



**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

**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) 336-7494 • Fax (201) 935-8851**

**[southwestcenter@bergencountynj.gov](mailto:southwestcenter@bergencountynj.gov)**

**Open: Monday - Friday, 8:00AM - 3:30PM**



**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**  
**April 2026**



<b>April 3</b>	<b>Center Closed – Good Friday</b>	
<b>April 7</b>	<b>Bergen County Sheriff's Department K- 9 Program</b> Meet the Dogs who Protect Bergen County!	<b>10:00AM</b>
<b>April 8, 22</b>	<b>Wellness Program &amp; Blood Pressure Screenings</b> w/ Bergen County Health Department	<b>9:30AM</b>
<b>April 9</b>	<b>GO Big or GO home Bingo Bonanza!</b> Special Games! Inquire for Details	<b>10:00AM</b>
<b>April 14</b>	<b>Workshop: Improving Mobility and Joint Health</b> w/ Chris Carroll, YWCA	<b>12:30PM</b>
<b>April 16</b>	<b>Annual Volunteer Luncheon (<i>by invitation only</i>)</b> Southwest Senior Activity Center	<b>1:00PM</b>
<b>April 28</b>	<b>SNAP Application, In-Person Assistance</b> w/ Pearl Rudy, Community Food Bank NJ	<b>10:00AM</b>
<b>April 28</b>	<b>Workshop: Improving Mobility and Joint Health</b> w/ Chris Carroll, YWCA	<b>12:30PM</b>
<b>April 30</b>	<b>Presentation: Where Connection Grows</b> w/ Harvey Silberstein, Bergen County Division of Senior Services	<b>10:00AM</b>

*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.

## Caregivers Conference

**Thursday, April 9, 2026**  
**5:00PM-9:00PM**  
(Registration will begin at 4:30PM)

**Bergen County Administration Building**  
**Multi-Purpose Room - 1st Floor**  
One Bergen County Plaza, Hackensack, NJ 07601

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Suggested Lunch Donation:</b> \$1.25 Per Meal</p> <p><i>Please reserve lunch by 11:30AM the day before</i></p> <p>Lunch is served at 11:30AM daily</p>	<p><b>Continental Breakfast</b></p> <p><b>Monday-Friday</b> <b>8:00AM - 10:00AM</b></p> 	<p><b>1</b> 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>Cheese Omelet</b></p>	<p><b>2</b> 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>Cheeseburger</b></p>	<p><b>3</b></p> <p><b>GOOD FRIDAY</b></p> <p><b>CENTER CLOSED</b></p>
<p><b>6</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</p> <p><b>Korean BBQ Chicken Leg</b></p>	<p><b>7</b> 9:00 Beauty Salon 9:00 Yoga 9:30 ESL Class 10:00 Bingo <b>10:00 Bergen County K-9 Program</b> 12:15 ESL Class 1:30 Line Dancing</p> <p><b>Eggplant, Peppers &amp; Mozzarella</b></p>	<p><b>8</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</p> <p><b>Chicken Florentine</b></p>	<p><b>9</b> 9:00 Zumba Gold 9:30 Beauty Salon 9:30 ESL Class 10:00 Bingo <b>10:00 Big Bingo Bonanza</b> 12:15 ESL Class 1:15 Tai Chi</p> <p><b>Stuffed Peppers</b></p>	<p><b>10</b> 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>Pork w/ Apple Cinnamon Glaze</b></p>
<p><b>13</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</p>  <p><b>Teriyaki Glazed Salmon</b></p>	<p><b>14</b> 9:00 Beauty Salon 9:00 Yoga 9:30 ESL Class 10:00 Bingo 12:15 ESL Class <b>12:30 Mobility Workshop</b> 1:30 Line Dancing</p> <p><b>Homestyle Meatloaf w/ Gravy</b></p>	<p><b>15</b> 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>Chicken Cordon Bleu</b></p>	<p><b>16</b> 9:00 Zumba Gold 9:30 Beauty Salon 9:30 ESL Class 10:00 Bingo 12:15 ESL Class <b>1:00 Annual Volunteer Luncheon</b> 1:15 Tai Chi</p> <p><b>Tuna Salad Sandwich</b></p>	<p><b>17</b> 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 Turkey &amp; Cheddar</b></p>
<p><b>20</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</p> <p><b>Ham Steak w/ Pineapple</b></p>	<p><b>21</b> 9:00 Beauty Salon 9:00 Yoga 9:30 ESL Class 10:00 Bingo 12:15 ESL Class 1:30 Line Dancing</p>  <p><b>Roast Turkey w/ Gravy</b></p>	<p><b>22</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</p> <p><b>Swedish Meatballs</b></p>	<p><b>23</b> 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>Egg Salad on Spinach</b></p>	<p><b>24</b> 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>Chicken Parmesan</b></p>
<p><b>27</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</p> <p><b>Stuffed Cabbage</b></p>	<p><b>28</b> 9:00 Beauty Salon 9:00 Yoga 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>Seafood Salad on Romaine</b></p>	<p><b>29</b> 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>Salisbury Steak w/ Gravy</b></p>	<p><b>30</b> 9:00 Zumba Gold 9:30 Beauty Salon 9:30 ESL Class 10:00 Bingo <b>10:00 Presentation: Where Connection Grows</b> 12:15 ESL Class 1:15 Tai Chi</p> <p><b>Chicken Cacciatore</b></p>	 <p><b>April 22</b></p>