



James J. Tedesco, III
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Department of Human Services

Melissa H. DeBartolo, Esq.
Director

Division of Senior Services
Lorraine Joeewono
Director

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.

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



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



February 2026

| | | |
|---------------------|---|----------------|
| February 3: | Blood Pressure Screenings w/ HUMC, HARP | 11:00AM |
| February 4: | Valentine's Day Cookie Decorating Registration Required: Sign up in the office or call (973) 478-0502 | 9:45AM |
| February 4: | Presentation: Heart Health w/ Sharon Guerrero, Hackensack Meridian Health | 10:30AM |
| February 5: | Sound Bath Therapy Class | 9:15AM |
| February 11: | Valentine's Day Diamond Art Registration Required: Sign up in the office or call (973) 478-0502 | 10:00AM |
| February 11: | February Birthday Party | 11:30AM |
| February 13: | Valentine's Day Social w/ Entertainer Tommy Walker! Registration Required: Sign up in the office or call (973) 478-0502 | 11:30AM |
| February 16: | Center Closed - Presidents Day | All Day |
| February 18: | Total Brain Health Class w/ Agata Halat, Bergen County Senior Services | 10:00AM |
| February 18: | Hand Massage w/Agata Halat, Bergen County Senior Services Registration Required: Sign up in the office or call (973) 478-0502 | 10:45AM |
| February 19: | Sound Bath Therapy Class | 9:15AM |
| February 25: | Presentation: Nutrition w/ Julianne Gallo, Shoprite of Lodi | 10:30AM |

Caregivers Conference

Thursday, April 9th
5:00 PM - 9:00 PM

Bergen County Administration Building
Multi-Purpose Room



To RSVP Call 201-336-7400 or
Email seniors@bergencountynj.gov

**Public Hearing
on the
Needs of Older Adults**

Tuesday, May 12th
8:30 AM - 11:30 AM

Bergen County Administration Building
Public Meeting Room (5th floor)



To RSVP Call 201-336-7417 or
Email seniors@bergencountynj.gov

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|---|---|--|
| 2 9:00 Beginner Line Dance w/ Philomena 10:00 Diamond Art 10:30 Exercise w/ Lisa 12:30 Cabanics w/ Gerardo Korean BBQ Chicken Leg | 3 9:30 Bingo 10:00 Diamond Art 11:00 Blood Pressure Screening 12:30 Exercise w/ Lisa Ham Steak with Pineapple | 4 9:00 Zumba w/ Kattie 9:45 Valentine's Cookie Decorating 10:00 Diamond Art 10:30 Presentation: Heart Health 12:30 Exercise w/ Lisa Roast Turkey and Cheddar | 5 9:15 Sound Bath Therapy 10:00 Tai Chi w/ James 12:30 Line Dancing w/ Philomena Italian Meatballs | 6 9:30 Yoga w/ Carol 10:30 Relaxing Balancing Tai Chi 12:30 Line Dancing w/ Cheryl  Stuffed Cabbage |
| 9 9:00 Beginner Line Dance w/ Philomena 10:00 Diamond Art 10:30 Exercise w/ Lisa 12:30 Cabanics w/ Gerardo  Salisbury Steak | 10 9:30 Bingo 10:00 Diamond Art 12:30 Exercise w/ Lisa Chicken Florentine | 11 9:00 Zumba w/ Kattie 10:00 Diamond Art 10:00 Valentine's Day Diamond Art 11:30 February Birthday Party 12:30 Exercise w/ Lisa  Chicken Cordon Bleu | 12 10:00 Tai Chi w/ James 12:30 Line Dancing w/ Philomena  Egg Salad Platter | 13 9:30 Yoga w/ Carol 10:30 Relaxing Balancing Tai Chi 11:30 Valentine's Day Social  Chicken Parmesan |
| 16  Center Closed | 17 9:30 Bingo 10:00 Diamond Art 12:30 Exercise w/ Lisa  Sesame Chicken | 18 9:00 Zumba w/ Kattie 10:00 Diamond Art 10:00 Total Brain Health Class 10:45 Hand Massage 12:30 Exercise w/ Lisa Cheese Omelet | 19 9:15 Sound Bath Therapy 10:00 Tai Chi w/ James 12:30 Line Dancing w/ Philomena Cheeseburger | 20 9:30 Yoga w/ Carol 10:30 Relaxing Balancing Tai Chi 12:30 Line Dancing w/ Cheryl Breaded Fish Filet |
| 23 9:00 Beginner Line Dance w/ Philomena 10:00 Diamond Art 10:30 Exercise w/ Lisa 12:30 Cabanics w/ Gerardo Chicken Tikka Masala | 24 9:30 Bingo 10:00 Diamond Art 12:30 Exercise w/ Lisa  Stuffed Peppers | 25 9:00 Zumba w/ Kattie 10:00 Diamond Art 10:30 Presentation: Nutrition 12:30 Exercise w/ Lisa Sliced Pork Loin | 26 10:00 Tai Chi w/ James 12:30 Line Dancing w/ Philomena  Pot Roast | 27 9:30 Yoga w/ Carol 10:30 Relaxing Balancing Tai Chi 12:30 Line Dancing w/ Cheryl Seafood Salad |
|  HAPPY VALENTINE'S DAY |  Valentine's Day |  FEBRUARY IS HEART HEALTH MONTH | 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 |