



**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](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**  
**June 2026**



<b>June 2</b>	<b>Blood Pressure Screenings</b> w/ Hackensack Meridian Health	<b>11:00AM</b>
<b>June 3</b>	<b>Presentation: Fiber in Your Diet</b> w/ Julianne Gallo, ShopRite of Lodi	<b>10:30AM</b>
<b>June 4</b>	<b>Class: Sound Bath Therapy</b>	<b>9:15AM</b>
<b>June 9, 16, 23</b>	<b>*Get Connected Program (3 Week Course)</b> w/ Rosemary Marchetto, The Center for Alcohol and Drug Resources	<b>1:30PM</b>
<b>June 10</b>	<b>Presentation: Waste Not, Want Not: Practical Steps to Lowering Your Food Bill</b> w/ Tess Tomasi & Christine Boi, Bergen County Division of Senior Services	<b>10:00AM</b>
<b>June 10</b>	<b>Celebration: June Birthdays</b>	<b>11:30AM</b>
<b>June 15</b>	<b>Class: Strength/Balance Workshop</b> w/ Christopher Carroll, YWCA	<b>12:30PM</b>
<b>June 17</b>	<b>*Arts &amp; Crafts: Diamond Art Bookmarks</b>	<b>10:00AM</b>
<b>June 18</b>	<b>Class: Sound Bath Therapy</b>	<b>9:15AM</b>
<b>June 19</b>	<b>Center Closed – Juneteenth</b>	<b>ALL DAY</b>
<b>June 22</b>	<b>Father's Day Pancake Breakfast</b>	<b>8:30AM</b>
<b>June 24</b>	<b>Farmers' Market Voucher Distribution</b>	<b>9:00AM</b>
<b>June 24</b>	<b>*Arts &amp; Crafts: Summer Painting Project</b>	<b>10:00AM</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.

**SAVE THE DATE**

**SENIOR FESTIVAL**

**THURSDAY, SEPTEMBER 24**  
**(RAIN DATE TUESDAY, SEPTEMBER 29)**  
**VAN SAUN COUNTY PARK**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</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>Pot Roast w/ Gravy</p>	<p>2</p> <p>10:00 Diamond Art <b>11:00 Blood Pressure Screenings</b> 12:30 Exercise w/ Lisa</p> <p>Lunch &amp; Classes Will Be Held at the Rec Center Due to Primary Voting</p> <p><b>BOXED LUNCH</b> Roast Turkey &amp; Cheddar</p>	<p>3</p> <p>9:00 Zumba w/ Kattie 10:00 Diamond Art 10:00 Rummikub <b>10:30 Presentation: Fiber in Your Diet</b> 12:30 Exercise w/ Lisa</p> <p>Turkey Tacos</p>	<p>4</p> <p><b>9:15 Class: Sound Bath Therapy</b> 10:00 Tai Chi w/ James 12:30 Line Dancing w/ Philomena</p> <p>Salisbury Steak w/ Mushroom Gravy</p>	<p>5</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>8</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>9</p> <p>9:30 Bingo 10:00 Diamond Art 12:30 Exercise w/ Lisa <b>1:30 Course: Get Connected</b></p>  <p>Pork Tenderloin</p>	<p>10</p> <p>9:00 Zumba w/ Kattie 10:00 Diamond Art 10:00 Rummikub <b>10:00 Presentation: Waste Not, Want Not</b> <b>11:30 June Birthday Party</b> 12:30 Exercise w/ Lisa</p> <p>Korean BBQ Chicken Leg</p>	<p>11</p> <p>10:00 Tai Chi w/ James 12:30 Line Dancing w/ Philomena</p>  <p>Seafood Salad w/ Romaine</p>	<p>12</p> <p>9:30 Yoga w/ Carol 10:30 Relaxing Balancing Tai Chi 12:30 Line Dancing w/ Cheryl</p> <p>Chicken Marsala w/ Mushrooms</p>
<p>15</p> <p>9:00 Beginner Line Dance w/ Philomena 10:00 Diamond Art 10:30 Exercise w/ Lisa <b>12:30 Strength/Balance Workshop</b></p> <p>Italian Meatballs</p>	<p>16</p> <p>9:30 Bingo 9:30 Class: Pottery 10:00 Diamond Art 12:30 Exercise w/ Lisa <b>1:30 Course: Get Connected</b></p> <p>Egg Salad w/ Spinach &amp; Tomato</p>	<p>17</p> <p>9:00 Zumba w/ Kattie 10:00 Diamond Art 10:00 Rummikub <b>10:00 Diamond Art Bookmarks</b> 12:30 Exercise w/ Lisa</p> <p>Beef Stroganoff</p>	<p>18</p> <p><b>9:15 Class: Sound Bath Therapy</b> 10:00 Tai Chi w/ James 12:30 Line Dancing w/ Philomena</p> <p>Hawaiian Chicken</p>	<p>19</p>  <p>CENTER CLOSED</p>
<p>22</p> <p><b>8:30 Father's Day Pancake Breakfast</b> 9:00 Beginner Line Dance w/ Philomena 10:00 Diamond Art 10:30 Exercise w/ Lisa 12:30 Cabanics w/ Gerardo</p>  <p>Ham Steak w/ Pineapple</p>	<p>23</p> <p>9:30 Bingo 9:30 Class: Pottery 10:00 Diamond Art 12:30 Exercise w/ Lisa <b>1:30 Course: Get Connected</b></p> <p>Stuffed Cabbage</p>	<p>24</p> <p>9:00 Zumba w/ Kattie <b>9:00 Farmers' Market Vouchers</b> 10:00 Diamond Art 10:00 Rummikub <b>10:00 Summer Painting Project</b> 12:30 Exercise w/ Lisa</p> <p>Tuna Salad w/ Lettuce &amp; Tomato Wrap</p>	<p>25</p> <p>10:00 Tai Chi w/ James 12:30 Line Dancing w/ Philomena</p>  <p>Chicken Parmesan</p>	<p>26</p> <p>9:30 Yoga w/ Carol 10:30 Relaxing Balancing Tai Chi 12:30 Line Dancing w/ Cheryl</p> <p>Baked Stuffed Flounder w/ Broccoli</p>
<p>29</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>Ham and Swiss w/ Lettuce &amp; Tomato</p>	<p>30</p> <p>9:30 Bingo 10:00 Diamond Art 12:30 Exercise w/ Lisa</p>  <p>BBQ Pulled Pork Sandwich</p>	<p><b>We have Computers, iPads and a Pool Room available for use.</b></p> 	<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>World Elder Abuse Awareness Day</p> <p>June 15</p> 