



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



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

The County of Bergen

Wishes you a

Happy and Healthy
New Year



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Suggested Lunch Donation: \$1.25 Per Meal Please reserve lunch by 11:30 AM the day before</p> <p>Lunch will Be Served at 11:30 Daily</p>	<p>Continental Breakfast</p> <p>Served Daily Monday through Friday 8:00—10:00</p> 		<p>1</p> <p>HAPPY New Year</p> <p>Center Closed</p>	<p>2</p> <p>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>Stuffed Peppers</p>
<p>5</p> <p>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>Homestyle Meatloaf w/ Gravy</p>	<p>6</p> <p>9:00 BEAUTY SALON 9:00 ZUMBA GOLD 9:30 ESL CLASS 10:00 BINGO 10:00 PRESENTATION: SHED POUNDS, NOT FLAVOR 12:15 ESL CLASS 12:30 MOBILITY WORKSHOP 1:30 LINE DANCING</p> <p>Sliced Pork Loin</p>	<p>7</p> <p>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>Roast Turkey and Cheddar</p>	<p>8</p> <p>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>Chicken Parmesan</p>	<p>9</p> <p>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>Cheese Omelet</p>
<p>12</p> <p>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>Stuffed Cabbage</p>	<p>13</p> <p>9:00 BEAUTY SALON 9:00 ZUMBA GOLD 9:30 ESL CLASS 9:30 PRESENTATION: THE MEDICAID PROCESS 10:00 BINGO 12:15 ESL CLASS 1:30 LINE DANCING</p> <p>Chicken Marsala</p>	<p>14</p> <p>9:00 STRENGTH TRAINING 9:30 ESL CLASS 9:30 WELLNESS PROGRAM 10:00 BINGO 12:30 KOREAN TRANSLATION 1:00 WATERCOLOR CLASS 1:00 LINE DANCING</p> <p>Ham and Swiss on a roll</p>	<p>15</p> <p>9:00 ZUMBA GOLD 9:30 BEAUTY SALON 9:30 ESL CLASS 10:00 BINGO 10:00 PRESENTATION: THE SCIENCE OF TEA 12:15 ESL CLASS 1:15 TAI CHI</p> <p>Chicken Fajitas w/ Onions & Peppers</p>	<p>16</p> <p>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>Cheeseburger w/ Lettuce & Tomato</p>
<p>19</p>  <p>Center Closed</p>	<p>20</p> <p>9:00 BEAUTY SALON 9:00 ZUMBA GOLD 9:00 TECHNOLOGY ASSISTANCE 9:30 ESL CLASS 10:00 BINGO 12:15 ESL CLASS 1:30 LINE DANCING</p> <p>Chicken Cordon Bleu</p>	<p>21</p> <p>9:00 STRENGTH TRAINING 9:30 ESL CLASS 10:00 BINGO 12:30 KOREAN TRANSLATION 12:30 POTTERY WORKSHOP 1:00 WATERCOLOR CLASS 1:00 LINE DANCING</p> <p>Salisbury Steak w/ Mushroom Gravy</p>	<p>22</p> <p>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>Seafood Salad Platter</p>	<p>23</p> <p>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>Roast Pork</p>
<p>26</p> <p>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>Roast Turkey w/ Gravy</p>	<p>27</p> <p>9:00 BEAUTY SALON 9:00 ZUMBA GOLD 9:30 ESL CLASS 10:00 BINGO 10:00 SNAP ASSISTANCE 12:15 ESL CLASS 12:30 MOBILITY WORKSHOP 1:30 LINE DANCING</p>  <p>Italian Beef Meatballs</p>	<p>28</p> <p>9:00 STRENGTH TRAINING 9:30 ESL CLASS 9:30 WELLNESS PROGRAM 10:00 BINGO 12:30 KOREAN TRANSLATION 1:00 WATERCOLOR CLASS 1:00 LINE DANCING</p> <p>Beer Battered Cod</p>	<p>29</p> <p>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>Barbeque Chicken Leg</p>	<p>30</p> <p>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>Pot Roast with Gravy</p>