



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

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
August 2026



August 5	*Butterfly Diamond Art w/ Agata Halat, Bergen County Senior Services	10:00 AM
August 6	Class: Sound Bath Therapy	9:15 AM
August 12	*Summer Tote Bag Painting	10:00AM
August 12	Celebration: August Birthdays	11:30 AM
August 13	* Waffles & Ice Cream	12:00PM
August 14	*Summer Party	11:00 AM
August 18	*Memory Screenings w/ Act Now Foundation	10:00 AM
August 19	Presentation: Making Vision a Health Priority w/ Sharon Guerrero, Hackensack Meridian Health	10:00 AM
August 19	*Small Diamond Art Notebooks	10:30AM
August 20	Class: Sound Bath Therapy	9: 15 AM
August 26	Class: Total Brain Health w/ Agata Halat, Bergen County Senior Services	10:00AM
August 26	Celebration: Women's Equality Day Trivia, Tea & Treats. Please wear purple and white	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.

RSVP

(SCAN)
Or visit <https://forms.office.com/g/xLLWgs2cv6>

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

transport: **(201) 368-5955**
general questions: **(201) 336-7417**
email: **seniors@Bergencountynj.gov**

For more INFO
Contact

GARFIELD SENIOR ACTIVITY CENTER

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
39:00 Beginner Line Dance w/ Philomena 10:00 Diamond Art 10:30 Exercise w/ Lisa 12:30 Cabanics w/ Gerardo  Chicken Scampi		49:30 Bingo 10:00 Diamond Art 12:30 Exercise w/ Lisa Pork Loin w/ Apple Cinnamon Glaze		59:00 Zumba w/ Kattie 10:00 Diamond Art 10:00 Rummikub 10:00 Butterfly Diamond Art 12:30 Exercise w/ Lisa  Vegetable Lasagna		69:15 Class Sound Bath Therapy 10:00 Tai Chi w/ James 12:30 Line Dancing w/ Philomena Roast Turkey & Cheddar Cheese		79:30 Yoga w/ Carol 10:30 Relaxing Balancing Tai Chi 12:30 Line Dancing w/ Cheryl  Homestyle Meatloaf w/ Gravy	
109:00 Beginner Line Dance w/ Philomena 10:00 Diamond Art 10:30 Exercise w/ Lisa 12:30 Cabanics w/ Gerardo Stuffed Cabbage		119:30 Bingo 10:00 Diamond Art 12:30 Exercise w/ Lisa  Chicken Tikka Masala		129:00 Zumba w/ Kattie 10:00 Diamond Art 10:00 Rummikub 10:00 Summer Tote Bag Painting 11:30 Celebration: August Birthdays 12:30 Exercise w/ Lisa Roast Beef & Provolone		1310:00 Tai Chi w/ James 12:00 Waffles & Ice Cream 12:30 Line Dancing w/ Philomena Ham Steak w/ Pineapple		14  BBQ Chicken Leg	
179:00 Beginner Line Dance w/ Philomena 10:00 Diamond Art 10:30 Exercise w/ Lisa  Stuffed Peppers		189:30 Bingo 10:00 Diamond Art 10:00 Memory Screenings 12:30 Exercise w/ Lisa Egg Salad w/ Lettuce & Tomato		199:00 Zumba w/ Kattie 10:00 Diamond Art 10:00 Rummikub 10:00 Presentation: Making Vision a Health Priority 10:30 Small Diamond Art Notebooks 12:30 Exercise w/ Lisa Beer Battered Cod		209:15 Class: Sound Bath Therapy 10:00 Tai Chi w/ James 12:30 Line Dancing w/ Philomena  Beef & Broccoli		219:30 Yoga w/ Carol 10:30 Relaxing Balancing Tai Chi 12:30 Line Dancing w/ Cheryl Chicken Cordon Bleu	
249:00 Beginner Line Dance w/ Philomena 10:00 Diamond Art 10:30 Exercise w/ Lisa 12:30 Cabanics w/ Gerardo Pot Roast w/ Gravy		259:30 Bingo 10:00 Diamond Art 12:30 Exercise w/ Lisa  Chicken Parmesan		269:00 Zumba w/ Kattie 10:00 Diamond Art 10:00 Rummikub 10:00 Class: Total Brain Health 10:30 Women's Equality Day: Trivia, Tea & Treats 12:30 Exercise w/ Lisa Baked Herbed Chicken		2710:00 Tai Chi w/ James 12:30 Line Dancing w/ Philomena Tuna Salad w/ Lettuce & Tomato		289:30 Yoga w/ Carol 10:30 Relaxing Balancing Tai Chi 12:30 Line Dancing w/ Cheryl  Beef Hot Dog	
319:00 Beginner Line Dance w/ Philomena 10:00 Diamond Art 10:30 Exercise w/ Lisa 12:30 Cabanics w/ Gerardo  Cheeseburger w/ Lettuce & Tomato				Suggested Lunch Donation: \$1.25 Per Meal Please reserve lunch by 11:30AM the day before Lunch is served at 11:30AM daily		We have Computers, iPads and a Pool Room available for use. 		August National Wellness Month 	