

BERGEN NEW JERSEY *County*

James J. Tedesco III
County Executive

BOARD OF COUNTY COMMISSIONERS

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DEPARTMENT OF HUMAN SERVICES
Melissa H. DeBartolo, Esq.
Director

DIVISION OF SENIOR SERVICES
Lorraine Joewono
Director



For Your Information...

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

SOUTHWEST SENIOR ACTIVITY CENTER

Heleyne Trent, Director
147 Hackensack Street
East Rutherford, NJ 07073
Phone: (201) 935-8920 • Fax (201) 935-8851

southwestcenter@bergencountynj.gov

Open: Monday - Friday, 8:00AM - 3:30PM

BERGEN NEW JERSEY *County*

James J. Tedesco III, County Executive



SOUTHWEST SENIOR ACTIVITY CENTER
Bergen County Department of Human Services
Division of Senior Services/ADRC
February 2025



February 3	Total Brain Health: Building Better Brains w/ Agata Halat, Division of Senior Services	10:00am
February 6	Presentation: Healthy Superbowl Snacks w/ Julianne Gallo, MS, RD, ShopRite of Lodi	10:00am
February 12	Blood Pressure Screenings and Wellness Program w/ Bergen County Health Services	9:30am
February 13	Presentation: The Art and Science of Tea w/ Tami Azouri, BNS, RN, Hackensack Hospital HARP Program	10:00am
February 17	Presidents' Day- Center Closed	All Day
February 18	Presentation: Loneliness, A Silent Epidemic Amongst Seniors w/ Bergen County Health Services	10:00am
February 26	Blood Pressure Screenings and Wellness Program w/ Bergen County Health Services	9:30am
February 26	Spring Craft Project Registration Required 201-935-8920 or Sign up in the office	1:00pm
February 27	Presentation: Love Your Heart, Simple Steps to a Longer Life w/ Lauren Kelly, BSN. RN, Hackensack Hospital HARP Program	10:00am
February 27	Bingo Bash and Pizza Party Registration Required 201-935-8920 or Sign up in the office	1:00pm

SPRING LUNCHEON

JOIN US FOR FOOD AND MUSIC ON
SUNDAY, APRIL 20, 2025
10:00AM - 2:00PM

Garfield Senior Activity Center
480 Midland Avenue
Garfield, New Jersey 07026

Kindly RSVP with your Senior Activity Center Director

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.


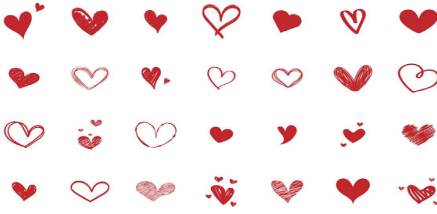





MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>Suggested Lunch Donation: \$1.25 Per Meal Please reserve lunch by 11:30 AM the day before Lunch will Be Served at 11:30 Daily</p>	<p>Continental Breakfast</p> <p>Served Daily Monday -Friday 8:00 am-10:00 am</p> 		<p>HAPPY Valentine's DAY</p>	 <p>FEBRUARY IS AMERICAN HEART MONTH</p>
<p>3</p> <p>9:00 ZUMBA GOLD TONING 9:30 ESL CLASS 10:00 BINGO 10:00 TOTAL BRAIN HEALTH 10:00 MANICURES BY CINDY 12:30 LINE DANCING 2:00 DIAMOND ART</p> <p>Asian Beef Stir Fry</p>	<p>4</p> <p>9:00 BEAUTY SALON 9:00 ZUMBA GOLD 9:30 ESL CLASS 10:00 BINGO 12:15 ESL CLASS 12:30 MOBILITY WORKSHOP 1:30 LINE DANCING</p> <p>Chicken Tarragon</p>	<p>5</p> <p>9:00 STRENGTH TRAINING 9:30 ESL CLASS 10:00 BINGO 12:30 KOREAN CONSULTATION 1:00 WATERCOLOR CLASS 1:00 LINE DANCING</p> <p>Tuna Noodle Salad</p>	<p>6</p> <p>9:00 BEAUTY SALON 9:30 KOREAN CITIZENSHIP CLASS 10:00 ZUMBA GOLD 10:00 BINGO 10:00 PRESENTATION: HEALTHY SUPERBOWL SNACKS 12:15 ESL CLASS 1:15 TAI CHI</p> <p>Korean BBQ Leg</p>	<p>7</p> <p>9:00 BEAUTY SALON 9:00 CHAIR YOGA 9:30 ESL CLASS 10:00 BINGO 12:30 CHOIR 1:30 KOREAN SOCIAL CIRCLE</p> <p>Stuffed Cabbage</p>
<p>10</p> <p>9:00 ZUMBA GOLD TONING 9:30 ESL CLASS 10:00 BINGO 10:00 MANICURES BY CINDY 12:30 LINE DANCING 2:00 DIAMOND ART</p> <p>Lemon Pepper Tilapia</p>	<p>11</p> <p>9:00 BEAUTY SALON 9:00 ZUMBA GOLD 9:30 ESL CLASS 10:00 BINGO 12:15 ESL CLASS 12:30 MOBILITY WORKSHOP 1:30 LINE DANCING</p>  <p>Cheeseburger</p>	<p>12</p> <p>9:00 STRENGTH TRAINING 9:30 ESL CLASS 9:30 BLOOD PRESSURE SCREENINGS 10:00 BINGO 12:30 KOREAN CONSULTATION 1:00 WATERCOLOR CLASS 1:00 LINE DANCING</p> <p>Chicken Cordon Bleu</p>	<p>13</p> <p>9:00 BEAUTY SALON 9:30 KOREAN CITIZENSHIP CLASS 9:00 ZUMBA GOLD 10:00 BINGO 10:00 PRESENTATION: ART AND SCIENCE OF TEA 12:15 ESL CLASS 1:15 TAI CHI</p> <p>Roast Turkey w/ Swiss</p>	<p>14</p> <p>9:00 BEAUTY SALON 9:00 CHAIR YOGA 9:30 ESL CLASS 10:00 BINGO 12:30 CHOIR 1:30 KOREAN SOCIAL CIRCLE</p>  <p>Chicken Parmesan</p>
 <p>Center Closed</p>	<p>18</p> <p>9:00 BEAUTY SALON 9:00 ZUMBA GOLD 9:30 ESL CLASS 10:00 BINGO 10:00 PRESENTATION: LONELINESS AMONG SENIORS 12:15 ESL CLASS 1:30 LINE DANCING</p> <p>Chili Con Carne</p>	<p>19</p> <p>9:00 STRENGTH TRAINING 9:30 ESL CLASS 10:00 BINGO 12:30 KOREAN CONSULTATION 1:00 WATERCOLOR CLASS 1:00 LINE DANCING</p> <p>Chicken Cranberry Dijon</p>	<p>20</p> <p>9:00 BEAUTY SALON 9:30 KOREAN CITIZENSHIP CLASS 9:00 ZUMBA GOLD 10:00 BINGO 12:15 ESL CLASS 1:15 TAI CHI</p> <p>Italian Turkey Sausage</p>	<p>21</p> <p>9:00 BEAUTY SALON 9:00 CHAIR YOGA 9:30 ESL CLASS 10:00 BINGO</p> <p>Egg Salad Platter</p>
<p>24</p> <p>9:00 ZUMBA GOLD TONING 9:30 ESL CLASS 10:00 BINGO 10:00 MANICURES BY CINDY 12:30 LINE DANCING 2:00 DIAMOND ART</p> <p>Sliced Pork Loin</p>	<p>25</p> <p>9:00 BEAUTY SALON 9:00 ZUMBA GOLD 9:30 ESL CLASS 10:00 BINGO 12:15 ESL CLASS 1:30 LINE DANCING</p>  <p>Cheese Omelet</p>	<p>26</p> <p>9:00 STRENGTH TRAINING 9:30 ESL CLASS 9:30 BLOOD PRESSURE SCREENINGS 10:00 BINGO 12:30 KOREAN CONSULTATION 1:00 WATERCOLOR CLASS 1:00 LINE DANCING 1:00 SPRING CRAFT</p> <p>Potato Crusted Pollack</p>	<p>27</p> <p>9:00 BEAUTY SALON 9:30 KOREAN CITIZENSHIP CLASS 9:00 ZUMBA GOLD 10:00 BINGO 10:00 PRESENTATION: LOVE YOUR HEART 12:15 ESL CLASS 1:15 TAI CHI</p> <p>Stuffed Peppers</p>	<p>28</p> <p>9:00 BEAUTY SALON 9:00 CHAIR YOGA 9:30 ESL CLASS 10:00 BINGO 12:30 CHOIR 1:30 KOREAN SOCIAL CIRCLE</p> <p>Homestyle Meatloaf w/ Gravy</p>