM
December 3:	Join us for the Get Connected Class on Tuesday's! Class will be held 12/3, 12/10 & 12/17	1:30PM
December 4:	Jeopardy w/ Tricia	10:30AM
December 4:	Presentation: Fall Prevention w/ Thera Physical	11:30AM
December 5:	Sound Bath Therapy Class	9:15AM
December 9:	Holiday Concert by School #4 - Please join us!	10:00AM
December 11:	Holiday Cookie Decorating & Hot Cocoa	10:00AM
December 12:	Jewelry Making Class	10:30AM
December 18:	Holiday Party - Please sign up in the office!	10:00AM
December 19:	Sound Bath Therapy Class	9:15AM
December 25:	Holiday Luncheon	10:00AM
December 30:	Hand Massage	1:30PM
December 31:	New Year's Eve Pancake Breakfast	8:30AM

Please Note Center will be closed Wednesday, January 1, 2025

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.

Holiday Luncheon

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

Wednesday, December 25, 2024

10:00 AM - 2:00 PM

To RSVP call 973-478-0502 or email seniors@bergencountynj.gov



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2 10:30 Exercise w/ Lisa 12:30 Cabanics w/ Gerardo 1:30 Walking Club</p>  <p>Turkey & Red Bean Chili</p>	<p>3 9:30 Bingo 11:00 Blood Pressure Screenings 12:30 Exercise w/ Lisa 1:30 Walking Club 1:30 Get Connected Class</p> <p>Eggplant Rollatini</p>	<p>4 9:00 Zumba w/ Kattie 10:00 Diamond Art 10:30 Jeopardy 11:30 Presentation: Fall Prevention 12:30 Exercise w/ Lisa</p> <p>Chicken Piccata</p>	<p>5 9:00 Sound Bath Therapy 10:00 Tai Chi w/ James 12:30 Line Dancing w/ Philomena</p> <p>Pork Loin w/ Gravy</p>	<p>6 9:30 Yoga w/ Carol 10:30 Relaxing Balancing Tai Chi 12:30 Line Dancing w/ Cheryl</p>  <p>Egg Salad Platter w/ Romaine</p>
<p>9 10:00 Holiday Concert School #4 10:30 Exercise w/ Lisa 12:30 Cabanics w/ Gerardo 1:30 Walking Club</p>  <p>Cheeseburger</p>	<p>10 9:30 Bingo 12:30 Exercise w/ Lisa 1:30 Walking Club 1:30 Get Connected Class</p> <p>Korean BBQ Chicken Leg</p>	<p>11 9:00 Zumba w/ Kattie 10:00 Holiday Cookie Decorating 10:00 Diamond Art 10:30 Beginners Line Dancing w/ Sasha 12:30 Exercise w/ Lisa</p> <p>Salisbury Steak w/ Gravy</p>	<p>12 10:00 Tai Chi w/ James 10:30 Jewelry Making Class 12:30 Line Dancing w/ Philomena</p> <p>Chicken Francese</p>	<p>13 9:30 Yoga w/ Carol 10:30 Relaxing Balancing Tai Chi 12:30 Line Dancing w/ Cheryl</p> <p>Balsamic Chicken w/ Peppers</p>
<p>16 9:30 Beginner's Line Dancing w/ Sasha 10:30 Exercise w/ Lisa 12:30 Cabanics w/ Gerardo 1:30 Walking Club</p> <p>Turkey & Swiss</p>	<p>17 9:30 Bingo 12:30 Exercise w/ Lisa 1:30 Walking Club 1:30 Get Connected Class</p>  <p>Italian Meatballs w/ Ziti Marinara</p>	<p>18</p>  <p>HOLIDAY PARTY</p> <p>Chicken Marsala</p>	<p>19 9:00 Sound Bath Therapy 10:00 Tai Chi w/ James 12:30 Line Dancing w/ Philomena</p> <p>Chicken Florentine</p>	<p>20 9:30 Yoga w/ Carol 10:30 Relaxing Balancing Tai Chi 12:30 Line Dancing w/ Cheryl</p>  <p>Cheese Omelet</p>
<p>23 9:30 Beginner's Line Dancing w/ Sasha 10:30 Exercise w/ Lisa 12:30 Cabanics w/ Gerardo 1:30 Walking Club</p> <p>Fish w/ Lemon Pepper Sauce</p>	<p>24 9:30 Bingo 12:30 Exercise w/ Lisa 1:30 Walking Club</p>  <p>Stuffed Cabbage</p>	<p>25</p>  <p>Holiday Luncheon Garfield Senior Center 10am-2pm</p> 	<p>26 10:00 Tai Chi w/ James 12:30 Line Dancing w/ Philomena</p>  <p>Chicken Fettucine Alfredo</p>	<p>27 9:30 Yoga w/ Carol 10:30 Relaxing Balancing Tai Chi 12:30 Line Dancing w/ Cheryl</p> <p>Homestyle Meatloaf w/ Gravy</p>
<p>30 9:30 Beginner's Line Dancing w/ Sasha 10:30 Exercise w/ Lisa 12:30 Cabanics w/ Gerardo 1:30 Walking Club 1:30 Hand Massage</p> <p>Tuna Salad Platter</p>	<p>31 8:30 NYE Pancake Breakfast 9:30 Bingo 12:30 Exercise w/ Lisa 1:30 Walking Club</p>  <p>Roasted Chicken Leg</p>	<p><i>happy holidays!</i></p> 	<p>We have Computers, iPad's and a Pool Room available for use.</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>