James J. Tedesco, III
County Executive

Board of County Commissioners

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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

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.

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
November 2026

Nov 3	**Election Day – Center Closed**	**ALL DAY**
Nov 4	**Presentation: Exploring the Myths of Aging – Part II** w/ Harvey Silberstein, Bergen County Division of Senior Services	**10:30AM**
Nov 5	**Class: Sound Bath Therapy**	**9:15AM**
Nov 11	**Veterans Day – Center Closed**	**ALL DAY**
Nov 16	**Class: Strength/Balance Workshop** w/ Christopher Carroll, YWCA	**12:30PM**
Nov 17	***Memory Screenings** w/ Act Now Foundation	**10:00AM**
Nov 18	**Presentation: SHIP Medicare Open Enrollment** w/ Zaria Evans, Bergen County Division of Senior Services	**9:45AM**
Nov 18	***Crafts: Diamond Art Holiday Card** w/ Agata Halat, Bergen County Division of Senior Services	**10:30AM**
Nov 18	**Celebration: November Birthdays**	**11:30AM**
Nov 19	**Class: Sound Bath Therapy**	**9:15AM**
Nov 25	**Thanksgiving Eve Pancake Breakfast**	**8:30AM**
Nov 25	***Crafts: Diamond Art Christmas Ornaments**	**10:00AM**
Nov 26, 27	**Thanksgiving Break – Center Closed**	**ALL DAY**

Advanced registration for programs with * required.
To register please call **(973) 478-0502** or visit the Garfield Senior Center Office.

Thanksgiving Luncheon

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

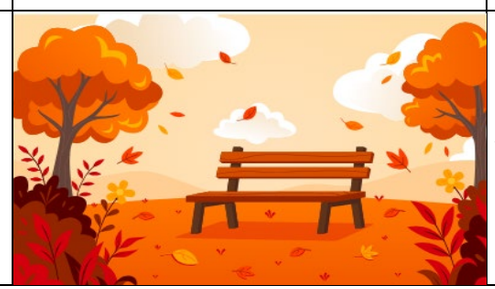
Garfield Senior Activity Center
480 Midland Ave, Garfield NJ 07026

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

(973) 478-0502, Tricia Rutch, Director

GARFIELD SENIOR ACTIVITY CENTER

November 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 9:00 Beginner Line Dance w/ Philomena 10:00 Diamond Art 10:30 Exercise w/ Lisa 12:30 Cabanics w/ Gerardo  Stuffed Cabbage	**3**  CENTER CLOSED	**4** 9:00 Zumba w/ Kattie 10:00 Diamond Art 10:00 Rummikub **10:30 Presentation: Exploring the Myths of Aging – Part II** 12:30 Exercise w/ Lisa  Homestyle Meatloaf w/ Mushroom Gravy	**5** **9:15 Class: Sound Bath Therapy** 10:00 Tai Chi w/ James 12:30 Line Dancing w/ Philomena Tuna Salad Sandwich	**6** 9:30 Yoga w/ Carol 10:30 Relaxing Balancing Tai Chi 12:30 Line Dancing w/ Cheryl  Chicken Florentine
9 9:00 Beginner Line Dance w/ Philomena 10:00 Diamond Art 10:30 Exercise w/ Lisa 12:30 Cabanics w/ Gerardo Sliced Pork Loin w/ Apple Cinnamon Glaze	**10** 9:30 Bingo 10:00 Diamond Art 12:30 Exercise w/ Lisa  Chicken Fajitas	**11**  CENTER CLOSED	**12** 10:00 Tai Chi w/ James 12:30 Line Dancing w/ Philomena  Baked Herbed Chicken Leg	**13** 9:30 Yoga w/ Carol 10:30 Relaxing Balancing Tai Chi 12:30 Line Dancing w/ Cheryl Turkey and Swiss Cheese
16 9:00 Beginner Line Dance w/ Philomena 10:00 Diamond Art 10:30 Exercise w/ Lisa **12:30 Class: Strength/Balance Workshop** Chicken Parmesan	**17** 9:30 Bingo 10:00 Diamond Art **10:00 Memory Screenings** 12:30 Exercise w/ Lisa Egg Salad with Lettuce & Tomato	**18** 9:00 Zumba w/ Kattie **9:45 Presentation: SHIP Medicare** 10:00 Diamond Art 10:00 Rummikub **10:30 Crafts: Diamond Art Holiday Card** **11:30 Celebration: November Birthdays** 12:30 Exercise w/ Lisa Lemon Pepper Tilapia	**19** **9:15 Class: Sound Bath Therapy** 10:00 Tai Chi w/ James 12:30 Line Dancing w/ Philomena  Sweet & Sour Chicken	**20** 9:30 Yoga w/ Carol 10:30 Relaxing Balancing Tai Chi 12:30 Line Dancing w/ Cheryl  Cheeseburger w/ Lettuce and Tomato
23 9:00 Beginner Line Dance w/ Philomena 10:00 Diamond Art 10:30 Exercise w/ Lisa 12:30 Cabanics w/ Gerardo Korean BBQ Chicken Leg	**24** 9:30 Bingo 10:00 Diamond Art 12:30 Exercise w/ Lisa  Cheese Omelet	**25** **8:30 Pancake Breakfast** 9:00 Zumba w/ Kattie 10:00 Diamond Art 10:00 Rummikub **10:00 Crafts: Diamond Art Christmas Ornaments** 12:30 Exercise w/ Lisa Ham Steak w/ Pineapple	**26** *Thanksgiving Luncheon* GARFIELD SENIOR ACTIVITY CENTER 10AM-2PM REGISTRATION REQUIRED PLEASE CALL (973) 478-0502 CENTER CLOSED	 CENTER CLOSED
30 9:00 Beginner Line Dance w/ Philomena 10:00 Diamond Art 10:30 Exercise w/ Lisa 12:30 Cabanics w/ Gerardo  Eggplant Rollatini w/ Italian Meatballs	National Alzheimer's Disease Awareness Month 		**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.** 