

# BERGEN

NEW JERSEY County

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



The County of Bergen

Wishes you a

Happy and Healthy  
New Year



## 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](mailto:Garfieldcenter@bergencountynj.gov)

Open: Monday - Friday, 8:00AM - 3:30PM

# BERGEN NEW JERSEY

County James J. Tedesco III, County Executive

## GARFIELD SENIOR ACTIVITY CENTER Bergen County Department of Human Services Division of Senior Services/ADRC January 2026

January 1:	New Year's Day - Center Closed	All Day
January 6:	Blood Pressure Screenings w/ HUMC, HARP	11:00AM
January 7:	Total Brain Health Class w/ Agata Halat, Bergen County Senior Services	9:45AM
January 7:	Chef Cardie Food Show & Demonstration Please join us for this fun and interactive show!	10:30AM
January 8:	Sound Bath Therapy Class	9:15AM
January 14:	Snowflake Diamond Art Registration Required: Sign up in the office or call (973) 478-0502	10:00AM
January 14:	January Birthday Party	11:30AM
January 19:	Martin Luther King Jr. Day - Center Closed	All Day
January 21:	Celebrate National Granola Bar Day Healthy Snacks Pictionary w/ Agata Halat, Bergen County Senior Services	10:30AM
January 22:	Sound Bath Therapy Class	9:15AM
January 28:	Valentine's Day Craft 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><b>Suggested Lunch Donation: \$1.25 Per Meal</b>  <b>Please reserve lunch by 11:30 AM the day before</b>  <b>Lunch will Be Served at 11:30 Daily</b></p>	<p>We have Computers, iPad's and a Pool Room available for use.</p> 		<b>1</b>  <b>Center Closed</b>	<b>2</b> 9:30 Yoga w/ Carol 10:30 Relaxing Balancing Tai Chi 12:30 Line Dancing w/ Cheryl  <b>Stuffed Peppers</b>
<b>5</b> 9:00 Beginner Line Dance w/ Philomena 10:00 Diamond Art 10:30 Exercise w/ Lisa 12:30 Cabanics w/ Gerardo  <b>Homestyle Meatloaf w/ Gravy</b>	<b>6</b> 9:30 Bingo 10:00 Diamond Art <b>11:00 Blood Pressure Screening</b> 12:30 Exercise w/ Lisa  <b>Sliced Pork Loin</b>	<b>7</b> 9:00 Zumba w/ Kattie 10:00 Diamond Art <b>9:45 Total Brain Health Class</b> <b>10:30 Chef Cardie Food Demonstration</b> 12:30 Exercise w/ Lisa  <b>Roast Turkey and Cheddar</b>	<b>8</b> <b>9:15 Sound Bath Therapy</b> 10:00 Tai Chi w/ James 12:30 Line Dancing w/ Philomena  <b>Chicken Parmesan</b>	<b>9</b> 9:30 Yoga w/ Carol 10:30 Relaxing Balancing Tai Chi 12:30 Line Dancing w/ Cheryl  <b>Cheese Omelet</b>
<b>12</b> 9:00 Beginner Line Dance w/ Philomena 10:00 Diamond Art 10:30 Exercise w/ Lisa 12:30 Cabanics w/ Gerardo  <b>Stuffed Cabbage</b>	<b>13</b> 9:30 Bingo 10:00 Diamond Art 12:30 Exercise w/ Lisa  <b>Chicken Marsala</b>	<b>14</b> 9:00 Zumba w/ Kattie 10:00 Diamond Art <b>10:00 Snowflake Diamond Art</b> <b>11:30 January Birthday Party</b> 12:30 Exercise w/ Lisa  <b>Ham and Swiss</b>	<b>15</b> 10:00 Tai Chi w/ James 12:30 Line Dancing w/ Philomena  <b>Chicken Fajitas w/ Onions &amp; Peppers</b>	<b>16</b> 9:30 Yoga w/ Carol 10:30 Relaxing Balancing Tai Chi 12:30 Line Dancing w/ Cheryl  <b>Cheeseburger w/ Lettuce &amp; Tomato</b>
<b>19</b>  <b>Closed</b>	<b>20</b> 9:30 Bingo 10:00 Diamond Art 12:30 Exercise w/ Lisa  <b>Chicken Cordon Bleu</b>	<b>21</b> 9:00 Zumba w/ Kattie 10:00 Diamond Art <b>10:30 Healthy Snacks Pictionary</b> 12:30 Exercise w/ Lisa  <b>Salisbury Steak w/ Mushroom Gravy</b>	<b>22</b> <b>9:15 Sound Bath Therapy</b> 10:00 Tai Chi w/ James 12:30 Line Dancing w/ Philomena  <b>Seafood Salad Platter</b>	<b>23</b> 9:30 Yoga w/ Carol 10:30 Relaxing Balancing Tai Chi 12:30 Line Dancing w/ Cheryl  <b>Roast Pork</b>
<b>26</b> 9:00 Beginner Line Dance w/ Philomena 10:00 Diamond Art 10:30 Exercise w/ Lisa 12:30 Cabanics w/ Gerardo  <b>Roast Turkey w/ Gravy</b>	<b>27</b> 9:30 Bingo 10:00 Diamond Art 12:30 Exercise w/ Lisa  <b>Italian Beef Meatballs</b>	<b>28</b> 9:00 Zumba w/ Kattie 10:00 Diamond Art <b>10:00 Valentine's Day Craft</b> 12:30 Exercise w/ Lisa  <b>Beer Battered Cod</b>	<b>29</b> 10:00 Tai Chi w/ James 12:30 Line Dancing w/ Philomena   <b>Korean BBQ Chicken Leg</b>	<b>30</b> 9:30 Yoga w/ Carol 10:30 Relaxing Balancing Tai Chi 12:30 Line Dancing w/ Cheryl  <b>Pot Roast with Gravy</b>