



**James J. Tedesco, III**  
*County Executive*

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**Department of Human Services**

**Melissa H. DeBartolo, Esq.**  
*Director*

**Division of Senior Services**  
**Lorraine Joewono**  
*Director*

**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**

*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.



**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**



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

**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](mailto:seniors@bergencountynj.gov)**





**SAVE THE DATE**

**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](mailto:seniors@bergencountynj.gov)**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>2</div> <div>9:00 Beginner Line Dance w/ Philomena 10:00 Diamond Art 10:30 Exercise w/ Lisa 12:30 Cabanics w/ Gerardo</div> <div>Korean BBQ Chicken Leg</div>	<div>3</div> <div>9:30 Bingo 10:00 Diamond Art 11:00 Blood Pressure Screening 12:30 Exercise w/ Lisa</div> <div>Ham Steak with Pineapple</div>	<div>4</div> <div>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</div> <div>Roast Turkey and Cheddar</div>	<div>5</div> <div>9:15 Sound Bath Therapy 10:00 Tai Chi w/ James 12:30 Line Dancing w/ Philomena</div> <div>Italian Meatballs</div>	<div>6</div> <div>9:30 Yoga w/ Carol 10:30 Relaxing Balancing Tai Chi 12:30 Line Dancing w/ Cheryl</div> <div>Stuffed Cabbage</div>
<div>9</div> <div>9:00 Beginner Line Dance w/ Philomena 10:00 Diamond Art 10:30 Exercise w/ Lisa 12:30 Cabanics w/ Gerardo</div> <div>Salisbury Steak</div>	<div>10</div> <div>9:30 Bingo 10:00 Diamond Art 12:30 Exercise w/ Lisa</div> <div>Chicken Florentine</div>	<div>11</div> <div>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</div> <div>Chicken Cordon Bleu</div>	<div>12</div> <div>10:00 Tai Chi w/ James 12:30 Line Dancing w/ Philomena</div> <div>Egg Salad Platter</div>	<div>13</div> <div>9:30 Yoga w/ Carol 10:30 Relaxing Balancing Tai Chi 11:30 Valentine's Day Social</div> <div>Chicken Parmesan</div>
<div>16</div> <div></div> <div>Center Closed</div>	<div>17</div> <div>9:30 Bingo 10:00 Diamond Art 12:30 Exercise w/ Lisa</div> <div>Sesame Chicken</div>	<div>18</div> <div>9:00 Zumba w/ Kattie 10:00 Diamond Art 10:00 Total Brain Health Class 10:45 Hand Massage 12:30 Exercise w/ Lisa</div> <div>Cheese Omelet</div>	<div>19</div> <div>9:15 Sound Bath Therapy 10:00 Tai Chi w/ James 12:30 Line Dancing w/ Philomena</div> <div>Cheeseburger</div>	<div>20</div> <div>9:30 Yoga w/ Carol 10:30 Relaxing Balancing Tai Chi 12:30 Line Dancing w/ Cheryl</div> <div>Breaded Fish Filet</div>
<div>23</div> <div>9:00 Beginner Line Dance w/ Philomena 10:00 Diamond Art 10:30 Exercise w/ Lisa 12:30 Cabanics w/ Gerardo</div> <div>Chicken Tikka Masala</div>	<div>24</div> <div>9:30 Bingo 10:00 Diamond Art 12:30 Exercise w/ Lisa</div> <div>Stuffed Peppers</div>	<div>25</div> <div>9:00 Zumba w/ Kattie 10:00 Diamond Art 10:30 Presentation: Nutrition 12:30 Exercise w/ Lisa</div> <div>Sliced Pork Loin</div>	<div>26</div> <div>10:00 Tai Chi w/ James 12:30 Line Dancing w/ Philomena</div> <div>Pot Roast</div>	<div>27</div> <div>9:30 Yoga w/ Carol 10:30 Relaxing Balancing Tai Chi 12:30 Line Dancing w/ Cheryl</div> <div>Seafood Salad</div>
<div>HAPPY VALENTINE'S DAY</div>	<div></div>	<div></div>	<div>We have Computers, iPad's and a Pool Room available for use.</div> <div></div>	<div>Suggested Lunch Donation: \$1.25 Per Meal Please reserve lunch by 11:30 AM the day before</div> <div>Lunch will Be Served at 11:30 Daily</div>