



James J. Tedesco, III
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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



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
May 2026



| | | |
|--------|--|-----------------|
| May 5 | *Class: Pottery w/ Peter Lagomarsino 5 Week Class – Dates will be held in May & June | 9:30 AM |
| May 6 | Class: Total Brain Health w/ Agata Halat, Bergen County Division of Senior Services | 10:00 AM |
| May 6 | Presentation: Find Your Calm, Practical Stress Management for Everyday Life w/ Sharon Guerrero, Hackensack Meridian Health | 10:45 AM |
| May 7 | Class: Sound Bath Therapy | 9:15 AM |
| May 8 | *Special Event: Mom's Royal Tea | 12:30 PM |
| May 13 | * Arts & Crafts: Diamond Art Hummingbirds | 10:00 AM |
| May 13 | May Birthday Party | 11:30AM |
| May 18 | Class: Strength/Balance Workshop w/ Christopher Carroll, YWCA | 12:30 PM |
| May 20 | Presentation: Safe Seniors w/ Harvey Silberstein, Bergen County Senior Services | 10:30AM |
| May 21 | Class: Sound Bath Therapy | 9:15AM |
| May 25 | Center Closed – Memorial Day | All Day |
| May 27 | *Arts & Crafts: Embroidery Cards w/ Agata Halat, Bergen County Division of Senior Services | 10:00 AM |

Advanced registration for programs with * required.

To register please call **(973) 478-0502** or visit the Garfield Senior Center Office.

†Please take note of the days we will be at the Rec Center due to Early Voting. See calendar overleaf.

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 County Administration
Building
Commissioners Public Meeting
Room – 5th Floor
One Bergen County Plaza,
Hackensack, NJ

Public Hearing
on the
Needs of Older Adults

Tuesday, May 12, 2026
8:30 AM - 11:30 AM

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

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|--|--|---|
|  <p>OLDER AMERICANS MONTH</p> <p>CHAMPION YOUR HEALTH: MAY 2026</p> |  | <p>We have Computers, iPads and a Pool Room available for use.</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>1 9:30 Yoga w/ Carol 10:30 Relaxing Balancing Tai Chi 12:30 Line Dancing w/ Cheryl</p>  <p>BOXED LUNCH Chef Salad</p> |
| <p>4 9:00 Beginner Line Dance w/ Philomena 10:00 Diamond Art 10:30 Exercise w/ Lisa 12:30 Cabanics w/ Gerardo</p> <p>BOXED LUNCH Egg Salad Sandwich</p> | <p>5 9:30 Bingo <u>9:30 Class: Pottery</u> 10:00 Diamond Art 12:30 Exercise w/ Lisa</p>  <p>Chicken Fajitas</p> | <p>6 9:00 Zumba w/ Kattie 10:00 Diamond Art <u>10:00 Class: Total Brain Health</u> <u>10:45 Presentation: Find Your Calm</u> 12:30 Exercise w/ Lisa</p> <p>Stuffed Peppers</p> | <p>7 <u>9:15 Class: Sound Bath Therapy</u> 10:00 Tai Chi w/ James 12:30 Line Dancing w/ Philomena</p> <p>BOXED LUNCH Seafood Salad on Spinach</p> | <p>8 9:30 Yoga w/ Carol 10:30 Relaxing Balancing Tai Chi <u>12:30 Mom's Royal Tea</u></p> <p>BOXED LUNCH Breaded Chicken Cutlet</p> |
| <p>11 9:00 Beginner Line Dance w/ Philomena 10:00 Diamond Art 10:30 Exercise w/ Lisa 12:30 Cabanics w/ Gerardo</p>  <p>BOXED LUNCH Roast Turkey & Cheddar</p> | <p>12 9:30 Bingo <u>9:30 Class: Pottery</u> 10:00 Diamond Art 12:30 Exercise w/ Lisa</p> <p>Homestyle Meatloaf</p> | <p>13 9:00 Zumba w/ Kattie 10:00 Diamond Art <u>10:00 Diamond Art Hummingbirds</u> <u>11:30 May Birthday Party</u> 12:30 Exercise w/ Lisa</p> <p>BOXED LUNCH Chicken Salad Sandwich</p> | <p>14 10:00 Tai Chi w/ James 12:30 Line Dancing w/ Philomena</p> <p>Broccoli Stuffed Chicken</p> | <p>15 9:30 Yoga w/ Carol 10:30 Relaxing Balancing Tai Chi 12:30 Line Dancing w/ Cheryl</p>  <p>BOXED LUNCH Tuna Noodle Salad</p> |
| <p>18 9:00 Beginner Line Dance w/ Philomena 10:00 Diamond Art 10:30 Exercise w/ Lisa <u>12:30 Strength / Balance Workshop</u></p> <p>BOXED LUNCH Low Salt Ham & Swiss</p> | <p>19 9:30 Bingo <u>9:30 Class: Pottery</u> 10:00 Diamond Art 12:30 Exercise w/ Lisa</p> <p>BOXED LUNCH Egg Salad Sandwich</p> | <p>20 9:00 Zumba w/ Kattie 10:00 Diamond Art <u>10:30 Presentation: Safe Seniors</u> 12:30 Exercise w/ Lisa</p> <p>Korean BBQ Chicken Leg</p> | <p>21 <u>9:15 Class: Sound Bath Therapy</u> 10:00 Tai Chi w/ James 12:30 Line Dancing w/ Philomena</p>  <p>BOXED LUNCH Roast Turkey & Swiss</p> | <p>22 9:30 Yoga w/ Carol 10:30 Relaxing Balancing Tai Chi 12:30 Line Dancing w/ Cheryl</p> <p>Cheeseburger</p> |
| <p>25 Happy Memorial Day</p> <p>CENTER CLOSED</p> | <p>26 10:00 Diamond Art 12:30 Exercise w/ Lisa</p>  <p>Lunch & Classes Will Be Held at the Rec Center Due to Early Voting</p> <p>BOXED LUNCH Tuna Salad w/ Romaine</p> | <p>27 9:00 Zumba w/ Kattie 10:00 Diamond Art or <u>Embroidery Cards</u> 12:30 Exercise w/ Lisa</p> <p>Lunch & Classes Will Be Held at the Rec Center Due to Early Voting</p> <p>BOXED LUNCH Grilled Chicken Caesar Salad</p> | <p>28 10:00 Tai Chi w/ James</p> <p>Lunch & Classes Will Be Held at the Rec Center Due to Early Voting</p> <p>BOXED LUNCH Roast Beef & Provolone</p> | <p>29 No Classes Will Be Held Today</p> <p>Lunch Will Be Held at the Rec Center Due to Early Voting</p> <p>BOXED LUNCH Roast Turkey & Swiss</p> |