



James J. Tedesco, III
County Executive

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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



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



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

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>Suggested Lunch Donation: \$1.25 Per Meal</p> <p>Please reserve lunch by 11:30AM the day before</p> <p>Lunch is served at 11:30AM daily</p>	<p>We have Computers, iPads and a Pool Room available for use.</p> 	<p>1 9:00 Zumba w/ Kattie 10:00 Class: Total Brain Health 10:45 Spring Karaoke 10:00 Diamond Art 12:30 Exercise w/ Lisa</p> <p>Cheese Omelet</p>	<p>2 9:15 Class: Sound Bath Therapy 10:00 Tai Chi w/ James 12:30 Line Dancing w/ Philomena</p>  <p>Cheeseburger</p>	<p>3</p>  <p>CENTER CLOSED</p>
<p>6 9:00 Beginner Line Dance w/ Philomena 10:00 Diamond Art 10:30 Exercise w/ Lisa 12:30 Cabanics w/ Gerardo</p>  <p>Korean BBQ Chicken Leg</p>	<p>7 9:30 Bingo 9:30 Workshop: Take Control of Your Health 10:00 Diamond Art 12:30 Exercise w/ Lisa</p> <p>BOXED LUNCH Eggplant, Peppers & Mozzarella</p>	<p>8 9:00 Zumba w/ Kattie 10:00 Diamond Art 10:00 Spring Cookie Decorating 12:30 Exercise w/ Lisa</p>  <p>Chicken Florentine</p>	<p>9 10:00 Tai Chi w/ James 12:30 Line Dancing w/ Philomena</p> <p>BOXED LUNCH Seafood Salad on Spinach</p>	<p>10 9:30 Yoga w/ Carol 10:30 Relaxing Balancing Tai Chi 12:30 Line Dancing w/ Cheryl</p>  <p>BOXED LUNCH Breaded Chicken Cutlet</p>
<p>13 9:00 Beginner Line Dance w/ Philomena 10:00 Diamond Art 10:30 Exercise w/ Lisa 12:30 Cabanics w/ Gerardo</p> <p>Teriyaki Glazed Salmon</p>	<p>14 9:30 Bingo 10:00 Diamond Art 12:30 Exercise w/ Lisa</p> <p>BOXED LUNCH Roast Beef & Provolone</p>	<p>15 9:00 Zumba w/ Kattie 10:00 Diamond Art 10:00 Spring Diamond Art 11:30 April Birthday Party 12:30 Exercise w/ Lisa</p>  <p>BOXED LUNCH Chicken Salad Sandwich</p>	<p>16 9:15 Class: Sound Bath Therapy 10:00 Tai Chi w/ James 12:30 Line Dancing w/ Philomena</p> <p>BOXED LUNCH Tuna Salad Sandwich</p>	<p>17</p>  <p>Roast Turkey & Cheddar</p>
<p>20 9:00 Beginner Line Dance w/ Philomena 10:00 Diamond Art 10:30 Exercise w/ Lisa</p>  <p>BOXED LUNCH Ham w/ Swiss Cheese</p>	<p>21 9:30 Bingo 10:00 Diamond Art 12:30 Exercise w/ Lisa</p> <p>Roast Turkey w/ Gravy</p>	<p>22 9:00 Zumba w/ Kattie 10:00 Diamond Art 10:00 Earth Day Planting & Painting 12:30 Exercise w/ Lisa</p>  <p>BOXED LUNCH Grilled Chicken Caesar Salad</p>	<p>23 10:00 Tai Chi w/ James 12:30 Line Dancing w/ Philomena</p>  <p>BOXED LUNCH Egg Salad on Spinach</p>	<p>24 9:30 Yoga w/ Carol 10:30 Relaxing Balancing Tai Chi 12:30 Line Dancing w/ Cheryl</p> <p>Chicken Parmesan</p>
<p>27 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>28 9:30 Bingo 10:00 Diamond Art 12:30 Exercise w/ Lisa</p>  <p>BOXED LUNCH Seafood Salad on Romaine</p>	<p>29 9:00 Zumba w/ Kattie 10:00 Diamond Art 10:30 Presentation: "Where Connection Grows" 12:30 Exercise w/ Lisa</p> <p>BOXED LUNCH Tuna Noodle Salad</p>	<p>30 10:00 Tai Chi w/ James 12:30 Line Dancing w/ Philomena</p> <p>Chicken Cacciatore</p>	 <p>April 22</p>