



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
November 2025

November 4:	Center Closed - Election Day	All Day
November 5:	Thankful Jar Craft w/ Agata Halat, Bergen County Senior Services Registration Required: Sign up in the office or call (973) 478-0502	10:00AM
November 6:	Sound Bath Therapy Class	9:15AM
November 11:	Center Closed - Veteran's Day	All Day
November 12:	Presentation: Downsizing & Decluttering w/ Lori Carbone, Coldwell Banker	10:30AM
November 12:	November Birthday Party	11:30AM
November 18:	Blood Pressure Screenings w/ HUMC, HARP	11:00AM
November 19:	Total Brain Health Class w/ Agata Halat, Bergen County Senior Services	10:00AM
November 19:	Presentation: Managing Multiple Medications w/ Tanchun Wang, Hackensack Meridian School of Medicine	10:45AM
November 19:	Hand Massage w/ Agata Halat, Bergen County Senior Services	10:45AM
November 20:	Sound Bath Therapy Class	9:15AM
November 26:	Thanksgiving Eve Pancake Breakfast	8:30AM
November 26:	Thanksgiving Diamond Art Project Registration Required: Sign up in the office or call (973) 478-0502	10:00AM
November 27:	Thanksgiving Luncheon	10:00AM
November 28:	Center Closed - Thanksgiving Observed	All Day

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
We have Computers, iPad's and a Pool Room available for use. 	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	HELLO November		GIVING Thanks
3 9:15 Beginner Line Dance w/ Philomena 10:00 Diamond Art 10:30 Exercise w/ Lisa 12:30 Cabanics w/ Gerardo Ham with Pineapple	4  Election Day Center Closed	5 9:00 Zumba w/ Kattie 10:00 Diamond Art 10:00 Thankful Jar Craft 12:30 Exercise w/ Lisa  Korean BBQ Chicken Leg	6 9:15 Sound Bath Therapy 10:00 Tai Chi w/ James 12:30 Line Dancing w/ Philomena Swedish Meatballs with Gravy	7 9:30 Yoga w/ Carol 10:30 Relaxing Balancing Tai Chi 12:30 Line Dancing w/ Cheryl  Cheese Omelet
10 9:15 Beginner Line Dance w/ Philomena 10:00 Diamond Art 10:30 Exercise w/ Lisa 12:30 Cabanics w/ Gerardo  Homestyle Meatloaf	11  Center Closed	12 9:00 Zumba w/ Kattie 10:00 Diamond Art 10:30 Presentation: Downsize/Declutter 11:30 November Birthday Party 12:30 Exercise w/ Lisa Korean Beef	13 10:00 Tai Chi w/ James 12:30 Line Dancing w/ Philomena  Tuna Salad Platter	14 9:30 Yoga w/ Carol 10:30 Relaxing Balancing Tai Chi 12:30 Line Dancing w/ Cheryl Broccoli Stuffed Chicken
17 9:15 Beginner Line Dance w/ Philomena 10:00 Diamond Art 10:30 Exercise w/ Lisa Chicken Parmesan	18 9:30 Bingo 10:00 Diamond Art 11:00 Blood Pressure Screening 12:30 Exercise w/ Lisa Stuffed Cabbage	19 9:00 Zumba w/ Kattie 10:00 Diamond Art 10:00 Total Brain Health Class 10:45 Presentation: Multiple Medication 10:45 Hand Massage 12:30 Exercise w/ Lisa Egg Salad Platter with Spinach	20 9:15 Sound Bath Therapy 10:00 Tai Chi w/ James 12:30 Line Dancing w/ Philomena Cheeseburger	21 9:30 Yoga w/ Carol 10:30 Relaxing Balancing Tai Chi 12:30 Line Dancing w/ Cheryl  Ham and Swiss
24 9:15 Beginner Line Dance w/ Philomena 10:00 Diamond Art 10:30 Exercise w/ Lisa 12:30 Cabanics w/ Gerardo  Stuffed Peppers	25 9:30 Bingo 10:00 Diamond Art 12:30 Exercise w/ Lisa  Chicken Florentine	26 8:30 Pancake Breakfast 9:00 Zumba w/ Kattie 10:00 Diamond Art 10:00 Thanksgiving Diamond Art 12:30 Exercise w/ Lisa Pot Roast with Gravy	27 Thanksgiving Luncheon Garfield Senior Center 10am-2pm Registration is Required Please call (973) 478-0502 Center Closed	28  Center Closed