



James J. Tedesco III
County Executive

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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



James J. Tedesco III, County Executive

GARFIELD SENIOR ACTIVITY CENTER
Bergen County Department of Human Services
Division of Senior Services/ADRC
June 2025

| | | |
|----------|---|----------------|
| June 3: | Blood Pressure Screenings w/ Hackensack UMC, HARP | 11:00AM |
| June 11: | Presentation: Hearing Loss & Its Impact on Mental Health w/ Sharon Guerrero, Hackensack Meridian Health | 10:00AM |
| June 11: | Total Brain Health Class w/ Agata | 10:45AM |
| June 12: | Sound Bath Therapy Class | 9:15AM |
| June 13: | Hand Massage w/ Agata | 10:45AM |
| June 16: | Father's Day Pancake Breakfast | 9:00AM |
| June 17: | New Watercolor Art Class Begins Registration Required: Sign up in the office or call (973) 478-0502 | 10:00AM |
| June 18: | Patriotic Diamond Art Activity Registration Required: Sign up in the office or call (973) 478-0502 | 10:00AM |
| June 18: | June Birthday Party | 11:30AM |
| June 20: | Juneteenth Observed - Center Closed | All Day |
| June 25: | Patriotic Diamond Art Activity Continues from 6/18 | 10:00AM |
| June 26: | Sound Bath Therapy Class | 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.



Senior Festival

Thursday, September 18, 2025
Rain Date: Thursday, September 25, 2025
10:00AM - 2:00PM
Van Saun County Park, Paramus



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|---|--|--|
| <div>2</div> <div>9:30 Beginner’s Line Dancing w/ Sasha 10:30 Exercise w/ Lisa 12:30 Cabanics w/ Gerardo 1:30 Walking Club</div> <div>Lunch & Classes Will Be Held at the Rec Center Due to Early Voting</div> <div>Roast Turkey w/ Swiss</div> | <div>3</div> <div>11:00 Blood Pressure Screening 12:30 Exercise w/ Lisa 1:30 Walking Club</div> <div>Lunch & Classes Will Be Held at the Rec Center Due to Early Voting</div> <div>Egg Salad w/ Spinach</div> | <div>4</div> <div>9:00 Zumba w/ Kattie 10:00 Diamond Art 12:30 Exercise w/ Lisa</div> <div>Lunch & Classes Will Be Held at the Rec Center Due to Early Voting</div> <div>Grilled Chicken Caesar Salad</div> | <div>5</div> <div>10:00 Tai Chi w/ James</div> <div></div> <div>Lunch & Classes Will Be Held at the Rec Center Due to Early Voting</div> <div>Seafood Salad Platter</div> | <div>6</div> <div>No Classes Will Be Held Today</div> <div>Lunch & Classes Will Be Held at the Rec Center Due to Early Voting</div> <div>LS Ham & Cheddar Cheese</div> |
| <div>9</div> <div>9:30 Beginner’s Line Dancing w/ Sasha 10:30 Exercise w/ Lisa 12:30 Cabanics w/ Gerardo 1:30 Walking Club</div> <div>Stuffed Peppers</div> | <div>10</div> <div>12:30 Exercise w/ Lisa 1:30 Walking Club</div> <div></div> <div>Lunch & Classes Will Be Held at the Rec Center Due to Primary Voting</div> <div>Tuna Noodle Salad</div> | <div>11</div> <div>9:00 Zumba w/ Kattie 10:00 Diamond Art 10:00 Presentation: Hearing Loss 10:45 Total Brain Health Class 12:30 Exercise w/ Lisa</div> <div>Turkey Tacos</div> | <div>12</div> <div>9:00 Sound Bath Therapy 10:00 Tai Chi w/ James 12:30 Line Dancing w/ Philomena</div> <div></div> <div>Chicken Florentine</div> | <div>13</div> <div>9:30 Yoga w/ Carol 10:30 Relaxing Balancing Tai Chi 10:45 Hand Massage</div> <div>Eggplant Parmesan</div> |
| <div>16</div> <div>9:00 Father’s Day Pancake Breakfast 9:30 Beginner’s Line Dancing w/ Sasha 10:30 Exercise w/ Lisa 1:30 Walking Club</div> <div></div> <div>Chicken Fettucine Alfredo</div> | <div>17</div> <div>9:30 Bingo 10:00 Watercolor Art Class Begins 12:30 Exercise w/ Lisa 1:30 Walking Club</div> <div>Homestyle Meatloaf w/ Gravy</div> | <div>18</div> <div>9:00 Zumba w/ Kattie 10:00 Diamond Art 10:00 Special Patriotic Diamond Art 11:30 June Birthday Party 12:30 Exercise w/ Lisa</div> <div>Jamaican Jerk Chicken Leg</div> | <div>19</div> <div>10:00 Tai Chi w/ James 12:30 Line Dancing w/ Philomena</div> <div></div> <div>BBQ Pulled Pork Sandwich</div> | <div>20</div> <div></div> <div>Center Closed</div> |
| <div>23</div> <div>9:30 Beginner’s Line Dancing w/ Sasha 10:30 Exercise w/ Lisa 12:30 Cabanics w/ Gerardo 1:30 Walking Club</div> <div>Stuffed Cabbage</div> | <div>24</div> <div>9:30 Bingo 10:00 Watercolor Art Class 12:30 Exercise w/ Lisa 1:30 Walking Club</div> <div></div> <div>LS Ham Steak w/ Pineapple</div> | <div>25</div> <div>9:00 Zumba w/ Kattie 10:00 Diamond Art 10:00 Special Patriotic Diamond Art 12:30 Exercise w/ Lisa</div> <div>Chicken Parmesan</div> | <div>26</div> <div>9:00 Sound Bath Therapy 10:00 Tai Chi w/ James 12:30 Line Dancing w/ Philomena</div> <div>Chef Salad</div> | <div>27</div> <div>9:30 Yoga w/ Carol 10:30 Relaxing Balancing Tai Chi 12:30 Line Dancing w/ Cheryl</div> <div></div> <div>Pot Roast w/ Gravy</div> |
| <div>30</div> <div>9:30 Beginner’s Line Dancing w/ Sasha 10:30 Exercise w/ Lisa 12:30 Cabanics w/ Gerardo 1:30 Walking Club</div> <div></div> <div>Korean BBQ Chicken Leg</div> | <div></div> | <div></div> | <div>We have Computers, iPad’s and a Pool Room available for use.</div> <div></div> | <div>Suggested Lunch Donation: \$1.25 Per Meal Please reserve lunch by 11:30 AM the day before</div> <div>Lunch will Be Served at 11:30 Daily</div> |