

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



KEY TELEPHONE NUMBERS

Division of Senior Services
Bergen ADRC (formerly NJ EASE)
(201) 336-7400
(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
March 2026



March 3	Take Control of Your Health Workshop <u>Registration Required:</u> Sign up in the office or call (973) 478-0502 This is 6 Week Course. You must complete 4 Weeks for Certificate	9:30AM
March 3	Blood Pressure Screening w/ Hackensack University Medical Center, HARP	11:00AM
March 4	Class: Total Brain Health w/ Agata Halat, Bergen County Senior Services	10:00AM
March 4	Presentation: Self Care/Hygiene w/ Hackensack Meridian Health	10:30AM
March 5	Class: Sound Bath Therapy	9:15AM
March 11	Saint Patrick's Day Diamond Art Registration Required: Sign up at the Garfield Senior Center Office or call (973) 478-0502	10:00AM
March 17	Happy Saint Patrick's Day... Join us for breakfast!	8:30AM
March 18	March Birthday Party	11:30AM
March 19	Class: Sound Bath Therapy	9:15AM
March 25	Pancake Breakfast	8:30AM
March 25	Pictionary: Sports	10:30AM

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.

Spring Luncheon
Sunday April 5th, 10AM-2PM
Garfield Senior Activity Center, 480 Midland Avenue, Garfield NJ 07026
RSVP by Monday March 30th to your Senior Activity Center Director

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>9:00 Beginner Line Dance w/ Philomena 10:00 Diamond Art 10:30 Exercise w/ Lisa 12:30 Cabanics w/ Gerardo</p>  <p>Stuffed Cabbage</p>	<p>3</p> <p>9:30 Bingo 9:30 Take Control of Your Health Workshop 10:00 Diamond Art 11:00 Blood Pressure Screening 12:30 Exercise w/ Lisa</p> <p>Tuna Salad w/ Romaine</p>	<p>4</p> <p>9:00 Zumba w/ Kattie 10:00 Diamond Art 10:00 Class: Total Brain Health 10:30 Presentation: Self Care/Hygiene 12:30 Exercise w/ Lisa</p> <p>Roast Turkey w/ Gravy</p>	<p>5</p> <p>9:15 Sound Bath Therapy 10:00 Tai Chi w/ James 12:30 Line Dancing w/ Philomena</p> <p>Korean BBQ Chicken Leg</p>	<p>6</p> <p>9:30 Yoga w/ Carol 10:30 Relaxing Balancing Tai Chi 12:30 Line Dancing w/ Cheryl</p> <p>Cheese Omelet</p>
<p>9</p> <p>9:00 Beginner Line Dance w/ Philomena 10:00 Diamond Art 10:30 Exercise w/ Lisa 12:30 Cabanics w/ Gerardo</p> <p>Cheeseburger w/ Lettuce & Tomato</p>	<p>10</p> <p>9:30 Bingo 9:30 Take Control of Your Health Workshop 10:00 Diamond Art 12:30 Exercise w/ Lisa</p> <p>Chicken Salad Platter over Greens</p>	<p>11</p> <p>9:00 Zumba w/ Kattie 10:00 Diamond Art 10:00 Saint Patrick's Day Diamond Art 12:30 Exercise w/ Lisa</p> <p>Pork Tenderloin w/ Apple Cinnamon Glaze</p>	<p>12</p> <p>10:00 Tai Chi w/ James 12:30 Line Dancing w/ Philomena</p>  <p>Chicken Florentine</p>	<p>13</p> <p>9:30 Yoga w/ Carol 10:30 Relaxing Balancing Tai Chi 12:30 Line Dancing w/ Cheryl</p> <p>Stuffed Shells w/ Marinara</p>
<p>16</p> <p>9:00 Beginner Line Dance w/ Philomena 10:00 Diamond Art 10:30 Exercise w/ Lisa</p> <p>Fish Filet with Lemon Sauce</p>	<p>17</p> <p>8:30 St. Patrick's Day Breakfast 9:30 Bingo 9:30 Take Control of Your Health Workshop 10:00 Diamond Art 12:30 Exercise w/ Lisa</p>  <p>Corned Beef</p>	<p>18</p> <p>9:00 Zumba w/ Kattie 10:00 Diamond Art 11:30 March Birthday Party 12:30 Exercise w/ Lisa</p> <p>Chicken Parmesan</p>	<p>19</p> <p>9:15 Sound Bath Therapy 10:00 Tai Chi w/ James 12:30 Line Dancing w/ Philomena</p> <p>Meatloaf w/ Mushroom Gravy</p>	<p>20</p> <p>9:30 Yoga w/ Carol 10:30 Relaxing Balancing Tai Chi 12:30 Line Dancing w/ Cheryl</p> <p>Egg Salad Platter on Spinach</p>
<p>23</p> <p>9:00 Beginner Line Dance w/ Philomena 10:00 Diamond Art 10:30 Exercise w/ Lisa 12:30 Cabanics w/ Gerardo</p> <p>Stuffed Peppers</p>	<p>24</p> <p>9:30 Bingo 9:30 Take Control of Your Health Workshop 10:00 Diamond Art 12:30 Exercise w/ Lisa</p> <p>LS Ham Steak w/ Pineapple</p>	<p>25</p> <p>8:30 Pancake Breakfast 9:00 Zumba w/ Kattie 10:00 Diamond Art 10:30 Pictionary: Sports 12:30 Exercise w/ Lisa</p> <p>Pot Roast w/ Gravy</p>	<p>26</p> <p>10:00 Tai Chi w/ James 12:30 Line Dancing w/ Philomena</p> <p>Seafood Salad on Spinach</p>	<p>27</p> <p>9:30 Yoga w/ Carol 10:30 Relaxing Balancing Tai Chi 12:30 Line Dancing w/ Cheryl</p> <p>Manicotti w/ Marinara</p>
<p>30</p> <p>9:00 Beginner Line Dance w/ Philomena 10:00 Diamond Art 10:30 Exercise w/ Lisa 12:30 Cabanics w/ Gerardo</p> <p>Sweet Chicken Sausage</p>	<p>31</p> <p>9:30 Bingo 9:30 Take Control of Your Health Workshop 10:00 Diamond Art 12:30 Exercise w/ Lisa</p> <p>Roast Turkey & Cheddar w/ Lettuce & Tomato</p>	 <p>March 8</p>	<p>Suggested Lunch Donation: \$1.25 Per Meal</p> <p><i>Please reserve lunch by 11:30AM the day before</i></p> <p>Lunch is served at 11:30AM daily</p>	<p>We have Computers, iPads and a Pool Room available for use.</p> 