

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
November 2025



November	4	Center Closed– Election Day	All Day
November	6	Presentation: Scams and Frauds w/ Denis Niland Department of Public Safety, Division of Consumer Affairs	10:00 am
November	10	Presentation: Are you Winter Ready? Be Prepared, Stay Safe w/ Delta Sigma Theta Sorority Inc., Bergen County Chapter	10:00 am
November	11	Center Closed– Veterans Day	All Day
November November	12 26	Wellness Program & Blood Pressure Screenings Health Office, Southwest Senior Activity Center <i>Bergen County Health Department</i>	9:00 am – 11:00 am
November	13	Presentation: Polypharmacy: How it can Affect Your Health w/ Tanchung Wang, MB, PhD Hackensack School of Medicine	10:00 am
November	18	Presentation: Food Safety at Home w/ Joe Gautier, County of Bergen, Health Services	10:00 am
November November	18 22	Holiday Arts & Crafts Fair Southwest Korean Craft Class	9:00 am
November	20	Presentation: Advanced Planning for Seniors Krishna Shah, LCSW, Bergen New Bridge Medical Center	10:00 am
November	25	Mobility Workshop: Classes to Improve Joint Health w/ Chris Carroll, YWCA	12:30 pm
November	27	Center Closed– Thanksgiving Day	All Day
November	28	Center Closed– Thanksgiving Observed	All Day

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

Thanksgiving Luncheon

Garfield Senior Activity Center
480 Midland Ave
Garfield, New Jersey, 07026
Thursday, November 27, 2025
10:00 AM - 2:00 PM



To RSVP call (973) 478-0502 or email seniors@co.bergen.nj.us

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			<u>Blood Pressure Screenings</u> Health Office 9:30—11:00 November 12 November 26
3 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 Ham with Pineapple	4  Election Day Center Closed	5 9:00 STRENGTH TRAINING 9:30 ESL CLASS 10:00 BINGO 12:30 KOREAN TRANSLATION 1:00 WATERCOLOR CLASS 1:00 LINE DANCING Korean BBQ Chicken Leg	6 9:00 ZUMBA GOLD 9:30 BEAUTY SALON 9:30 ESL CLASS 10:00 BINGO 10:00 PRESENTATION: SCAMS & FRAUDS 12:15 ESL CLASS 1:15 TAI CHI Swedish Meatballs with Gravy	7 9:00 BEAUTY SALON 9:00 CHAIR YOGA 9:30 ESL CLASS 10:00 BINGO 12:30 CHOIR 1:30 KOREAN SOCIAL CIRCLE Cheese Omelet 
10 9:00 ZUMBA GOLD TONING 9:30 BEAUTY SALON 9:30 ESL CLASS 10:00 PRESENTATION: WINTER READY 10:00 BINGO 10:00 MANICURES BY CINDY 12:15 CRAFT CLASS 1:30 LINE DANCING Homestyle Meatloaf	11  Center Closed	12 9:00 STRENGTH TRAINING 9:30 ESL CLASS 10:00 BINGO 12:30 KOREAN TRANSLATION 1:00 WATERCOLOR CLASS 1:00 LINE DANCING Korean Beef	13 9:00 ZUMBA GOLD 9:30 BEAUTY SALON 9:30 ESL CLASS 10:00 BINGO 10:00 PRESENTATION: POLYPHARMACY 12:15 ESL CLASS 1:15 TAI CHI Tuna Salad Platter	14 9:00 BEAUTY SALON 9:00 CHAIR YOGA 9:30 ESL CLASS 10:00 BINGO 12:30 CHOIR 1:30 KOREAN SOCIAL CIRCLE Broccoli Stuffed Chicken
17 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 Parmesan	18 9:00 BEAUTY SALON 9:00 ZUMBA GOLD 9:30 ESL CLASS 10:00 BINGO 10:00 PRESENTATION: FOOD SAFETY AT HOME 12:15 ESL CLASS 1:30 LINE DANCING Stuffed Cabbage	19 9:00 STRENGTH TRAINING 9:30 ESL CLASS 10:00 BINGO 12:30 KOREAN TRANSLATION 1:00 WATERCOLOR CLASS 1:00 LINE DANCING Egg Salad Platter	20 9:00 ZUMBA GOLD 9:30 BEAUTY SALON 9:30 ESL CLASS 10:00 BINGO 10:00 PRESENTATION: ADVANCED PLANNING FOR SENIORS 12:15 ESL CLASS 1:15 TAI CHI Cheeseburger	21 9:00 BEAUTY SALON 9:00 CHAIR YOGA 9:30 ESL CLASS 10:00 BINGO 12:30 CHOIR 1:30 KOREAN SOCIAL CIRCLE Ham and Swiss
24 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 Peppers	25 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 Chicken Florentine	26 9:00 STRENGTH TRAINING 9:30 ESL CLASS 10:00 BINGO 12:30 KOREAN TRANSLATION 1:00 WATERCOLOR CLASS 1:00 LINE DANCING Pot Roast with Gravy	27 Thanksgiving Luncheon Garfield Senior Center 10am-2pm <i>Registration is Required</i> Please call (973) 478-0502 Center Closed	28  Center Closed