

# 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

The County of Bergen

Wishes you a

Happy and Healthy  
New Year



# 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



JANUARY 2026

January 1	New Year's Day - Center Closed	Closed
January 6	<b>Presentation Shed Pounds, Not Flavor: Healthy Soup Recipes</b> w/ Julianne Gallo, MS, RD, ShopRite of Lodi	10:00 am
January 6 & 27	<b>Mobility Workshop: Classes to Improve Joint Health</b> w/ Chris Carroll, YWCA	12:30 pm
January 13	<b>Presentation: Navigating Long Term Care and the Medicaid Process</b> w/ Maribel Santana and Gina Vaccaro (Community Room)  <b>Korean Program, (ESL Classroom)</b> w/ Rosa Kim Bergen New Bridge Medical Center	9:30 am
January 14 January 28	<b>Wellness Program &amp; Blood Pressure Screenings</b> w/ Bergen County Health Services Health Office, Southwest Senior Activity Center	9:30 am
January 15	<b>The Art and Science of Tea (Reservations Required)</b> w/ Tami Azouri BSN, RN, Community Outreach, HUMC	9:30 am
January 19	<b>Martin Luther King Jr. Day - Center Closed</b>	Closed
January 20	<b>Technology Assistance (Smart Phones, IPADS)</b> w/ Becton High School Key Club Students Southwest Senior Center Health Room	9:00 am— 11:00 am
January 21	<b>Pottery Workshop, Highlighting Ceramics!</b> Southwest Senior Center Health Room	12:30 pm
January 27	<b>SNAP In-Person Application Assistance</b> Southwest Senior Activity Center Health Office	10:00 am— 2:00 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.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Suggested Lunch Donation: \$1.25 Per Meal</b> Please reserve lunch by 11:30 AM the day before Lunch will Be Served at 11:30 Daily</p>	<p><b>Continental Breakfast</b> Served Daily Monday through Friday 8:00–10:00</p> 	 	 <p>1 <b>HAPPY new Year</b> Center Closed</p>	 <p>2 9:00 BEAUTY SALON 9:00 CHAIR YOGA 9:30 ESL CLASS 10:00 BINGO 12:30 CHOIR 1:30 KOREAN SOCIAL CIRCLE</p> <p><b>Stuffed Peppers</b></p>
<p>5 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</p> <p><b>Homestyle Meatloaf w/ Gravy</b></p>	<p>6 9:00 BEAUTY SALON 9:00 ZUMBA GOLD 9:30 ESL CLASS 10:00 BINGO <b>10:00 PRESENTATION: SHED POUNDS, NOT FLAVOR</b> 12:15 ESL CLASS <b>12:30 MOBILITY WORKSHOP</b> 1:30 LINE DANCING</p> <p><b>Sliced Pork Loin</b></p>	<p>7 9:00 STRENGTH TRAINING 9:30 ESL CLASS 10:00 BINGO 12:30 KOREAN TRANSLATION 1:00 WATERCOLOR CLASS 1:00 LINE DANCING</p> <p><b>Roast Turkey and Cheddar</b></p>	<p>8 9:00 ZUMBA GOLD 9:30 BEAUTY SALON 9:30 ESL CLASS 10:00 BINGO 12:15 ESL CLASS 1:15 TAI CHI</p> <p><b>Chicken Parmesan</b></p>	<p>9 9:00 BEAUTY SALON 9:00 CHAIR YOGA 9:30 ESL CLASS 10:00 BINGO 12:30 CHOIR 1:30 KOREAN SOCIAL CIRCLE</p> <p><b>Cheese Omelet</b></p>
<p>12 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</p> <p><b>Stuffed Cabbage</b></p>	<p>13 9:00 BEAUTY SALON 9:00 ZUMBA GOLD 9:30 ESL CLASS <b>9:30 PRESENTATION: THE MEDICAID PROCESS</b> 10:00 BINGO 12:15 ESL CLASS 1:30 LINE DANCING</p> <p><b>Chicken Marsala</b></p>	<p>14 9:00 STRENGTH TRAINING 9:30 ESL CLASS <b>9:30 WELLNESS PROGRAM</b> 10:00 BINGO 12:30 KOREAN TRANSLATION 1:00 WATERCOLOR CLASS 1:00 LINE DANCING</p> <p><b>Ham and Swiss on a roll</b></p>	<p>15 9:00 ZUMBA GOLD 9:30 BEAUTY SALON 9:30 ESL CLASS 10:00 BINGO <b>10:00 PRESENTATION: THE SCIENCE OF TEA</b> 12:15 ESL CLASS 1:15 TAI CHI</p> <p><b>Chicken Fajitas w/ Onions &amp; Peppers</b></p>	<p>16 9:00 BEAUTY SALON 9:00 CHAIR YOGA 9:30 ESL CLASS 10:00 BINGO 12:30 CHOIR 1:30 KOREAN SOCIAL CIRCLE</p> <p><b>Cheeseburger w/ Lettuce &amp; Tomato</b></p>
 <p><b>MARTIN LUTHER KING DAY</b></p> <p><b>Center Closed</b></p>	<p>20 9:00 BEAUTY SALON 9:00 ZUMBA GOLD <b>9:00 TECHNOLOGY ASSISTANCE</b> 9:30 ESL CLASS 10:00 BINGO 12:15 ESL CLASS 1:30 LINE DANCING</p> <p><b>Chicken Cordon Bleu</b></p>	<p>21 9:00 STRENGTH TRAINING 9:30 ESL CLASS 10:00 BINGO 12:30 KOREAN TRANSLATION <b>12:30 POTTEREY WORKSHOP</b> 1:00 WATERCOLOR CLASS 1:00 LINE DANCING</p> <p><b>Salisbury Steak w/ Mushroom Gravy</b></p>	<p>22 9:00 ZUMBA GOLD 9:30 BEAUTY SALON 9:30 ESL CLASS 10:00 BINGO 12:15 ESL CLASS 1:15 TAI CHI</p> <p><b>Seafood Salad Platter</b></p>	<p>23 9:00 BEAUTY SALON 9:00 CHAIR YOGA 9:30 ESL CLASS 10:00 BINGO 12:30 CHOIR 1:30 KOREAN SOCIAL CIRCLE</p>  <p><b>Roast Pork</b></p>
<p>26 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</p> <p><b>Roast Turkey w/ Gravy</b></p>	<p>27 9:00 BEAUTY SALON 9:00 ZUMBA GOLD 9:30 ESL CLASS 10:00 BINGO <b>10:00 SNAP ASSISTANCE</b> 12:15 ESL CLASS <b>12:30 MOBILITY WORKSHOP</b> 1:30 LINE DANCING</p> <p><b>Italian Beef Meatballs</b></p>	 <p>28 9:00 STRENGTH TRAINING 9:30 ESL CLASS <b>9:30 WELLNESS PROGRAM</b> 10:00 BINGO 12:30 KOREAN TRANSLATION 1:00 WATERCOLOR CLASS 1:00 LINE DANCING</p> <p><b>Beer Battered Cod</b></p>	 <p>29 9:00 ZUMBA GOLD 9:30 BEAUTY SALON 9:30 ESL CLASS 10:00 BINGO 12:15 ESL CLASS 1:15 TAI CHI</p> <p><b>Barbeque Chicken Leg</b></p>	<p>30 9:00 BEAUTY SALON 9:00 CHAIR YOGA 9:30 ESL CLASS 10:00 BINGO 12:30 CHOIR 1:30 KOREAN SOCIAL CIRCLE</p> <p><b>Pot Roast with Gravy</b></p>