



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
August 2025

August 5:	Blood Pressure Screenings w/ Hackensack UMC, HARP	11:00AM
August 6:	Total Brain Health Class w/ Agata Halat, Bergen County Senior Services	10:00AM
August 6:	Join us for an Ice Cream Social	12:00PM
August 7:	Sound Bath Therapy Class	9:15AM
August 13:	Presentation: Protecting Yourself in the Retail World w/ Denis Niland, Division of Consumer Affairs	10:30AM
August 13:	August Birthday Party	11:30AM
August 14:	Sound Bath Therapy Class	9:15AM
August 20:	Diamond Art Sunflower Wind Chimes Registration Required: Sign up in the office or call (973) 478-0502	10:00AM
August 27:	Presentation: Nutrition w/ Julianne Gallo, ShopRite of Lodi	10:30AM
August 28:	End of Summer Party! 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>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>1 9:30 Yoga w/ Carol 10:30 Relaxing Balancing Tai Chi 12:30 Line Dancing w/ Cheryl</p>  <p>Eggplant Rollatini</p>
<p>4 9:30 Beginner's Line Dancing w/ Sasha 10:30 Exercise w/ Lisa 12:30 Cabanics w/ Gerardo 1:30 Walking Club</p>  <p>Roast Turkey with Gravy</p>	<p>5 9:30 Bingo 11:00 Blood Pressure Screenings 12:30 Exercise w/ Lisa 1:30 Walking Club</p> <p>Ham Steak with Pineapple</p>	<p>6 9:00 Zumba w/ Kattie 10:00 Diamond Art 10:30 Total Brain Health Class 12:00 Ice Cream Social 12:30 Exercise w/ Lisa</p>  <p>Chicken Parmesan</p>	<p>7 9:15 Sound Bath Therapy 10:00 Tai Chi w/ James 12:30 Line Dancing w/ Philomena</p> <p>Roast Turkey with Swiss</p>	<p>8 9:30 Yoga w/ Carol 10:30 Relaxing Balancing Tai Chi 12:30 Line Dancing w/ Cheryl</p> <p>Lemon Caper Fish</p>
<p>11 9:30 Beginner's Line Dancing w/ Sasha 10:30 Exercise w/ Lisa 12:30 Cabanics w/ Gerardo 1:30 Walking Club</p> <p>Herbed Chicken Leg</p>	<p>12 9:30 Bingo 12:30 Exercise w/ Lisa 1:30 Walking Club</p>  <p>Stuffed Peppers</p>	<p>13 9:00 Zumba w/ Kattie 10:00 Diamond Art 10:30 Presentation: Protecting Yourself in Retail 11:30 August Birthday Party 12:30 Exercise w/ Lisa</p> <p>Korean Beef</p>	<p>14 9:15 Sound Bath Therapy 10:00 Tai Chi w/ James 12:30 Line Dancing w/ Philomena</p> <p>Egg Salad with Spinach</p>	<p>15 9:30 Yoga w/ Carol 10:30 Relaxing Balancing Tai Chi 12:30 Line Dancing w/ Cheryl</p>  <p>BBQ Pork Sandwich</p>
<p>18 9:30 Beginner's Line Dancing w/ Sasha 10:30 Exercise w/ Lisa 1:30 Walking Club</p>  <p>Italian Beef Meatballs</p>	<p>19 9:30 Bingo 12:30 Exercise w/ Lisa 1:30 Walking Club</p> <p>Seafood Salad</p>	<p>20 9:00 Zumba w/ Kattie 10:00 Diamond Art 10:00 Diamond Art Wind Chimes 12:30 Exercise w/ Lisa</p> <p>Sesame Chicken</p>	<p>21 10:00 Tai Chi w/ James 12:30 Line Dancing w/ Philomena</p>  <p>Pot Roast with Gravy</p>	<p>22 9:30 Yoga w/ Carol 10:30 Relaxing Balancing Tai Chi 12:30 Line Dancing w/ Cheryl</p> <p>Stuffed Cabbage</p>
<p>25 9:30 Beginner's Line Dancing w/ Sasha 10:30 Exercise w/ Lisa 12:30 Cabanics w/ Gerardo 1:30 Walking Club</p> <p>Chicken Cordon Bleu</p>	<p>26 9:30 Bingo 12:30 Exercise w/ Lisa 1:30 Walking Club</p>  <p>Cheeseburger</p>	<p>27 9:00 Zumba w/ Kattie 10:00 Diamond Art 10:00 Presentation: Nutrition 12:30 Exercise w/ Lisa</p> <p>Tuna Noodle Salad</p>	<p>28</p>  <p>Beef Hot Dogs</p>	<p>29 9:30 Yoga w/ Carol 10:30 Relaxing Balancing Tai Chi 12:30 Line Dancing w/ Cheryl</p> <p>Crab Cakes</p>