

[Click here to register online](#)

# Tuesdays Together

*A Free Creative Wellness Series for Older Adults*

*Join us once a week for a fun, engaging series that will include lunch, healthy recipes and active lifestyle ideas. Registration is required, so please call or sign up online by visiting our website.*

**Join us Tuesdays @ the Garfield VFW**  
**February 4- June 17**  
**10:00 am- 12:00 pm**



**Contact Us**

Wanda:  
917-607-1325



**Sign up on Our Website:**

[www.generations4garfield.org](http://www.generations4garfield.org)

- ✔ 340 Outwater Lane, Garfield, NJ
- ✔ Call to register or sign up online
- ✔ Registration is limited to 50 people
- ✔ Neighboring community members welcome

