



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

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

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
May 2026



May 5 & 19	Mobility Class: Improving Mobility & Joint Health w/ Chris Carroll, YWCA	12:30 PM
May 6	Presentation: Hummus – A Nutritional Powerhouse w/ Julianne Gallo MS RD, Shop-Rite of Lodi	10:00 AM
May 13 & 27	Wellness Program & Blood Pressure Screenings Health Office, Southwest Senior Activity Center w/ Bergen County Department of Health Services	9:30 AM
May 14	Our 50TH Anniversary Party! (1976-2026) Southwest Senior Activity Center Turns 50!	8:00 AM
May 15	Presentation: Practical Steps to Lowering Your Food Bill w/ Christine Boi, Bergen County Division of Senior Services	10:00 AM
May 19	Presentation: Allergy and Asthma Awareness w/ Holy Name Medical Center	10:00 AM
May 22	Presentation: The DASH Eating Plan for a Healthy Heart w/ Jill Travilla and Marielisa Rosado, Bergen County Dept of Health Services	9:30 AM
May 25	Center Closed – Memorial Day	
May 27	Design Your Own Spring Flower Bouquet Southwest Senior Activity Center Staff	1:00 PM
May 28	Presentation: Safe Seniors Round Up w/ Harvey Silberstein, Bergen County Division of Senior Services	10:00 AM

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.

Bergen County Administration
Building
Commissioners Public Meeting
Room – 5th Floor
One Bergen County Plaza,
Hackensack, NJ

Public Hearing
on the
Needs of Older Adults

Tuesday, May 12, 2026
8:30 AM - 11:30 AM

To RSVP Call
201-336-7400
or email
seniors@bergencountynj.gov

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
				<p>Continental Breakfast</p> <p>Monday-Friday 8:00AM - 10:00AM</p>		<p>Suggested Lunch Donation: \$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>1 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 w/ Gravy</p>	
<p>4 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>Egg Salad w/ Spinach</p>		<p>5 9:00 Beauty Salon 9:00 Yoga 9:30 ESL Class 10:00 Bingo 12:15 ESL Class <u>12:30 Mobility Class</u> 1:30 Line Dancing</p> <p>Chicken Fajitas</p>		<p>6 9:00 Strength Training 9:30 ESL Class 10:00 Bingo <u>10:00 Presentation: Hummus – A Nutritional Powerhouse</u> 12:30 Korean Translation 1:00 Watercolor Class 1:00 Line Dancing</p> <p>Stuffed Peppers</p>		<p>7 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>Salmon w/ Creamy Dill Sauce</p>		<p>8 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>Chicken Florentine</p>	
<p>11 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>Cheese Omelette</p>		<p>12 9:00 Beauty Salon 9:00 Yoga 9:30 ESL Class 10:00 Bingo 12:15 ESL Class 1:30 Line Dancing</p> <p>Meatloaf w/ Mushroom Gravy</p>		<p>13 9:00 Strength Training 9:30 ESL Class <u>9:30 Blood Pressure Screenings</u> 10:00 Bingo 12:30 Korean Translation 1:00 Watercolor Class 1:00 Line Dancing</p> <p>Italian Meatballs</p>		<p>14</p> <p>50th Anniversary Party! 1976- 2026</p> <p>Chicken w/ Broccoli & Cheese</p>		<p>15 9:00 Beauty Salon 9:00 Chair Yoga 9:30 ESL Class 10:00 Bingo <u>10:00 Presentation: Steps to Lower Your Food Bill</u> 12:30 Choir 1:30 Korean Social Circle</p> <p>Tuna Noodle Salad</p>	
<p>18 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>Pork w/ Apple Cinnamon Glaze</p>		<p>19 9:00 Beauty Salon 9:00 Yoga 9:30 ESL Class 10:00 Bingo <u>10:00 Presentation: Allergy and Asthma Awareness</u> 12:15 ESL Class <u>12:30 Mobility Class</u></p> <p>Chicken Tikka Masala</p>		<p>20 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>Korean BBQ Chicken Leg</p>		<p>21 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>Roast Turkey & Swiss Cheese</p>		<p>22 9:00 Beauty Salon 9:00 Chair Yoga 9:30 ESL Class <u>9:30 Presentation: The DASH Diet</u> 10:00 Bingo 12:30 Choir 1:30 Korean Social Circle</p> <p>Cheeseburger</p>	
<p>25</p> <p>Happy Memorial Day</p> <p>CENTER CLOSED</p>		<p>26 9:00 Beauty Salon 9:00 Yoga 9:30 ESL Class 10:00 Bingo 12:15 ESL Class 1:30 Line Dancing</p> <p>Stuffed Cabbage</p>		<p>27 9:00 Strength Training 9:30 ESL Class <u>9:30 Blood Pressure Screenings</u> 10:00 Bingo 12:30 Korean Translation 1:00 Watercolor Class <u>1:00 Design Your Own Floral Bouquet</u> 1:00 Line Dancing</p> <p>Hawaiian Chicken</p>		<p>28 9:00 Zumba Gold 9:30 Beauty Salon 9:30 ESL Class 10:00 Bingo <u>10:00 Presentation: Safe Seniors Round Up</u> 12:15 ESL Class 1:15 Tai Chi</p> <p>Roast Beef & Provolone</p>		<p>29 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 Turkey w/ Gravy</p>	