

# BERGEN NEW JERSEY County

James J. Tedesco III  
County Executive

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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

### 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](mailto: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  
July 2025– Happy Fourth of July!



JULY	1	Aromatherapy & Hand Massages w/ Aggie Halat, Division of Senior Services	9:30 am- 11:30 am
JULY	2 & 9 23 & 30	Summer Arts Series – Focusing on Fiber Arts w/ Vicky Katzman, Teaching Artist	12:30 pm- 2:00 pm
JULY	4	Center Closed– 4th of July	CLOSED
JULY JULY	9 23	Wellness Program & Blood Pressure Screenings Health Office, Bergen County Health Services	9:30 am- 11:00 am
JULY	10	Healthy Skin and Nutrition—(Korean Presentation) w/ Virginia Tan, Assistant Director of Nursing at BNBMC	10:00 am- 11:00 am
JULY	15	Summer Beach Party at the Southwest Center! Entertainment by D.J. Scott Call (201) 935-8920 to RSVP or Sign-up in Office	All Day Party!
JULY	17	Presentation: Healthy Skin and Nutrition w/ Josefina Santa Romana, Clinical Dietician, BNBMC	10:00 am- 11:00 am
JULY	24	Presentation: Alcohol- Friend or Foe Bergen County Health Services	10:00 am- 11:00 am
JULY	25	Senior Planet: <i>Digital Coupon Tools</i>	10:00 am
JULY	29	In– Person SNAP Assistance w/ Bergen County Senior Services Southwest Senior Activity Center Health Room	10:00 am - 2:00 pm
JULY	29	Drum Circle—Connecting through Music! w/ Aggie Halat, Division of Senior Services	12:30 pm- 1:30 pm

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.

Save the Date

## Senior Festival

Thursday, September 18, 2025  
Rain Date: Thursday, September 25, 2025  
10:00AM - 2:00PM  
Van Saun County Park, Paramus



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>Continental Breakfast</div> <div>Served Daily Monday through Friday 8:00—10:00</div> <div></div>	<div>1</div> <div>9:00 BEAUTY SALON 9:00 ZUMBA GOLD 9:30 ESL CLASS 9:30 <b>Hand Massages</b> 10:00 BINGO 12:15 ESL CLASS 1:30 LINE DANCING</div> <div></div> <div>Egg Salad Platter with Spinach</div>	<div>2</div> <div>9:00 STRENGTH TRAINING 9:30 ESL CLASS 10:00 BINGO 12:30 KOREAN CONSULTATION 12:30 <b>Summer Art Series</b> 1:00 WATERCOLOR CLASS 1:00 LINE DANCING</div> <div>Roast Turkey with Gravy</div>	<div>3</div> <div>9:00 ZUMBA GOLD 9:30 BEAUTY SALON 9:30 KOREAN CITIZENSHIP CLASS 10:00 BINGO 12:15 ESL CLASS 1:15 TAI CHI</div> <div>Beef Hot Dogs</div>	<div>4</div> <div></div> <div>Center Closed</div>
<div>7</div> <div>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</div> <div>Hawaiian Chicken</div>	<div>8</div> <div>9:00 BEAUTY SALON 9:00 ZUMBA GOLD 9:30 ESL CLASS 10:00 BINGO 12:15 ESL CLASS 1:30 LINE DANCING</div> <div></div> <div>Stuffed Peppers</div>	<div>9</div> <div>9:00 STRENGTH TRAINING 9:30 <b>Wellness Program</b> 9:30 ESL CLASS 10:00 BINGO 12:30 KOREAN CONSULTATION 12:30 <b>Summer Art Series</b> 1:00 WATERCOLOR CLASS 1:00 LINE DANCING</div> <div>Tuna Noodle Salad over Spinach</div>	<div>10</div> <div>9:00 ZUMBA GOLD 9:30 BEAUTY SALON 9:30 KOREAN CITIZENSHIP CLASS 10:00 BINGO 10:00 <b>Presentation: Healthy Skin &amp; Nutrition (Korean)</b> 12:15 ESL CLASS 1:15 TAI CHI</div> <div>Stuffed Shells</div>	<div>11</div> <div>9:00 BEAUTY SALON 9:00 CHAIR YOGA 9:30 ESL CLASS 10:00 BINGO 12:30 CHOIR 1:30 KOREAN SOCIAL CIRCLE</div> <div></div> <div>Cheeseburger</div>
<div>14</div> <div>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</div> <div></div> <div>Chicken Cordon Bleu</div>	<div>15</div> <div>SUMMER BEACH PARTY!! All Day Party with D.J. Scott!!</div> <div></div> <div>Cheeseburger</div>	<div>16</div> <div>9:00 STRENGTH TRAINING 9:30 ESL CLASS 10:00 BINGO 12:30 KOREAN CONSULTATION 1:00 WATERCOLOR CLASS 1:00 LINE DANCING</div> <div></div> <div>BBQ Pulled Pork Sandwich</div>	<div>17</div> <div>9:00 ZUMBA GOLD 9:30 BEAUTY SALON 9:30 KOREAN CITIZENSHIP CLASS 10:00 BINGO 10:00 <b>Presentation: Healthy Skin &amp; Nutrition</b> 12:15 ESL CLASS 1:15 TAI CHI</div> <div>Chicken Parmesan</div>	<div>18</div> <div>9:00 BEAUTY SALON 9:00 CHAIR YOGA 9:30 ESL CLASS 10:00 BINGO 12:30 CHOIR 1:30 KOREAN SOCIAL CIRCLE</div> <div></div> <div>Seafood Salad with Mixed Greens</div>
<div>21</div> <div>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</div> <div>Homestyle Meatloaf with Gravy</div>	<div>22</div> <div>9:00 BEAUTY SALON 9:00 ZUMBA GOLD 9:30 ESL CLASS 10:00 BINGO 12:15 ESL CLASS 1:30 LINE DANCING</div> <div>Cheese Omelet</div>	<div>23</div> <div>9:00 STRENGTH TRAINING 9:30 <b>Wellness Program</b> 9:30 ESL CLASS 10:00 BINGO 12:30 KOREAN CONSULTATION 12:30 <b>Summer Art Series</b> 1:00 WATERCOLOR CLASS 1:00 LINE DANCING</div> <div>Eggplant Rollatini</div>	<div>24</div> <div>9:00 ZUMBA GOLD 9:30 BEAUTY SALON 9:30 KOREAN CITIZENSHIP CLASS 10:00 BINGO 10:00 <b>Presentation: Alcohol</b> 12:15 ESL CLASS 1:15 TAI CHI</div> <div>Turkey and Swiss</div>	<div>25</div> <div>9:00 BEAUTY SALON 9:00 CHAIR YOGA 9:30 ESL CLASS 10:00 BINGO 10:00 <b>Senior Planet: Digital Coupons</b> 12:30 CHOIR 1:30 KOREAN SOCIAL CIRCLE</div> <div>Korean BBQ Chicken Leg</div>
<div>28</div> <div>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</div> <div></div> <div>Beer Battered Fish</div>	<div>29</div> <div>9:00 BEAUTY SALON 9:00 ZUMBA GOLD 9:30 ESL CLASS 10:00 BINGO 10:00 <b>Snap Assistance</b> 12:15 ESL CLASS 12:30 <b>Drum Circle</b> 1:30 LINE DANCING</div> <div>Chicken Florentine</div>	<div>30</div> <div>9:00 STRENGTH TRAINING 9:30 ESL CLASS 10:00 BINGO 12:30 KOREAN CONSULTATION 12:30 <b>Summer Art Series</b> 1:00 WATERCOLOR CLASS 1:00 LINE DANCING</div> <div></div> <div>Chef Salad</div>	<div>31</div> <div>9:00 ZUMBA GOLD 9:30 BEAUTY SALON 9:30 KOREAN CITIZENSHIP CLASS 10:00 BINGO 12:15 ESL CLASS 1:15 TAI CHI</div> <div>Roast Pork with Gravy</div>	<div>Suggested Lunch Donation: \$1.25 Per Meal Please reserve lunch by 11:30 AM the day before</div> <div>Lunch will Be Served at 11:30 Daily</div>