

BERGEN NEW JERSEY County

James J. Tedesco III
County Executive

BOARD OF COUNTY COMMISSIONERS

Mary J. Amoroso
Chairwoman

Steven A. Tanelli
Vice Chairman

Dr. Joan M. Voss
Chair Pro Tempore

Rafael Marte
Germaine M. Ortiz
Thomas J. Sullivan
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 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 September 2025



| | | | |
|------------------------|----------|--|--------------------|
| September | 1 | Labor Day - Center Closed | ALL DAY |
| September | 8 | Total Brain Health Class w/ Aggie Halat, Bergen County Senior Services | 10:00am |
| September | 2&23 | Mobility Workshop: Classes to Improve Joint Health w/ Chris Carroll, YWCA | 12:30pm |
| September | 9 | Safe Seniors Traveling Talk Show w/ Harvey Silberstein, Bergen County Senior Services | 10:00am |
| September September | 10 24 | Wellness Program & Blood Pressure Screenings Health Office, Southwest Senior Activity Center w/ Bergen County Health Services | 9:30am– 11:00am |
| September | 16 | National Senior Center Month Celebration! “You are the Apple of our eye!” | 12:30pm |
| September | 17 | Pre-Registration for Flu Shots (High Dose Flu Shots Only available to Senior 65+) w/ Bergen New Bridge Medical Center | 9:00am– 11:00am |
| September | 18 | Annual Senior Festival (Rain date Thursday, Sept 25) Van Saun County Park, Paramus Registration Required. Please call (201) 935-8920 | 10:00am– 2:00pm |
| September | 19 | Workshop for Wellness: Menopausal Health Bergen County Health Services | 9:30am |
| September | 25 | Participating in Activities as You Age w/ Kristin Mullins, Bergen New Bridge Medical Center | 10:00am |
| September | 30 | POW/MIA Recognition Ceremony w/ Bergen County Veterans Services | 11:30am |

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

When traveling to the
Senior Festival
we encourage everyone to
carpool or use Bergen County
Community Transportation.

For more information,
please contact
Community Transportation at
(201) 368-5955.

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|--|---|--|
| <div>1</div> <div></div> <div>Center Closed</div> | <div>2</div> <div>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</div> <div>Stuffed Cabbage</div> | <div>3</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>Korean BBQ Chicken Leg</div> | <div>4</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>Tuna Noodle Salad</div> | <div>5</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>Salisbury Steak</div> |
| <div>8</div> <div>9:00 ZUMBA GOLD TONING 9:30 BEAUTY SALON 9:30 ESL CLASS 10:00 BINGO 10:00 Total Brain Health Class 10:00 MANICURES BY CINDY 12:15 CRAFT CLASS 1:30 LINE DANCING</div> <div>Chicken Stir Fry w/ Peppers & Onions</div> | <div>9</div> <div>9:00 BEAUTY SALON 9:00 ZUMBA GOLD 9:30 ESL CLASS 10:00 Safe Seniors Talk Show 10:00 BINGO 12:15 ESL CLASS 1:30 LINE DANCING</div> <div>Pork Tenderloin w/ Gravy</div> | <div>10</div> <div>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</div> <div>Lemon Caper Fish</div> | <div>11</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 Turkey & Swiss</div> | <div>12</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>Italian Meatballs w/ Tomato Sauce</div> |
| <div>15</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>BBQ Pulled Pork Sandwich</div> | <div>16</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>Cheese Omelet</div> | <div>17</div> <div>9:00 Pre-register for Flu Shots 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>Beef Teriyaki</div> | <div>18</div> <div><u>Annual Senior Festival</u> 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>Cheese Ravioli</div> | <div>19</div> <div>9:00 BEAUTY SALON 9:00 CHAIR YOGA 9:30 ESL CLASS 9:30 Workshop: Menopausal Health 10:00 BINGO 12:30 CHOIR 1:30 KOREAN SOCIAL CIRCLE</div> <div>Chicken Piccata</div> |
| <div>22</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>Homestyle Meatloaf</div> | <div>23</div> <div>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</div> <div>Egg Salad over Spinach</div> | <div>24</div> <div>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</div> <div>Stuffed Peppers</div> | <div>25</div> <div>9:00 ZUMBA GOLD 9:30 BEAUTY SALON 9:30 KOREAN CITIZENSHIP CLASS 10:00 BINGO 10:00 Presentation: Participating in Activities as you Age 12:15 ESL CLASS 1:15 TAI CHI</div> <div>Cheeseburger</div> | <div>26</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>Korean Beef</div> |
| <div>29</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>Chicken Fajitas</div> | <div>30</div> <div>9:00 BEAUTY SALON 9:00 ZUMBA GOLD 9:30 ESL CLASS 10:00 BINGO 11:30 POW/MIA Recognition Ceremony 12:15 ESL CLASS 1:30 LINE DANCING</div> <div>Chicken Cordon Bleu</div> | <div>When traveling to the Senior Festival we encourage everyone to carpool or use Bergen County Community Transportation. For more information, please contact Community Transportation at (201) 368-5955.</div> | <div>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</div> | <div>Continental Breakfast Served Daily Monday through Friday 8:00—10:00</div> <div></div> |