



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



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

July 1:	Blood Pressure Screenings w/ Hackensack UMC, HARP	11:00AM
July 2:	Patriotic Diamond Art Activity Continued from 6/18	10:00AM
July 3:	Red, White & Blue Ice Pops Served at Lunch	12 :00PM
July 4:	Center Closed - 4th of July	All Day
July 9:	Presentation: Healthy Eating in the Summer w/ Nahshon Bolton, Hackensack Meridian Health	10:30AM
July 10:	Sound Bath Therapy Class	9:15AM
July 16:	Senior Planet Class w/ Tricia Topic: Protecting Your Personal Information Online	10:00AM
July 16:	Presentation: Lung Health w/ Robin Ng, Hackensack Meridian Health	10:30AM
July 16:	July Birthday Party	11:30AM
July 23:	Total Brain Health Class w/ Agata, Bergen County Senior Services	10:00AM
July 23:	Hand Massage w/ Agata	10:30AM
July 24:	Sound Bath Therapy Class	9:15AM
July 30:	Summer Coaster Diamond Art Activity Registration Required: Sign up in the office or call (973) 478-0502	10:00AM

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>We have Computers, iPad's and a Pool Room available for use.</p> 	<p>1 9:30 Bingo 10:00 Watercolor Art Class 11:00 Blood Pressure Screening 12:30 Exercise w/ Lisa 1:30 Walking Club</p> <p>Egg Salad Platter with Spinach</p>	<p>2 9:00 Zumba w/ Kattie 10:00 Diamond Art 10:30 Patriotic Diamond Art 12:30 Exercise w/ Lisa</p> <p>Roast Turkey with Gravy</p>	<p>3 10:00 Tai Chi w/ James 12:00 Red, White & Blue Ice Pops 12:30 Line Dancing w/ Philomena</p> <p>Beef Hot Dogs</p>	<p>4</p>  <p>Center Closed</p>
<p>7 9:30 Beginner's Line Dancing w/ Sasha 10:30 Exercise w/ Lisa 12:30 Cabanics w/ Gerardo 1:30 Walking Club</p> <p>Hawaiian Chicken</p>	<p>8 9:30 Bingo 10:00 Watercolor Art Class 12:30 Exercise w/ Lisa 1:30 Walking Club</p>  <p>Stuffed Peppers</p>	<p>9 9:00 Zumba w/ Kattie 10:00 Diamond Art 10:30 Presentation: Summer/Eating 12:30 Exercise w/ Lisa</p> <p>Tuna Noodle Salad over Spinach</p>	<p>10 9:15 Sound Bath Therapy 10:00 Tai Chi w/ James 12:30 Line Dancing w/ Philomena</p> <p>Stuffed Shells</p>	<p>11 9:30 Yoga w/ Carol 10:30 Relaxing Balancing Tai Chi 12:30 Line Dancing w/ Cheryl</p>  <p>Cheeseburger</p>
<p>14 9:30 Beginner's Line Dancing w/ Sasha 10:30 Exercise w/ Lisa 1:30 Walking Club</p>  <p>Chicken Cordon Bleu</p>	<p>15 9:30 Bingo 10:00 Art Class 12:30 Exercise w/ Lisa 1:30 Walking Club</p> <p>Salisbury Steak with Gravy</p>	<p>16 9:00 Zumba w/ Kattie 10:00 Diamond Art 10:00 Senior Planet Class 10:30 Presentation: Lung Health 11:30 July Birthday Party 12:30 Exercise w/ Lisa</p> <p>BBQ Pulled Pork Sandwich</p>	<p>17 10:00 Tai Chi w/ James 12:30 Line Dancing w/ Philomena</p>  <p>Chicken Parmesan</p>	<p>18 9:30 Yoga w/ Carol 10:30 Relaxing Balancing Tai Chi 12:30 Line Dancing w/ Cheryl</p> <p>Seafood Salad with Mixed Greens</p>
<p>21 9:30 Beginner's Line Dancing w/ Sasha 10:30 Exercise w/ Lisa 12:30 Cabanics w/ Gerardo 1:30 Walking Club</p> <p>Homestyle Meatloaf with Gravy</p>	<p>22 9:30 Bingo 10:00 Art Class 12:30 Exercise w/ Lisa 1:30 Walking Club</p>  <p>Cheese Omelet</p>	<p>23 9:00 Zumba w/ Kattie 10:00 Diamond Art 10:00 Total Brain Health Class 10:45 Hand Massage 12:30 Exercise w/ Lisa</p> <p>Eggplant Rollatini</p>	<p>24 9:15 Sound Bath Therapy 10:00 Tai Chi w/ James 12:30 Line Dancing w/ Philomena</p> <p>Turkey and Swiss</p>	<p>25 9:30 Yoga w/ Carol 10:30 Relaxing Balancing Tai Chi 12:30 Line Dancing w/ Cheryl</p>  <p>Korean BBQ Chicken Leg</p>
<p>28 9:30 Beginner's Line Dancing w/ Sasha 10:30 Exercise w/ Lisa 12:30 Cabanics w/ Gerardo 1:30 Walking Club</p>  <p>Beer Battered Fish</p>	<p>29 9:30 Bingo 10:00 Art Class 12:30 Exercise w/ Lisa 1:30 Walking Club</p> <p>Chicken Florentine</p>	<p>30 9:00 Zumba w/ Kattie 10:00 Diamond Art 10:00 Summer Coaster/Diamond Art 12:30 Exercise w/ Lisa</p> <p>Chef Salad</p>	<p>31 10:00 Tai Chi w/ James 12:30 Line Dancing w/ Philomena</p> <p>Roast Pork with 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>