

BERGEN NEW JERSEY *County*

James J. Tedesco III
County Executive

BOARD OF COUNTY COMMISSIONERS

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Tracy Silna Zur

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

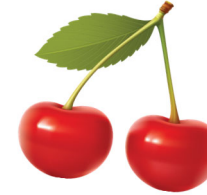
Heleyne Trent, Director
147 Hackensack Avenue
East Rutherford, NJ 07073
Phone: (201) 935-8920 • Fax (201) 935-8851

southwestcenter@bergencountynj.gov

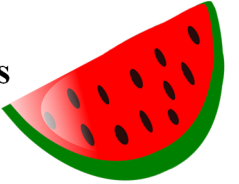
Open: Monday - Friday, 8:00AM - 3:30PM

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Southwest Senior Activity Center
Bergen County Department of Human Services
Division of Senior Services/ADRC
June 2025



JUNE	2	Farmers' Market at the Southwest Senior Center A Farmer will be at the center for fruit & vegetable shopping	9:00am –12:00pm
JUNE	3 & 17	Mobility Workshop: Focus on Flexibility, Range of Motion & Joint Health w/ Chris Carroll, YWCA	12:30pm
JUNE	4	Summer Art Series w/ Vicky Katzman 4 week series with focus on botanical arts Reservations Required: Please call (201) 935–8920	12:30pm
JUNE	6	Presentation: Men's Wellness Workshop w/ Bergen County Health Services	9:30am
JUNE	9	Get Connected Program . . . w/ Rosemary Marchetto, Center for Alcohol & Drug Resources	9:30am
JUNE	10	Presentation: Lifestyle Changes to Manage Osteoporosis w/ Holy Name Medical Center Community Outreach	10:00am
JUNE	11 & 25	Wellness Program & Blood Pressure Screenings w/ Bergen County Health Services	9:30am
JUNE	12	Presentation: Food Choices to Increase Bone Density w/ Julianne Gallo, MS, RD, ShopRite of Lodi	10:00am
June	20	Juneteenth Observed . . . Center Closed	CLOSED

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
2 9:00 ~ “FARMERS MARKET” 9:00 ZUMBA GOLD TONING 9:30 BEAUTY SALON 9:30 ESL CLASS 10:00 BINGO 10:00 MANICURES BY CINDY 12:15 CRAFT CLASS 1:30 LINE DANCING  Turkey & Swiss Sandwich	3 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  Hawaiian Chicken	4 9:00 STRENGTH TRAINING 9:30 ESL CLASS 10:00 BINGO 12:30 KOREAN CONSULTATION 12:30 SUMMER ART SERIES 1:00 WATERCOLOR CLASS 1:00 LINE DANCING Pork Tenderloin	5 9:00 ZUMBA GOLD 9:30 BEAUTY SALON 9:30 KOREAN CITIZENSHIP CLASS 10:00 BINGO 12:15 ESL CLASS 1:15 TAI CHI  Seafood Salad	6 9:00 BEAUTY SALON 9:00 CHAIR YOGA 9:30 ESL CLASS 9:30 PRESENTATION: MEN’S WELLNESS 10:00 BINGO 12:30 CHOIR 1:30 KOREAN SOCIAL CIRCLE Chicken Cordon Bleu
9 9:00 ZUMBA GOLD TONING 9:30 BEAUTY SALON 9:30 GET CONNECTED PROGRAM 9:30 ESL CLASS 10:00 BINGO 10:00 MANICURES BY CINDY 12:15 CRAFT CLASS 1:30 LINE DANCING Stuffed Peppers	10 9:00 BEAUTY SALON 9:00 ZUMBA GOLD 9:30 ESL CLASS 10:00 BINGO 10:00 PRESENTATION: MANAGING OSTEOPOROSIS 12:15 ESL CLASS 1:30 LINE DANCING Tuna Noodle Salad	11 9:30 BLOOD PRESSURE SCREENINGS 9:00 STRENGTH TRAINING 9:30 ESL CLASS 10:00 BINGO 12:30 KOREAN CONSULTATION 12:30 SUMMER ART SERIES 1:00 WATERCOLOR CLASS 1:00 LINE DANCING Turkey Tacos	12 9:00 ZUMBA GOLD 9:30 BEAUTY SALON 9:30 KOREAN CITIZENSHIP CLASS 10:00 BINGO 10:00 PRESENATION: INCREASE BONE DENSITY 12:15 ESL CLASS 1:15 TAI CHI Chicken Florentine	13 9:00 BEAUTY SALON 9:00 CHAIR YOGA 9:30 ESL CLASS 10:00 BINGO 12:30 CHOIR 1:30 KOREAN SOCIAL CIRCLE Eggplant Parmesan
16 9:00 ZUMBA GOLD TONING 9:30 BEAUTY SALON 9:30 ESL CLASS 10:00 BINGO 10:00 MANICURES BY CINDY 12:15 CRAFT CLASS 1:30 LINE DANCING  Chicken Fettucine Alfredo	17 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  Meatloaf	18 9:00 STRENGTH TRAINING 9:30 ESL CLASS 10:00 BINGO 12:30 KOREAN CONSULTATION 12:30 SUMMER ART SERIES 1:00 WATERCOLOR CLASS 1:00 LINE DANCING Jamaican Jerk Chicken Leg	19 9:00 ZUMBA GOLD 9:30 BEAUTY SALON 9:30 KOREAN CITIZENSHIP CLASS 10:00 BINGO 12:15 ESL CLASS 1:15 TAI CHI Pulled Pork Sandwich	20  Center Closed
23 9:00 ZUMBA GOLD TONING 9:30 BEAUTY SALON 9:30 ESL CLASS 10:00 BINGO 10:00 MANICURES BY CINDY 12:15 CRAFT CLASS 1:30 LINE DANCING Stuffed Cabbage	24 9:00 BEAUTY SALON 9:00 ZUMBA GOLD 9:30 ESL CLASS 10:00 BINGO 12:15 ESL CLASS 1:30 LINE DANCING Ham Steak with Pineapple	25 9:30 BLOOD PRESSURE SCREENINGS 9:00 STRENGTH TRAINING 9:30 ESL CLASS 10:00 BINGO 12:30 KOREAN CONSULTATION 12:30 SUMMER ART SERIES 1:00 WATERCOLOR CLASS 1:00 LINE DANCING Chicken Parmesan	26 9:00 ZUMBA GOLD 9:30 BEAUTY SALON 9:30 KOREAN CITIZENSHIP CLASS 10:00 BINGO 12:15 ESL CLASS 1:15 TAI CHI Chef Salad	27 9:00 BEAUTY SALON 9:00 CHAIR YOGA 9:30 ESL CLASS 10:00 BINGO 12:30 CHOIR 1:30 KOREAN SOCIAL CIRCLE  Pot Roast
30 9:00 ZUMBA GOLD TONING 9:30 BEAUTY SALON 9:30 ESL CLASS 10:00 BINGO 10:00 MANICURES BY CINDY 12:15 CRAFT CLASS 1:30 LINE DANCING Korean Barbeque Chicken Leg			Continental Breakfast Served Daily Monday through Friday 8:00—10:00 	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