



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

**Board of County Commissioners**

**Steven A. Tanelli**  
Chairman

**Tracy Silna Zur**  
Vice Chairwoman

**Dr. Joan M. Voss**  
Chair Pro Tempore

**Mary J. Amoroso**

**Rafael Marte**

**Germaine M. Ortiz**

**Thomas J. Sullivan**

**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](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  
**April 2026**



<b>April 1</b>	<b>Class: Total Brain Health</b> w/ Agata Halat, Bergen County Division of Senior Services	<b>10:00AM</b>
<b>April 1</b>	<b>Calling All Singers! Join us for Spring Karaoke</b>	<b>10:45AM</b>
<b>April 2</b>	<b>Class: Sound Bath Therapy</b>	<b>9:15AM</b>
<b>April 3</b>	<b>Center Closed – Good Friday</b>	<b>All Day</b>
<b>April 8</b>	<b>*Arts &amp; Crafts: Spring Cookie Decorating</b>	<b>10:00AM</b>
<b>April 14</b>	<b>*Get Connected Program – 3 Week Course</b> w/ Rosemarie Marchetto, The Center for Alcohol & Drug Resources	<b>1:30PM</b>
<b>April 15</b>	<b>*Arts &amp; Crafts: Spring Diamond Art</b>	<b>10:00AM</b>
<b>April 15</b>	<b>April Birthday Party</b>	<b>11:30AM</b>
<b>April 16</b>	<b>Class: Sound Bath Therapy</b>	<b>9:15AM</b>
<b>April 17</b>	<b>*50th Anniversary of the Garfield Senior Center</b>	<b>11:00AM</b>
<b>April 22</b>	<b>*Celebrate Earth Day – Planting &amp; Painting</b>	<b>10:00AM</b>
<b>April 29</b>	<b>Presentation: “Where Connection Grows”</b> w/ Harvey Silberstein, Bergen County Division of Senior Services	<b>10:30AM</b>

**Advanced registration for programs with \* required.**  
To register please call **(973) 478-0502** or visit the Garfield Senior Center Office.

*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.



**Caregivers Conference**

**Thursday, April 9, 2026**

**5:00PM-9:00PM**  
(Registration will begin at 4:30PM)

Bergen County Administration Building  
Multi-Purpose Room - 1st Floor  
One Bergen County Plaza, Hackensack, NJ 07601

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Suggested Lunch Donation:</b> \$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><b>We have Computers, iPads and a Pool Room available for use.</b></p> 	<p><b>1</b></p> <p>9:00 Zumba w/ Kattie <b>10:00 Class: Total Brain Health</b> <b>10:45 Spring Karaoke</b> 10:00 Diamond Art 12:30 Exercise w/ Lisa</p> <p>Description of meal</p>	<p><b>2</b></p> <p><b>9:15 Class: Sound Bath Therapy</b> 10:00 Tai Chi w/ James 12:30 Line Dancing w/ Philomena</p>  <p>Description of meal</p>	<p><b>3</b></p> <p><b>GOOD FRIDAY</b></p> <p>CENTER CLOSED</p>
<p><b>6</b></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>Description of meal</p>	<p><b>7</b></p> <p>9:30 Bingo <b>9:30 Workshop: Take Control of Your Health</b> 10:00 Diamond Art 12:30 Exercise w/ Lisa</p>  <p>Description of meal</p>	<p><b>8</b></p> <p>9:00 Zumba w/ Kattie 10:00 Diamond Art <b>10:00 Spring Cookie Decorating</b> 12:30 Exercise w/ Lisa</p>  <p>Description of meal</p>	<p><b>9</b></p> <p>10:00 Tai Chi w/ James 12:30 Line Dancing w/ Philomena</p> <p>Description of meal</p>	<p><b>10</b></p> <p>9:30 Yoga w/ Carol 10:30 Relaxing Balancing Tai Chi 12:30 Line Dancing w/ Cheryl</p>  <p>Description of meal</p>
<p><b>13</b></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>Description of meal</p>	<p><b>14</b></p> <p>9:30 Bingo 10:00 Diamond Art 12:30 Exercise w/ Lisa <b>1:30 Class: Get Connected</b></p> <p>Description of meal</p>	<p><b>15</b></p> <p>9:00 Zumba w/ Kattie 10:00 Diamond Art <b>10:00 Spring Diamond Art</b> <b>11:30 April Birthday Party</b> 12:30 Exercise w/ Lisa</p>  <p>Description of meal</p>	<p><b>16</b></p> <p><b>9:15 Class: Sound Bath Therapy</b> 10:00 Tai Chi w/ James 12:30 Line Dancing w/ Philomena</p> <p>Description of meal</p>	<p><b>17</b></p>  <p>Description of meal</p>
<p><b>20</b></p> <p>9:00 Beginner Line Dance w/ Philomena 10:00 Diamond Art 10:30 Exercise w/ Lisa</p>  <p>Description of meal</p>	<p><b>21</b></p> <p>9:30 Bingo 10:00 Diamond Art 12:30 Exercise w/ Lisa <b>1:30 Class: Get Connected</b></p> <p>Description of meal</p>	<p><b>22</b></p> <p>9:00 Zumba w/ Kattie 10:00 Diamond Art <b>10:00 Earth Day Planting &amp; Painting</b> 12:30 Exercise w/ Lisa</p>  <p>Description of meal</p>	<p><b>23</b></p> <p>10:00 Tai Chi w/ James 12:30 Line Dancing w/ Philomena</p>  <p>Description of meal</p>	<p><b>24</b></p> <p>9:30 Yoga w/ Carol 10:30 Relaxing Balancing Tai Chi 12:30 Line Dancing w/ Cheryl</p> <p>Description of meal</p>
<p><b>27</b></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>Description of meal</p>	<p><b>28</b></p> <p>9:30 Bingo 10:00 Diamond Art 12:30 Exercise w/ Lisa <b>1:30 Class: Get Connected</b></p>  <p>Description of meal</p>	<p><b>29</b></p> <p>9:00 Zumba w/ Kattie 10:00 Diamond Art <b>10:30 Presentation: "Where Connection Grows"</b> 12:30 Exercise w/ Lisa</p> <p>Description of meal</p>	<p><b>30</b></p> <p>10:00 Tai Chi w/ James 12:30 Line Dancing w/ Philomena</p> <p>Description of meal</p>	 <p>April 22</p>