



**James J. Tedesco, III**  
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**Department of Human Services**

**Melissa H. DeBartolo, Esq.**  
Director

**Division of Senior Services**  
Lorraine Joewono  
Director

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.

**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, 8:00 AM - 3:30 PM**



**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**



**February 2026**

<b>February 4, 11, 18</b>	<b>Pottery Workshop . . . Reservations Required w/ Peter Lagomarsino, Master Potter</b>	<b>12:30 pm</b>
<b>February 5</b>	<b>Superbowl Party - Entertainment by DJ Scott Southwest Senior Activity Center</b>	<b>All Day Party!</b>
<b>February 11 &amp; 25</b>	<b>Wellness Program &amp; Blood Pressure Screenings Health Office, Southwest Senior Activity Center w/ Bergen County Health Department</b>	<b>9:30 am – 11:00 am</b>
<b>February 13</b>	<b>Korean New Year Party - Year of the Horse Southwest Senior Center Community Room</b>	<b>1:00 pm</b>
<b>February 16</b>	<b>Center Closed – Presidents Day</b>	<b>All Day</b>
<b>February 20</b>	<b>The Heart Health Blueprint w/ Marta Sujdak, Bergen County Health Services</b>	<b>9:30 am</b>
<b>February 19 &amp; 26</b>	<b>Mobility Workshop: Improve Your Joint Health w/ Chris Carroll, YWCA</b>	<b>12:30 pm</b>
<b>February 23</b>	<b>Olympic Armchair Aerobics: Heart Health in the spirit of Olympic Games! w/ Bill Wright, Bergen New Bridge Medical Center</b>	<b>10:00 am</b>
<b>February 24</b>	<b>Special Arts and Crafts Project w/ Aggie Halat, Senior Services</b>	<b>12:30 pm</b>
<b>February 27</b>	<b>Stay Informed on Travel Independence w/ Jeffery Dennis, Rutgers University School of Planning and Public Policy</b>	<b>9:30 am</b>

**Caregivers Conference**

Thursday, April 9th  
5:00 PM - 9:00 PM

Bergen County Administration Building  
Multi-Purpose Room



To RSVP Call 201-336-7400 or  
Email [seniors@bergencountynj.gov](mailto:seniors@bergencountynj.gov)

**Public Hearing  
on the  
Needs of Older Adults**

Tuesday, May 12th  
8:30 AM - 11:30 AM

Bergen County Administration Building  
Public Meeting Room (5th floor)

To RSVP Call 201-336-7417 or  
Email [seniors@bergencountynj.gov](mailto:seniors@bergencountynj.gov)



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> 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  <b>Korean BBQ Chicken</b>	<b>3</b> 9:00 BEAUTY SALON 9:00 ZUMBA GOLD 9:30 ESL CLASS 10:00 BINGO 12:15 ESL CLASS 1:30 LINE DANCING  <b>Ham Steak with Pineapple</b>	<b>4</b> 9:00 STRENGTH TRAINING 9:30 ESL CLASS 10:00 BINGO 12:30 KOREAN TRANSLATION <b>12:30 "Pottery Workshop"</b> 1:00 WATERCOLOR CLASS 1:00 LINE DANCING  <b>Roast Turkey and Cheddar</b>	<b>5</b>  <b>SUPERBOWL PARTY!!</b> <b>DJ SCOTT</b>  <b>Italian Meatballs</b>	<b>6</b> 9:00 BEAUTY SALON 9:00 CHAIR YOGA 9:30 ESL CLASS 10:00 BINGO 12:30 CHOIR 1:30 KOREAN SOCIAL CIRCLE  <b>Stuffed Cabbage</b>
<b>9</b> 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  <b>Salisbury Steak</b>	<b>10</b> 9:00 BEAUTY SALON 9:00 ZUMBA GOLD 9:30 ESL CLASS 10:00 BINGO 12:15 ESL CLASS 1:30 LINE DANCING  <b>Chicken Florentine</b>	<b>11</b> 9:00 STRENGTH TRAINING 9:30 ESL CLASS <b>9:30 "Blood Pressure Screenings"</b> 10:00 BINGO 12:30 KOREAN TRANSLATION <b>12:30 "Pottery Workshop"</b> 1:00 WATERCOLOR CLASS 1:00 LINE DANCING  <b>Chicken Cordon Bleu</b>	<b>12</b> 9:00 ZUMBA GOLD 9:30 BEAUTY SALON 9:30 ESL CLASS 10:00 BINGO 12:15 ESL CLASS 1:15 TAI CHI  <b>Egg Salad Platter</b>	<b>13</b> 9:00 BEAUTY SALON 9:00 CHAIR YOGA 9:30 ESL CLASS 10:00 BINGO  <b>1:00—Korean New Year Party!</b>  <b>Chicken Parmesan</b>
<b>16</b>  <b>Center Closed</b>	<b>17</b> 9:00 BEAUTY SALON 9:00 ZUMBA GOLD 9:30 ESL CLASS 10:00 BINGO 8 12:15 ESL CLASS 1:30 LINE DANCING  <b>Sesame Chicken</b>	<b>18</b> 9:00 STRENGTH TRAINING 9:30 ESL CLASS 10:00 BINGO 12:30 KOREAN TRANSLATION <b>12:30 "Pottery Workshop"</b> 1:00 WATERCOLOR CLASS 1:00 LINE DANCING  <b>Cheese Omelet</b>	<b>19</b> 9:00 ZUMBA GOLD 9:30 BEAUTY SALON 9:30 ESL CLASS 10:00 BINGO 12:15 ESL CLASS <b>12:30 "Mobility Workshop"</b> 1:15 TAI CHI  <b>Cheeseburger</b>	<b>20</b> 9:00 BEAUTY SALON 9:00 CHAIR YOGA 9:30 ESL CLASS 10:00 BINGO <b>10:30 "Heart Health Blueprint"</b> 12:30 CHOIR 1:30 KOREAN SOCIAL CIRCLE  <b>Breaded Fish Filet</b>
<b>23</b> 9:00 ZUMBA GOLD TONING 9:30 BEAUTY SALON 9:30 ESL CLASS 10:00 BINGO <b>10:00 "Olympic Armchair Aerobics"</b> 10:00 MANICURES BY CINDY 12:15 CRAFT CLASS 1:30 LINE DANCING  <b>Chicken Tikka Masala</b>	<b>24</b> 9:00 BEAUTY SALON 9:00 ZUMBA GOLD 9:30 ESL CLASS 10:00 BINGO 12:15 ESL CLASS <b>12:30 "Arts and Crafts"</b> 1:30 LINE DANCING  <b>Stuffed Peppers</b>	<b>25</b> 9:00 STRENGTH TRAINING 9:30 ESL CLASS <b>9:30 "Blood Pressure Screenings"</b> 10:00 BINGO 12:30 KOREAN TRANSLATION 1:00 WATERCOLOR CLASS 1:00 LINE DANCING  <b>Sliced Pork Loin</b>	<b>26</b> 9:00 ZUMBA GOLD 9:30 BEAUTY SALON 9:30 ESL CLASS 10:00 BINGO 12:15 ESL CLASS <b>12:30 "Mobility Workshop"</b> 1:15 TAI CHI  <b>Pot Roast</b>	<b>27</b> 9:00 BEAUTY SALON 9:00 CHAIR YOGA 9:30 ESL CLASS <b>9:30 "Travel Independence"</b> 10:00 BINGO 12:30 CHOIR 1:30 KOREAN SOCIAL CIRCLE  <b>Seafood Salad</b>
	<b>BLOOD PRESSURE SCREENINGS</b>  February 11 and 25 9:30 — 11:30 HEALTH OFFICE		<b>Continental Breakfast</b>  Served Daily Monday through Friday 8:00—10:00 	<b>Suggested Lunch Donation:</b> <b>\$1.25 Per Meal</b> Please reserve lunch by 11:30 AM the day before  Lunch will Be Served at 11:30 Daily