

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
(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

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



October	3	Chuseok Celebration! Happy Korean Thanksgiving! <i>Traditional Korean Chuseok food will be served.</i>	11:30am
October	7	Mobility Workshop: Classes to Improve Joint Health Chris Carroll, YWCA	12:30pm
October	8	NJ Motor Vehicle Mobile Unit at Senior Center <i>Appointments are available on the NJ DMV website.</i> https://telegov.njportal.com/njmvcmobileunit/	9:00am
October October	8 22	Wellness Program & Blood Pressure Screenings In the Southwest Senior Activity Center Health Office. w/ Bergen County Health Services	9:00am – 11:00am
October	9	High Dose Flu Shots for Seniors 65+ <i>Pre-registration is required, no walk-ins.</i> w/ Bergen New Bridge Medical Center	9:00am - 11:00am
October	13	Center Closed- Columbus/ Indigenous Peoples' Day	ALL DAY
October	24	Presentation: Healthy Hearing w/ Hackensack Medical Center, Community Outreach	10:00am
October	28	NJ SNAP Assistance (in-person) In the Southwest Senior Center Health Office.	10:00am- 2:00pm
October	28	Oktoberfest Party! w/ Entertainment by DJ Scott <i>RSVP Required. Call (201) 935-8920 for reservations.</i>	ALL DAY

Bergen County Department of Human Services,
Division of Senior Services

Caregivers Conference

Saturday, October 4th, 2025

9:00 AM - 2:00 PM

Public Meeting Room (5th floor)
Bergen County Administration Building
One Bergen County Plaza, Hackensack, NJ 07601

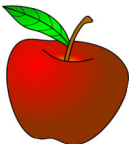
To RSVP Call 201-336-7400 or
Email seniors@bergencountynj.gov



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
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	1 9:00 STRENGTH TRAINING 9:30 ESL CLASS 10:00 BINGO 12:30 KOREAN CONSULTATION 1:00 WATERCOLOR CLASS 1:00 LINE DANCING  Eggplant Parmesan	2 9:00 ZUMBA GOLD 9:30 BEAUTY SALON 9:30 KOREAN CITIZENSHIP CLASS 10:00 BINGO 12:15 ESL CLASS 1:15 TAI CHI Ham and Cheddar Sandwich	3 9:00 BEAUTY SALON 9:00 CHAIR YOGA 9:30 ESL CLASS 10:00 BINGO 11:30 CHUSEOK CELEBRATION! 12:30 CHOIR 1:30 KOREAN SOCIAL CIRCLE Salisbury Steak
6 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	7 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  Tuna Noodle Salad	8 9:00 NJ DMV MOBILE UNIT 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 Chicken Florentine	9 9:00 ZUMBA GOLD 9:00 FLU SHOTS (Health Office) 9:30 BEAUTY SALON 9:30 KOREAN CITIZENSHIP CLASS 10:00 BINGO 12:15 ESL CLASS 1:15 TAI CHI BBQ Pulled Pork Sandwich	10 9:00 BEAUTY SALON 9:00 CHAIR YOGA 9:30 ESL CLASS 10:00 BINGO 12:30 CHOIR 1:30 KOREAN SOCIAL CIRCLE  Roast Turkey with Gravy
13 COLUMBUS DAY/ INDIGENOUS PEOPLES' DAY Center Closed	14 9:00 BEAUTY SALON 9:00 ZUMBA GOLD 9:30 ESL CLASS 10:00 BINGO 12:15 ESL CLASS 1:30 LINE DANCING  Turkey Tacos	15 9:00 STRENGTH TRAINING 9:30 ESL CLASS 10:00 BINGO 12:30 KOREAN CONSULTATION 1:00 WATERCOLOR CLASS 1:00 LINE DANCING Lemon Caper Fish	16 9:00 ZUMBA GOLD 9:30 BEAUTY SALON 9:30 KOREAN CITIZENSHIP CLASS 10:00 BINGO 12:15 ESL CLASS 1:15 TAI CHI Chicken Parmesan	17 9:00 BEAUTY SALON 9:00 CHAIR YOGA 9:30 ESL CLASS 10:00 BINGO 12:30 CHOIR 1:30 KOREAN SOCIAL CIRCLE  Egg Salad Platter
20 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  Hungarian Goulash	21 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	22 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 Italian Meatballs	23 9:00 ZUMBA GOLD 9:30 BEAUTY SALON 9:30 KOREAN CITIZENSHIP CLASS 10:00 BINGO 12:15 ESL CLASS 1:15 TAI CHI Korean BBQ Chicken Leg	24 9:00 BEAUTY SALON 9:00 CHAIR YOGA 9:30 ESL CLASS 10:00 BINGO 10:00 PRESENTATION: HEALTHY HEARING 12:30 CHOIR 1:30 KOREAN SOCIAL CIRCLE Seafood Salad
27 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 Pork Tenderloin with Gravy	28 Oktoberfest Party !!  Bratwurst	29 9:00 STRENGTH TRAINING 9:30 ESL CLASS 10:00 BINGO 12:30 KOREAN CONSULTATION 1:00 WATERCOLOR CLASS 1:00 LINE DANCING Korean Beef	30 9:00 ZUMBA GOLD 9:30 BEAUTY SALON 9:30 KOREAN CITIZENSHIP CLASS 10:00 BINGO 12:15 ESL CLASS 1:15 TAI CHI Chicken Cordon Bleu	31 9:00 BEAUTY SALON 9:00 CHAIR YOGA 9:30 ESL CLASS 10:00 BINGO 12:30 CHOIR 1:30 KOREAN SOCIAL CIRCLE  Stuffed Peppers