



James J. Tedesco III
County Executive

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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
December 2025

December 3:	Total Brain Health Class w/ Agata Halat, Bergen County Senior Services	10:00AM
December 3:	Hand Massage w/ Agata Halat, Bergen County Senior Services Registration Required: Sign up in the office or call (973) 478-0502	10:45AM
December 4:	Sound Bath Therapy Class	9:15AM
December 9:	Blood Pressure Screenings w/ HUMC, HARP	11:00AM
December 10:	Holiday Diamond Art Project Registration Required: Sign up in the office or call (973) 478-0502	10:00AM
December 15:	Holiday Concert: Garfield School #4 Join Us Before the Holiday Party for this Special Performance!	10:00AM
December 15:	Holiday Party Registration Required: Sign up in the office or call (973) 478-0502	11:00AM
December 17:	Holiday Cookie Decorating Registration Required: Sign up in the office or call (973) 478-0502	10:00AM
December 17:	Holiday Karaoke	10:45AM
December 17:	December Birthday Party	11:30AM
December 18:	Sound Bath Therapy Class	9:15AM
December 25:	Center Closed - Christmas Day Observed	All Day
December 31:	New Year's Eve Pancake Breakfast	8:30AM

Please Note Center will be Closed Thursday, January 1, 2026

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.



Holiday Luncheon

Garfield Senior Activity Center
480 Midland Ave
Garfield, New Jersey, 07026

Thursday, December 25, 2025
10:00 AM - 2:00 PM

Reservations are required. Please RSVP by December 19, 2025.
To RSVP call (973) 478-0502 or email seniors@BergenCountyNJ.gov



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 9:15 Beginner Line Dance w/ Philomena 10:00 Diamond Art 10:30 Exercise w/ Lisa 12:30 Cabanics w/ Gerardo  Vegetable Lasagna	2 9:30 Bingo 10:00 Diamond Art 12:30 Exercise w/ Lisa  Tuna Salad Platter	3 9:00 Zumba w/ Kattie 10:00 Diamond Art 10:00 Total Brain Health Class 10:45 Hand Massage 12:30 Exercise w/ Lisa Chicken Piccata	4 9:15 Sound Bath Therapy 10:00 Tai Chi w/ James 12:30 Line Dancing w/ Philomena Cheeseburger	5 9:30 Yoga w/ Carol 10:30 Relaxing Balancing Tai Chi 12:30 Line Dancing w/ Cheryl  Roasted Pork Loin with Gravy
8 9:15 Beginner Line Dance w/ Philomena 10:00 Diamond Art 10:30 Exercise w/ Lisa 12:30 Cabanics w/ Gerardo BBQ Pulled Chicken	9 9:30 Bingo 10:00 Diamond Art 11:00 Blood Pressure Screening 12:30 Exercise w/ Lisa Homestyle Meatloaf with Gravy	10 9:00 Zumba w/ Kattie 10:00 Diamond Art 10:00 Holiday Diamond Art 12:30 Exercise w/ Lisa  Turkey and Swiss	11 10:00 Tai Chi w/ James 12:30 Line Dancing w/ Philomena  Chicken Parmesan	12 9:30 Yoga w/ Carol 10:30 Relaxing Balancing Tai Chi 12:30 Line Dancing w/ Cheryl  Stuffed Peppers
15  HOLIDAY PARTY & Holiday Concert Pot Roast with Gravy	16 9:30 Bingo 10:00 Diamond Art 12:30 Exercise w/ Lisa  Seafood Salad Platter	17 9:00 Zumba w/ Kattie 10:00 Diamond Art 10:00 Holiday Cookie Decorating 10:45 Holiday Karaoke 11:30 December Birthday Party 12:30 Exercise w/ Lisa Chicken Tikka Masala	18 9:15 Sound Bath Therapy 10:00 Tai Chi w/ James 12:30 Line Dancing w/ Philomena Spinach Quiche with Tomato and Feta	19 9:30 Yoga w/ Carol 10:30 Relaxing Balancing Tai Chi 12:30 Line Dancing w/ Cheryl Korean BBQ Chicken Leg
22 9:15 Beginner Line Dance w/ Philomena 10:00 Diamond Art 10:30 Exercise w/ Lisa  Beef Bourguignon	23 9:30 Bingo 10:00 Diamond Art 11:00 Blood Pressure Screening 12:30 Exercise w/ Lisa Potato Crusted Fish	24 9:00 Zumba w/ Kattie 10:00 Diamond Art 12:30 Exercise w/ Lisa  Stuffed Cabbage	25  Holiday Luncheon  Garfield Senior Center 10am-2pm Registration is Required Please call (973) 478-0502 Center Closed	26 9:30 Yoga w/ Carol 10:30 Relaxing Balancing Tai Chi 12:30 Line Dancing w/ Cheryl  Chicken Cordon Bleu
29 9:15 Beginner Line Dance w/ Philomena 10:00 Diamond Art 10:30 Exercise w/ Lisa 12:30 Cabanics w/ Gerardo Sweet and Sour Meatballs	30 9:30 Bingo 10:00 Diamond Art 12:30 Exercise w/ Lisa  Egg Salad Platter	31 8:30 NYE Pancake Breakfast 9:00 Zumba w/ Kattie 10:00 Diamond Art 12:30 Exercise w/ Lisa  Italian Beef Sausage	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