



James J. Tedesco, III
County Executive

Board of County Commissioners

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Chairman

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Vice Chairwoman

Dr. Joan M. Voss
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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



BERGEN NEW JERSEY
County

James J. Tedesco III, County Executive

July 1	* Arts & Crafts: Patriotic Diamond Art	10:00 AM
July 2	*Red, White & Blue Ice Pops Served at Lunch	11:30 AM
July 3	Center Closed – Fourth of July	ALL DAY
July 8	*Presentation: Radon w/ Bergen County Health Department	10:30 AM
July 9	* Class: Sound Bath Therapy	9:15 AM
July 13	* Ice Cream Social	12:00 PM
July 15	*Presentation: The Link Between Sleep & Memory w/ Act Now Foundation	10:00 AM
July 15	*Class: Total Brain Health w/ Agata Halat, Bergen County Senior Services	10:45 AM
July 15	*Celebration: July Birthdays	11:30 AM
July 20	*Class: Strength/Balance Workshop w/ Christopher Carroll, YWCA	12:30 PM
July 22	*Summer Pictionary w/ Agata Halat, Bergen County Senior Services	10:00 AM
July 22	*Presentation: Beat the Heat w/ Harvey Silberstein, Bergen County Senior Services	11:00 AM
July 23	*Class: Sound Bath Therapy	9:15 AM

Advanced registration for programs with * required.

To register please call (973) 478-0502 or email garfieldcenter@bergencountnj.gov 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.

The Amphitheater at Overpeck County Park

Bergen County's Star-Spangled Spectacular

July 4th 2PM
Rain Date: July 5th

**FIREWORKS
FOOD TRUCKS
BEER & WINE GARDEN**

**LIVE MUSIC
CARNIVAL ATTRACTIONS
& MORE!**

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Garfield Senior Activity Center
Bergen County Department of Human Services
Division of Senior Services/ADRC
July 2026






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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<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</p> <p>9:00 Zumba w/ Kattie 10:00 Diamond Art 10:00 Patriotic Diamond Art 12:30 Exercise w/ Lisa</p>  <p style="text-align: center;">Chicken Florentine</p>	<p>2</p> <p>10:00 Tai Chi w/ James 11:30 Ice Pops Served at Lunch 12:30 Line Dancing w/ Philomena</p> <p style="text-align: center;">Hot Dogs</p>	<p>3</p>  <p style="text-align: center;">CENTER CLOSED</p>
<p>6</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 style="text-align: center;">Cheeseburger w/ Lettuce and Tomato</p>	<p>7</p> <p>9:30 Bingo 10:00 Diamond Art 12:30 Exercise w/ Lisa</p>  <p style="text-align: center;">Roast Turkey & Swiss w/ Lettuce</p>	<p>8</p> <p>9:00 Zumba w/ Kattie 10:00 Diamond Art 10:30 Presentation: Radon 12:30 Exercise w/ Lisa</p> <p style="text-align: center;">Stuffed Cabbage</p>	<p>9</p> <p>9:15 Class: Sound Bath Therapy 10:00 Tai Chi w/ James 12:30 Line Dancing w/ Philomea</p> <p style="text-align: center;">Korean BBQ Chicken Leg</p>	<p>10</p> <p>9:30 Yoga w/ Carol 10:30 Relaxing Balancing Tai Chi 12:30 Line Dancing w/ Cheryl</p>  <p style="text-align: center;">Roast Pork Loin w/ Apple Cinnamon</p>
<p>13</p> <p>9:00 Beginner Line Dance w/ Philomena 10:00 Diamond Art 10:30 Exercise w/ Lisa 12:00 Ice Cream Social 12:30 Cabanics w/ Gerardo</p>  <p style="text-align: center;">Hawaiian Chicken</p>	<p>14</p> <p>9:30 Bingo 10:00 Diamond Art 12:30 Exercise w/ Lisa</p> <p style="text-align: center;">Chef Salad w/ Diced Turkey</p>	<p>15</p> <p>9:00 Zumba w/ Kattie 10:00 Diamond Art 10:00 Presentation: The Link Between Sleep and Memory 10:45 Class: Total Brain Health 11:30 Celebration: July Birthdays 12:30 Exercise w/ Lisa</p> <p style="text-align: center;">Chicken Parmesan</p>	<p>16</p> <p>10:00 Tai Chi w/ James 12:30 Line Dancing w/ Philomena</p>  <p style="text-align: center;">Egg Salad with Lettuce/Tomato</p>	<p>17</p> <p>9:30 Yoga w/ Carol 10:30 Relaxing Balancing Tai Chi 12:30 Line Dancing w/ Cheryl</p> <p style="text-align: center;">Teriyaki Glazed Salmon</p>
<p>20</p> <p>9:00 Beginner Line Dance w/ Philomena 10:00 Diamond Art 10:30 Exercise w/ Lisa 12:30 Strength/ Mobility Workshop</p> <p style="text-align: center;">Cheese Omelet</p>	<p>21</p> <p>9:30 Bingo 10:00 Diamond Art 12:30 Exercise w/ Lisa</p> <p style="text-align: center;">Italian Meatballs</p>	<p>22</p> <p>9:00 Zumba w/ Kattie 10:00 Diamond Art 10:00 Summer Pictionary 11:00 Presentation: Beat the Heat 12:30 Exercise w/ Lisa</p> <p style="text-align: center;">Seafood Salad on Spinach</p>	<p>23</p> <p>9:15 Class: Sound Bath Therapy 10:00 Tai Chi w/ James 12:30 Line Dancing w/ Philomena</p>  <p style="text-align: center;">BBQ Pulled Pork Sandwich</p>	<p>24</p> <p>9:30 Yoga w/ Carol 10:30 Relaxing Balancing Tai Chi 12:30 Line Dancing w/ Cheryl</p> <p style="text-align: center;">Chicken Cordon Bleu</p>
<p>27</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 style="text-align: center;">Roast Beef with Gravy</p>	<p>28</p> <p>9:30 Bingo 10:00 Diamond Art 12:30 Exercise w/ Lisa</p> <p style="text-align: center;">Breaded Haddock</p>	<p>29</p> <p>9:00 Zumba w/ Kattie 10:00 Diamond Art 12:30 Exercise w/ Lisa</p>  <p style="text-align: center;">LS Ham Steak with Pineapple</p>	<p>30</p> <p>10:00 Tai Chi w/ James 12:30 Line Dancing w/ Philomena</p> <p style="text-align: center;">Chicken Piccata with Capers</p>	<p>31</p> <p>9:30 Yoga w/ Carol 10:30 Relaxing Balancing Tai Chi 12:30 Line Dancing w/ Cheryl</p>  <p style="text-align: center;">Stuffed Peppers</p>