



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
September 2026



Sept 1	Blood Pressure Screenings w/ Hackensack Meridian Health	11:00AM
Sept 2	Presentation: Exploring the Myths of Aging – Part I w/ Harvey Silberstein, Bergen County Division of Senior Services	10:30AM
Sept 3	Class: Sound Bath Therapy	9:15AM
Sept 7	Labor Day – Center Closed	All Day
Sept 9	* Diamond Art Autumn Wreath	10:00AM
Sept 14	Pancake Breakfast to Celebrate Grandparents Day	8:30AM
Sept 11	9/11 Moment of Silence A brief moment of silence will be observed in remembrance of 9/11 to honor the lives lost and the heroes of that day	9:00AM
Sept 16	* Lavender Painting Project w/ Agata Halat, Bergen County Division of Senior Services	10:00AM
Sept 16	Celebration: September Birthdays	11:30AM
Sept 17	Class: Sound Bath Therapy	9:15AM
Sept 21	Class: Strength/Balance Workshop w/ Christopher Carroll, YWCA	12:30PM
Sept 23	Class: Total Brain Health w/ Agata Halat, Bergen County Division of Senior Services	10:00AM
Sept 24	* Annual Senior Festival at Van Saun Park Rain Date: Tuesday, Sept 29 (Registration required by Sept 11)	10:00AM
Sept 30	Presentation: CHEER & CHORE w/ Lisa Tredici, Director of Community Programs, Bergen Volunteers	10:00AM

The Senior Activity Center will hold an event in honor of POW/MIA on a date to be announced.

Advanced registration for programs with * required.

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

RSVP

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

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

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

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.

GARFIELD SENIOR ACTIVITY CENTER

September 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Suggested Lunch Donation: \$1.25 Per Meal <i>Please reserve lunch by 11:30AM the day before</i> Lunch is served at 11:30AM daily	1 9:30 Bingo 10:00 Diamond Art <u>11:00 Blood Pressure Screening</u> 12:30 Exercise w/ Lisa Ham Steak w/ Pineapple	2 9:00 Zumba w/ Kattie 10:00 Diamond Art <u>10:30 Presentation: Exploring the Myths of Aging – Part I</u> 12:30 Exercise w/ Lisa Korean BBQ Chicken Leg	3 <u>9:15 Class: Sound Bath Therapy</u> 10:00 Tai Chi w/ James 12:30 Line Dancing w/ Philomena Seafood Salad over Spinach	4 9:30 Yoga w/ Carol 10:30 Relaxing Balancing Tai Chi 12:30 Line Dancing w/ Cheryl Roast Turkey w/ Gravy
7  CENTER CLOSED	8 9:30 Bingo 10:00 Diamond Art 12:30 Exercise w/ Lisa Stuffed Cabbage	9 9:00 Zumba w/ Kattie 10:00 Diamond Art <u>10:00 Diamond Art Autumn Wreath</u> 12:30 Exercise w/ Lisa Italian Meatballs	10 10:00 Tai Chi w/ James 12:30 Line Dancing w/ Philomena Tuna Noodle Salad over Romaine	11 <u>9:00 9/11 Moment of Silence</u> 9:30 Yoga w/ Carol 10:30 Relaxing Balancing Tai Chi 12:30 Line Dancing w/ Cheryl Chicken with Pineapple
14 <u>8:30 Pancake Breakfast</u> 9:00 Beginner Line Dance w/ Philomena 10:00 Diamond Art 10:30 Exercise w/ Lisa 12:30 Cabanics w/ Gerardo BBQ Pulled Pork Sandwich	15 9:30 Bingo 10:00 Diamond Art 12:30 Exercise w/ Lisa Fish w/ Lemon Dill Sauce	16 9:00 Zumba w/ Kattie 10:00 Diamond Art <u>10:00 Lavender Painting Project</u> <u>11:30 Celebration: September Birthdays</u> 12:30 Exercise w/ Lisa Egg Salad Sandwich	17 <u>9:15 Class: Sound Bath Therapy</u> 10:00 Tai Chi w/ James 12:30 Line Dancing w/ Philomena Homestyle Meatloaf w/ Gravy	18 9:30 Yoga w/ Carol 10:30 Relaxing Balancing Tai Chi 12:30 Line Dancing w/ Cheryl Sweet & Sour Chicken
21 9:00 Beginner Line Dance w/ Philomena 10:00 Diamond Art 10:30 Exercise w/ Lisa <u>12:30 Strength/Balance Workshop</u> Roast Beef w/ Gravy	22 9:30 Bingo 10:00 Diamond Art 12:30 Exercise w/ Lisa Cheese Omelet	23 9:00 Zumba w/ Kattie 10:00 Diamond Art <u>10:00 Class: Total Brain Health</u> 12:30 Exercise w/ Lisa Chicken Cacciatore	24 10:00 Tai Chi w/ James 12:30 Line Dancing w/ Philomena Annual Senior Festival at Van Saun Park Cheeseburger w/ Lettuce & Tomato	25 9:30 Yoga w/ Carol 10:30 Relaxing Balancing Tai Chi 12:30 Line Dancing w/ Cheryl Chicken Salad Sandwich
28 9:00 Beginner Line Dance w/ Philomena 10:00 Diamond Art 10:30 Exercise w/ Lisa 12:30 Cabanics w/ Gerardo Chicken Florentine	29 9:30 Bingo 10:00 Diamond Art 12:30 Exercise w/ Lisa Stuffed Peppers	30 9:00 Zumba w/ Kattie 10:00 Diamond Art <u>10:00 Presentation: Cheer & Chore</u> 12:30 Exercise w/ Lisa Roast Beef w/ Provolone	 HISPANIC HERITAGE MONTH	We have Computers, iPads and a Pool Room available for use. 