

# 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

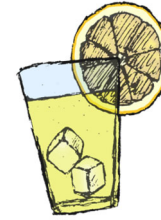
Heleyne Trent, Director  
147 Hackensack Street  
East Rutherford, NJ, 07073  
Phone: (201) 935-8920 • Fax (201) 935-8851

[southwestcenter@bergencountynj.gov](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  
August 2025



AUGUST	4	<b>Total Brain Health Class</b> <i>w/ Aggie Halat, Senior Services</i>	<b>10:00AM</b>
AUGUST	7	<b>Workshop: Reiki Healing</b> <i>w/ Tami Azouri, BSN, RN, Hackensack Medical Center</i>	<b>9:30AM</b>
AUGUST	12	<b>Presentation: Poison Safety</b> <i>w/ Danielle Bartsch, NJ Poison Center</i>	<b>10:00AM</b>
AUGUST	13&27	<b>Wellness Program &amp; Blood Pressure Screenings</b> In the Health Office at Southwest Senior Activity Center <i>w/ Bergen County Health Services</i>	<b>9:30AM-11:00AM</b>
AUGUST	14	<b>International Dessert Day!</b>	<b>12:30PM</b>
AUGUST	15	<b>Aim For Unity: Archery For Seniors</b> <i>w/ Samuel Kim, Certified Instructor</i>	<b>10:00AM</b>
AUGUST	19	<b>Presentation: Understanding Dementia</b> <i>w/ Bergen County Health Services</i>	<b>10:00AM</b>
AUGUST	27	<b>Checker Competition ! Prize for the King Checker!</b> Please sign– up in Office or call (201) 935-8920	<b>1:00PM</b>

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.





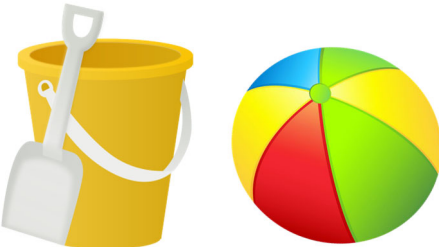






Bergen County Division of Senior Services supports and promotes diverse and inclusive communities, and does not discriminate based on age, color, creed, gender, gender identity, mental or physical disability, national origin, political affiliation, race or sexual orientation in its provision of services 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</div> <div>Monday through Friday</div> <div>8:00—10:00</div> <div></div>	<div>Suggested Lunch Donation:</div> <div>\$1.25 Per Meal</div> <div>Please reserve lunch by 11:30 AM the day before</div> <div>Lunch will Be Served at 11:30 Daily</div>	<div></div>	<div></div>	<div>1</div> <div>9:00 BEAUTY SALON</div> <div>9:00 CHAIR YOGA</div> <div>9:30 ESL CLASS</div> <div>10:00 BINGO</div> <div>12:30 CHOIR</div> <div>1:30 KOREAN SOCIAL CIRCLE</div> <div>Eggplant Rollatini</div>
<div>4</div> <div>9:00 ZUMBA GOLD TONING</div> <div>9:30 BEAUTY SALON</div> <div>9:30 ESL CLASS</div> <div>10:00 <b>TOTAL BRAIN HEALTH CLASS</b></div> <div>10:00 BINGO</div> <div>10:00 MANICURES BY CINDY</div> <div>12:15 CRAFT CLASS</div> <div>1:30 LINE DANCING</div> <div>Roast Turkey with Gravy</div>	<div>5</div> <div>9:00 BEAUTY SALON</div> <div>9:00 ZUMBA GOLD</div> <div>9:30 ESL CLASS</div> <div>10:00 BINGO</div> <div>12:15 ESL CLASS</div> <div>1:30 LINE DANCING</div> <div></div> <div>Ham Steak with Pineapple</div>	<div>6</div> <div>9:00 STRENGTH TRAINING</div> <div>9:30 ESL CLASS</div> <div>10:00 BINGO</div> <div>12:30 KOREAN CONSULTATION</div> <div>1:00 WATERCOLOR CLASS</div> <div>1:00 LINE DANCING</div> <div></div> <div>Chicken Parmesan</div>	<div>7</div> <div>9:00 ZUMBA GOLD</div> <div>9:30 BEAUTY SALON</div> <div>9:30 KOREAN CITIZENSHIP CLASS</div> <div>9:30 <b>WORKSHOP: REIKI HEALING</b></div> <div>10:00 BINGO</div> <div>12:15 ESL CLASS</div> <div>1:15 TAI CHI</div> <div>Roast Turkey with Swiss</div>	<div>8</div> <div>9:00 BEAUTY SALON</div> <div>9:00 CHAIR YOGA</div> <div>9:30 ESL CLASS</div> <div>10:00 BINGO</div> <div>12:30 CHOIR</div> <div>1:30 KOREAN SOCIAL CIRCLE</div> <div></div> <div>Lemon Caper Fish</div>
<div>11</div> <div>9:00 ZUMBA GOLD TONING</div> <div>9:30 BEAUTY SALON</div> <div>9:30 ESL CLASS</div> <div>10:00 BINGO</div> <div>10:00 MANICURES BY CINDY</div> <div>12:15 CRAFT CLASS</div> <div>1:30 LINE DANCING</div> <div></div> <div>Herbed Chicken Leg</div>	<div>12</div> <div>9:00 BEAUTY SALON</div> <div>9:00 ZUMBA GOLD</div> <div>9:30 ESL CLASS</div> <div>10:00 <b>PRESENTATION: POISON SAFETY</b></div> <div>10:00 BINGO</div> <div>12:15 ESL CLASS</div> <div>1:30 LINE DANCING</div> <div>Stuffed Peppers</div>	<div>13</div> <div>9:00 STRENGTH TRAINING</div> <div>9:30 ESL CLASS</div> <div>9:30 <b>BLOOD PRESSURE SCREENINGS</b></div> <div>10:00 BINGO</div> <div>12:30 KOREAN CONSULTATION</div> <div>1:00 WATERCOLOR CLASS</div> <div>1:00 LINE DANCING</div> <div>Korean Beef</div>	<div>14</div> <div>9:00 ZUMBA GOLD</div> <div>9:30 BEAUTY SALON</div> <div>9:30 KOREAN CITIZENSHIP CLASS</div> <div>10:00 BINGO</div> <div>12:15 ESL CLASS</div> <div>12:30 <b>INTERNATIONAL DESSERT DAY</b></div> <div>1:15 TAI CHI</div> <div>Egg Salad with Spinach</div>	<div>15</div> <div>9:00 BEAUTY SALON</div> <div>9:00 CHAIR YOGA</div> <div>9:30 ESL CLASS</div> <div>10:00 <b>ARCHERY CLASS</b></div> <div>10:00 BINGO</div> <div>12:30 CHOIR</div> <div>1:30 KOREAN SOCIAL CIRCLE</div> <div>BBQ Pork Sandwich</div>
<div>18</div> <div>9:00 ZUMBA GOLD TONING</div> <div>9:30 BEAUTY SALON</div> <div>9:30 ESL CLASS</div> <div>10:00 BINGO</div> <div>10:00 MANICURES BY CINDY</div> <div>12:15 CRAFT CLASS</div> <div>1:30 LINE DANCING</div> <div>Italian Beef Meatballs</div>	<div>19</div> <div>9:00 BEAUTY SALON</div> <div>9:00 ZUMBA GOLD</div> <div>9:30 ESL CLASS</div> <div>10:00 <b>PRESENTATION: UNDERSTANDING DEMENTIA</b></div> <div>10:00 BINGO</div> <div>12:15 ESL CLASS</div> <div>1:30 LINE DANCING</div> <div></div> <div>Seafood Salad</div>	<div>20</div> <div>9:00 STRENGTH TRAINING</div> <div>9:30 ESL CLASS</div> <div>10:00 BINGO</div> <div>12:30 KOREAN CONSULTATION</div> <div>1:00 WATERCOLOR CLASS</div> <div>1:00 LINE DANCING</div> <div>Sesame Chicken</div>	<div>21</div> <div>9:00 ZUMBA GOLD</div> <div>9:30 BEAUTY SALON</div> <div>9:30 KOREAN CITIZENSHIP CLASS</div> <div>10:00 BINGO</div> <div>12:15 ESL CLASS</div> <div>1:15 TAI CHI</div> <div>Pot Roast with Gravy</div>	<div>22</div> <div>9:00 BEAUTY SALON</div> <div>9:00 CHAIR YOGA</div> <div>9:30 ESL CLASS</div> <div>10:00 BINGO</div> <div>12:30 CHOIR</div> <div>1:30 KOREAN SOCIAL CIRCLE</div> <div></div> <div>Stuffed Cabbage</div>
<div>25</div> <div>9:00 ZUMBA GOLD TONING</div> <div>9:30 BEAUTY SALON</div> <div>9:30 ESL CLASS</div> <div>10:00 BINGO</div> <div>10:00 MANICURES BY CINDY</div> <div>12:15 CRAFT CLASS</div> <div>1:30 LINE DANCING</div> <div>Chicken Cordon Bleu</div>	<div>26</div> <div>9:00 BEAUTY SALON</div> <div>9:00 ZUMBA GOLD</div> <div>9:30 ESL CLASS</div> <div>10:00 BINGO</div> <div>12:15 ESL CLASS</div> <div>1:30 LINE DANCING</div> <div></div> <div>Cheeseburger</div>	<div>27</div> <div>9:00 STRENGTH TRAINING</div> <div>9:30 ESL CLASS</div> <div>9:30 <b>BLOOD PRESSURE SCREENINGS</b></div> <div>10:00 BINGO</div> <div>12:30 KOREAN CONSULTATION</div> <div>1:00 WATERCOLOR CLASS</div> <div>1:00 LINE DANCING</div> <div>1:00 <b>CHECKER COMPETITION</b></div> <div>Tuna Noodle Salad</div>	<div>28</div> <div>9:00 ZUMBA GOLD</div> <div>9:30 BEAUTY SALON</div> <div>9:30 KOREAN CITIZENSHIP CLASS</div> <div>10:00 BINGO</div> <div>12:15 ESL CLASS</div> <div>1:15 TAI CHI</div> <div>Beef Hot Dogs</div>	<div>29</div> <div>9:00 BEAUTY SALON</div> <div>9:00 CHAIR YOGA</div> <div>9:30 ESL CLASS</div> <div>10:00 BINGO</div> <div>12:30 CHOIR</div> <div>1:30 KOREAN SOCIAL CIRCLE</div> <div>Crab Cakes</div>