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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



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

September 1:	Center Closed - Labor Day Observance	All Day
September 2:	Blood Pressure Screenings w/ Hackensack UMC, HARP	11:00AM
September 2:	Hearing Screenings w/ Hackensack Meridian Health Registration Required: Sign up in the office or call (973) 478-0502	1:30PM
September 3:	Total Brain Health Class w/ Agata Halat, Bergen County Senior Services	10:00AM
September 3:	Hand Massage w/ Agata Halat, BC Senior Services	10:45AM
September 10:	Diamond Art Fall Magnets Registration Required: Sign up in the office or call (973) 478-0502	10:00AM
September 11:	Sound Bath Therapy Class	9:15AM
September 15:	POW/ MIA Recognition Ceremony w/ Bergen County Veterans Services	11:30AM
September 15:	Bergen County Drum Circle w/ Agata Halat, BC Senior Services	12:30PM
September 17:	September Birthday Party	11:30AM
September 18:	Bergen County Senior Festival At Van Saun Park, Paramus - Registration Required	10:00AM
September 22:	Pancake Breakfast - Lets Celebrate National Senior Center Month	8:30AM
September 24:	Presentation: Nutrition for Healthy Bones w/ Tara Piantadosi, Hackensack Meridian Health	10:00AM
September 25:	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



When traveling to the
Senior Festival
we encourage everyone to
carpool or use Bergen County
Community Transportation.

For more information,
please contact
Community Transportation at
(201) 368-5955.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>1</div> <div></div> <div>Center Closed</div>	<div>2</div> <div>9:30 Bingo 10:00 Diamond Art 11:00 Blood Pressure Screenings 12:30 Exercise w/ Lisa 1:30 Hearing Screenings</div> <div>Stuffed Cabbage</div>	<div>3</div> <div>9:00 Zumba w/ Kattie 10:00 Diamond Art 10:00 Total Brain Health Class 10:45 Hand Massage 12:30 Exercise w/ Lisa</div> <div>Korean BBQ Chicken Leg</div>	<div>4</div> <div>10:00 Tai Chi w/ James 12:30 Line Dancing w/ Philomena</div> <div></div> <div>Tuna Noodle Salad</div>	<div>5</div> <div>9:30 Yoga w/ Carol 10:30 Relaxing Balancing Tai Chi 12:30 Line Dancing w/ Cheryl</div> <div>Salisbury Steak</div>
<div>8</div> <div>9:30 Beginner’s Line Dancing w/ Sasha 10:00 Diamond Art 10:30 Exercise w/ Lisa 12:30 Cabanics w/ Gerardo</div> <div>Chicken Stir Fry w/ Peppers & Onions</div>	<div>9</div> <div>9:30 Bingo 10:00 Diamond Art 12:30 Exercise w/ Lisa</div> <div></div> <div>Pork Tenderloin w/ Gravy</div>	<div>10</div> <div>9:00 Zumba w/ Kattie 10:00 Diamond Art 10:00 Fall Diamond Art Magnets 12:30 Exercise w/ Lisa</div> <div>Lemon Caper Fish</div>	<div>11</div> <div>9:15 Sound Bath Therapy 10:00 Tai Chi w/ James 12:30 Line Dancing w/ Philomena</div> <div>Roast Turkey & Swiss</div>	<div>12</div> <div>9:30 Yoga w/ Carol 10:30 Relaxing Balancing Tai Chi 12:30 Line Dancing w/ Cheryl</div> <div>Italian Meatballs w/ Tomato Sauce</div>
<div>15</div> <div>9:30 Beginner’s Line Dancing w/ Sasha 10:00 Diamond Art 10:30 Exercise w/ Lisa 11:30 POW/ MIA Recognition Ceremony 12:30 Bergen County Drum Circle BBQ Pulled Pork Sandwich</div> <div>BBQ Pulled Pork Sandwich</div>	<div>16</div> <div>9:30 Bingo 10:00 Diamond Art 12:30 Exercise w/ Lisa</div> <div>Cheese Omelet</div>	<div>17</div> <div>9:00 Zumba w/ Kattie 10:00 Diamond Art 11:30 September Birthday Party 12:30 Exercise w/ Lisa</div> <div>Beef Teriyaki</div>	<div>18</div> <div>10:00 Tai Chi w/ James 12:30 Line Dancing w/ Philomena</div> <div><i>Senior Citizens Festival Van Saun County Park, Paramus</i></div> <div>Cheese Ravioli</div>	<div>19</div> <div>9:30 Yoga w/ Carol 10:30 Relaxing Balancing Tai Chi 12:30 Line Dancing w/ Cheryl</div> <div></div> <div>Chicken Piccata</div>
<div>22</div> <div>8:30 Pancake Breakfast 9:30 Beginner’s Line Dancing w/ Sasha 10:00 Diamond Art 10:30 Exercise w/ Lisa 12:30 Cabanics w/ Gerardo</div> <div>Homestyle Meatloaf</div>	<div>23</div> <div>9:30 Bingo 10:00 Diamond Art 12:30 Exercise w/ Lisa</div> <div>Egg Salad over Spinach</div>	<div>24</div> <div>9:00 Zumba w/ Kattie 10:00 Diamond Art 10:00 Presentation: Nutrition/Bones 12:30 Exercise w/ Lisa</div> <div>Stuffed Peppers</div>	<div>25</div> <div>9:15 Sound Bath Therapy 10:00 Tai Chi w/ James 12:30 Line Dancing w/ Philomena</div> <div>Cheeseburger</div>	<div>26</div> <div>9:30 Yoga w/ Carol 10:30 Relaxing Balancing Tai Chi 12:30 Line Dancing w/ Cheryl</div> <div>Korean Beef</div>
<div>29</div> <div>9:30 Beginner’s Line Dancing w/ Sasha 10:00 Diamond Art 10:30 Exercise w/ Lisa 12:30 Cabanics w/ Gerardo</div> <div>Chicken Fajitas</div>	<div>30</div> <div>9:30 Bingo 10:00 Diamond Art 12:30 Exercise w/ Lisa</div> <div>Chicken Cordon Bleu</div>	<div>When traveling to the Senior Festival we encourage everyone to carpool or use Bergen County Community Transportation. For more information, please contact Community Transportation at (201) 368-5955.</div>	<div>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</div>	<div>We have Computers, iPad’s and a Pool Room available for use.</div> <div></div>