



James J. Tedesco, III
County Executive

Board of County Commissioners

Steven A. Tanelli
Chairman

Tracy Silna Zur
Vice Chairwoman

Dr. Joan M. Voss
Chair Pro Tempore

Mary J. Amoroso

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

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
October 2026



Oct 1	Class: Sound Bath Therapy	9:15AM
Oct 2	*Oktoberfest Party	11:00AM
Oct 12	Indigenous Peoples' Day & Columbus Day – Center Closed	ALL DAY
Oct 14	Presentation: Depression Myths w/ Harvey Silberstein, Bergen County Senior Services & staff from Bergen County Department of Health Services	10:30AM
Oct 14	Celebration: October Birthdays	11:30AM
Oct 15	Class: Sound Bath Therapy	9:15AM
Oct 19	Class: Strength/Balance Workshop w/ Christopher Carroll, YWCA	12:30 PM
Oct 20	*Memory Screenings w/ Act Now Foundation	10:00AM
Oct 21	*Crafts: Fall Diamond Art w/ Agata Halat, Bergen County Senior Services	9:45AM
Oct 21	Presentation: Winter Preparation w/ Harvey Silberstein, Bergen County Senior Services	10:30 AM
Oct 28	*Halloween Diamond Art	10:00 AM
Oct 30	Join Us to Celebrate Halloween & Enjoy Special Treats	11:30 AM

Advanced registration for programs with * required.

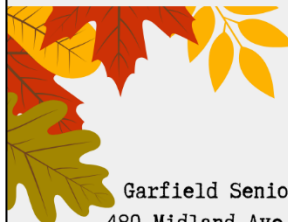
To register please call **(973) 478-0502** or visit the Garfield Senior Center Office.

Starting Monday, October 26, Lunch and Classes will be held next door at the Garfield Recreation Center through October 30th.

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.



Thanksgiving Luncheon

THURSDAY, NOV. 26, 2026
10:00AM - 2:00PM
(RSVP BY NOV. 19)

Garfield Senior Activity Center
480 Midland Ave, Garfield NJ 07026

To RSVP call (973) 478-0502
or email seniors@bergencountynj.gov



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		We have Computers, iPads and a Pool Room available for use. 				1 <u>9:15 Class: Sound Bath Therapy</u> 10:00 Tai Chi w/ James 12:30 Line Dancing w/ Philomena  Eggplant Rollatini w/ Meatballs		2  Bratwurst w/ Sauerkraut	
5 9:00 Beginner Line Dance w/ Philomena 10:00 Diamond Art 10:30 Exercise w/ Lisa 12:30 Cabanics w/ Gerardo  Fish w/ Lemon Caper Sauce		6 9:30 Bingo 10:00 Diamond Art 12:30 Exercise w/ Lisa Ham Steak w/ Pineapple		7 9:00 Zumba w/ Kattie 10:00 Diamond Art 10:00 Rummikub 12:30 Exercise w/ Lisa Italian Turkey Sausage		8 10:00 Tai Chi w/ James 12:30 Line Dancing w/ Philomena Seafood Salad Platter w/ Spinach		9 9:30 Yoga w/ Carol 10:30 Relaxing Balancing Tai Chi 12:30 Line Dancing w/ Cheryl  Ginger Soy Chicken	
12  CENTER CLOSED		13 9:30 Bingo 10:00 Diamond Art 12:30 Exercise w/ Lisa  Homestyle Meatloaf w/ Gravy		14 9:00 Zumba w/ Kattie 10:00 Diamond Art 10:00 Rummikub <u>10:30 Presentation: Depression Myths</u> <u>11:30 Celebration: October Birthdays</u> 12:30 Exercise w/ Lisa Chicken Tikka Masala		15 <u>9:15 Class: Sound Bath Therapy</u> 10:00 Tai Chi w/ James 12:30 Line Dancing w/ Philomena  Tuna Noodle Salad over Romaine		16 9:30 Yoga w/ Carol 10:30 Relaxing Balancing Tai Chi 12:30 Line Dancing w/ Cheryl Korean BBQ Chicken Leg	
19 9:00 Beginner Line Dance w/ Philomena 10:00 Diamond Art 10:30 Exercise w/ Lisa <u>12:30 Strength/Balance Workshop</u> Roast Turkey w/ Gravy		20 9:30 Bingo 10:00 Diamond Art <u>10:00 Memory Screenings</u> 12:30 Exercise w/ Lisa Chicken Marsala		21 9:00 Zumba w/ Kattie <u>9:45 Crafts: Fall Diamond Art</u> 10:00 Diamond Art 10:00 Rummikub <u>10:30 Presentation: Winter Preparation</u> 12:30 Exercise w/ Lisa Breaded Pork Chop w/ Gravy		22 10:00 Tai Chi w/ James 12:30 Line Dancing w/ Philomena Stuffed Cabbage		23 9:30 Yoga w/ Carol 10:30 Relaxing Balancing Tai Chi 12:30 Line Dancing w/ Cheryl  Egg Salad Sandwich	
26 9:00 Beginner Line Dance w/ Philomena 10:00 Diamond Art 10:30 Exercise w/ Lisa 12:30 Cabanics w/ Gerardo  BOXED LUNCH – REC CENTER Egg Salad Sandwich		27 9:30 Bingo 10:00 Diamond Art 12:30 Exercise w/ Lisa BOXED LUNCH – REC CENTER Chicken Salad w/ Lettuce & Tomato		28 9:00 Zumba w/ Kattie 10:00 Diamond Art 10:00 Rummikub <u>10:00 Halloween Diamond Art</u>  BOXED LUNCH – REC CENTER Turkey and Swiss w/ Lettuce & Tomato		29 10:00 Tai Chi w/ James 12:30 Line Dancing w/ Philomena BOXED LUNCH – REC CENTER Tuna Salad Sandwich		30 9:30 Yoga w/ Carol 10:30 Relaxing Balancing Tai Chi <u>11:30 Halloween Treats</u> 12:30 Line Dancing w/ Cheryl  BOXED LUNCH – REC CENTER Ham & Cheddar Cheese Sandwich	