



James J. Tedesco III
County Executive

BOARD OF COUNTY COMMISSIONERS

Mary J. Amoroso
Chairwoman

Steven A. Tanelli
Vice Chairman

Dr. Joan M. Voss
Chair Pro Tempore

Rafael Marte
Germaine M. Ortiz
Thomas J. Sullivan
Tracy Silna Zur

DEPARTMENT OF HUMAN SERVICES
Melissa H. DeBartolo, Esq.
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
October 2025

October 1:	Total Brain Health Class w/ Agata Halat, Bergen County Senior Services	10:00AM
October 1:	Hand Massage w/ Agata Halat, BC Senior Services	10:45AM
October 7:	Blood Pressure Screenings w/ Hackensack UMC, HARP	11:00AM
October 8:	Presentation: Fall / Injury Prevention & Fall Risk Assessments w/ Sharon Guerrero, Hackensack Meridian Health	10:00AM
October 8:	October Birthday Party	11:30AM
October 9:	Sound Bath Therapy Class	9:15AM
October 13:	Center Closed- Columbus/ Indigenous Peoples' Day	All Day
October 15:	Presentation: Bergen Bites Back/ Tick & Mosquito Prevention w/ Laura Jean Checki, Bergen County Dept. of Health Services	10:30AM
October 22:	Halloween Craft w/ Agata Halat, BC Senior Services Registration Required: Sign up in the office or call (973) 478-0502	10:00AM
October 23:	Sound Bath Therapy Class	9:15AM
October 29:	Diamond Art Halloween Coasters Registration Required: Sign up in the office or call (973) 478-0502	10:00AM
October 31:	Join us to Celebrate Halloween & Enjoy Special Treats!	11:30AM
	Starting Friday, October 24th, Lunch and Classes will be held next door in the Recreation Center through October 31st.	

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
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	We have Computers, iPad’s and a Pool Room available for use. 	1 9:00 Zumba w/ Kattie 10:00 Diamond Art 10:00 Total Brain Health Class 10:45 Hand Massage 12:30 Exercise w/ Lisa Eggplant Parmesan	2 10:00 Tai Chi w/ James 12:30 Line Dancing w/ Philomena  Ham and Cheddar	3 9:30 Yoga w/ Carol 10:30 Relaxing Balancing Tai Chi 12:30 Line Dancing w/ Cheryl Salisbury Steak
6 9:15 Beginner Line Dance w/ Philomena 10:00 Diamond Art 10:30 Exercise w/ Lisa 12:30 Cabanics w/ Gerardo  Stuffed Cabbage	7 9:30 Bingo 10:00 Diamond Art 11:00 Blood Pressure Screening 12:30 Exercise w/ Lisa Tuna Noodle Salad	8 9:00 Zumba w/ Kattie 10:00 Diamond Art 10:00 Presentation: Fall Prevention 11:30 October Birthday Party 12:30 Exercise w/ Lisa Chicken Florentine	9 9:15 Sound Bath Therapy 10:00 Tai Chi w/ James 12:30 Line Dancing w/ Philomena BBQ Pulled Pork Sandwich	10 9:30 Yoga w/ Carol 10:30 Relaxing Balancing Tai Chi 12:30 Line Dancing w/ Cheryl  Roast Turkey with Gravy
13 Columbus Day/Indigenous Peoples’ Day - Center Closed  Center Closed	14 9:30 Bingo 10:00 Diamond Art 12:30 Exercise w/ Lisa  Turkey Tacos	15 9:00 Zumba w/ Kattie 10:00 Diamond Art 10:30 Presentation: Tick/Mosquito Prev. 12:30 Exercise w/ Lisa Lemon Caper Fish	16 10:00 Tai Chi w/ James 12:30 Line Dancing w/ Philomena Chicken Parmesan	17 9:30 Yoga w/ Carol 10:30 Relaxing Balancing Tai Chi 12:30 Line Dancing w/ Cheryl Egg Salad Platter
20 9:15 Beginner Line Dance w/ Philomena 10:00 Diamond Art 10:30 Exercise w/ Lisa Hungarian Goulash	21 9:30 Bingo 10:00 Diamond Art 12:30 Exercise w/ Lisa Ham Steak with Pineapple	22 9:00 Zumba w/ Kattie 10:00 Diamond Art 10:00 Halloween Craft 12:30 Exercise w/ Lisa  Italian Meatballs	23 9:15 Sound Bath Therapy 10:00 Tai Chi w/ James 12:30 Line Dancing w/ Philomena Korean BBQ Chicken Leg	24 NO CLASSES TODAY  Seafood Salad - Boxed (Rec Center)
27 10:00 Diamond Art 10:30 Exercise w/ Lisa 12:30 Cabanics w/ Gerardo  Tuna Salad - Boxed (Rec Center)	28 9:30 Bingo 10:00 Diamond Art 12:30 Exercise w/ Lisa Chicken Salad - Boxed (Rec Center)	29 9:00 Zumba w/ Kattie 10:00 Diamond Art 10:00 Halloween Diamond Art 12:30 Exercise w/ Lisa Egg Salad - Boxed (Rec Center)	30 10:00 Tai Chi w/ James  Turkey & Swiss - Boxed (Rec Center)	31 NO CLASSES TODAY  Happy Halloween Roast Beef - Boxed (Rec Center)