



**James J. Tedesco, III**  
County Executive

**Board of County Commissioners**

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**Thomas J. Sullivan**

**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**  
**June 2026**



<b>June 3</b>	<b>GO Big or GO Home Bingo Bonanza!</b> Special Games! For details, contact Southwest Senior Activity Center Management Office	<b>10:00 AM</b>
<b>June 5</b>	<b>Presentation: Hard Work, Heart Health – The DASH Diet for Men</b> w/ Bergen County Department of Health Services	<b>9:30 AM</b>
<b>June 6</b>	<b>The 22nd Senior Spring Concert Featuring the Southwest Happy Days Choir</b> Southwest Senior Activity Center – Main Hall	<b>5:00 PM</b>
<b>June 8</b>	<b>Arts &amp; Crafts Workshop</b> w/ Agata Halat, Bergen County Division of Senior Services	<b>12:30 AM</b>
<b>June 10, 24</b>	<b>Wellness Program &amp; Blood Pressure Screenings</b> w/ Bergen County Department of Health Services Southwest Senior Activity Center – Health Office	<b>9:30 AM</b>
<b>June 11, 18</b>	<b>Mobility Workshop: Improving Mobility and Joint Health</b> w/ Chris Carroll, YWCA	<b>12:15 PM</b>
<b>June 15</b>	<b>Farmers' Market Voucher Distribution</b> Southwest Senior Activity Center – Community Room	<b>9:00 AM</b>
<b>June 16</b>	<b>Presentation: Why Walking is the Ultimate Exercise</b> w/ Bill Wright, Bergen New Bridge Medical Center	<b>10:00 AM</b>
<b>June 19</b>	<b>Center Closed – Juneteenth</b>	<b>ALL DAY</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.

**SAVE THE DATE**

**SENIOR FESTIVAL**

**THURSDAY, SEPTEMBER 24**  
**(RAIN DATE TUESDAY, SEPTEMBER 29)**  
**VAN SAUN COUNTY PARK**

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
<p><b>1</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 style="text-align: center;"><b>Pot Roast w/ Gravy</b></p>	<p><b>2</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 style="text-align: center;"><b>Roast Turkey &amp; Cheddar</b></p>	<p><b>3</b> 9:00 Strength Training 9:30 ESL Class <b>10:00 Big Bingo Bonanza!</b> 12:30 Korean Translation Service 1:00 Watercolor Class or Line Dancing</p> <p style="text-align: center;"><b>Turkey Tacos</b></p>	<p><b>4</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 style="text-align: center;"><b>Salisbury Steak w/ Mushroom Gravy</b></p>	<p><b>5</b> 9:00 Beauty Salon 9:00 Chair Yoga 9:30 ESL Class <b>9:30 Presentation: The DASH Diet</b> 10:00 Bingo 12:30 Choir 1:30 Korean Social Circle</p> <p style="text-align: center;"><b>Cheese Omelet</b></p>					
<p><b>8</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 <b>12:30 Arts &amp; Crafts Workshop</b> 1:30 Line Dancing</p> <p style="text-align: center;"><b>Stuffed Peppers</b></p>	<p><b>9</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 style="text-align: center;"><b>Pork Tenderloin</b></p>	<p><b>10</b> 9:00 Strength Training 9:30 ESL Class <b>9:30 Blood Pressure Screenings</b> 10:00 Bingo 12:30 Korean Translation Service 1:00 Watercolor Class or Line Dancing</p> <p style="text-align: center;"><b>Korean BBQ Chicken Leg</b></p>	<p><b>11</b> 9:00 Zumba Gold 9:30 Beauty Salon 9:30 ESL Class 10:00 Bingo 12:15 ESL Class <b>12:15 Mobility Workshop</b> 1:15 Tai Chi</p> <p style="text-align: center;"><b>Seafood Salad w/ Romaine</b></p>	<p><b>12</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 style="text-align: center;"><b>Chicken Marsala w/ Mushrooms</b></p>					
<p><b>15</b> 9:00 Zumba Gold Toning <b>9:00 Farmers' Market Voucher Distribution</b> 9:30 Beauty Salon or ESL Class 10:00 Bingo 10:00 Manicures by Cindy 12:15 Craft Class 1:30 Line Dancing</p> <p style="text-align: center;"><b>Italian Meatballs</b></p>	<p><b>16</b> 9:00 Beauty Salon 9:00 Yoga 9:30 ESL Class 10:00 Bingo <b>10:00 Presentation: Walking Is The Ultimate Exercise</b> 12:15 ESL Class 1:30 Line Dancing</p> <p style="text-align: center;"><b>Egg Salad w/ Spinach &amp; Tomato</b></p>	<p><b>17</b> 9:00 Strength Training 9:30 ESL Class 10:00 Bingo 12:30 Korean Translation Service 1:00 Watercolor Class or Line Dancing</p> <p style="text-align: center;"><b>Beef Stroganoff</b></p>	<p><b>18</b> 9:00 Zumba Gold 9:30 Beauty Salon 9:30 ESL Class 10:00 Bingo 12:15 ESL Class <b>12:15 Mobility Workshop</b> 1:15 Tai Chi</p> <p style="text-align: center;"><b>Hawaiian Chicken</b></p>	<p><b>19</b></p> <p style="text-align: center;"></p> <p style="text-align: center;"><b>CENTER CLOSED</b></p>					
<p><b>22</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 style="text-align: center;"><b>Ham Steak w/ Pineapple</b></p>	<p><b>23</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 style="text-align: center;"><b>Stuffed Cabbage</b></p>	<p><b>24</b> 9:00 Strength Training 9:30 ESL Class <b>9:30 Blood Pressure Screenings</b> 10:00 Bingo 12:30 Korean Translation Service 1:00 Watercolor Class or Line Dancing</p> <p style="text-align: center;"><b>Tuna Salad w/ Lettuce &amp; Tomato Wrap</b></p>	<p><b>25</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 style="text-align: center;"><b>Chicken Parmesan</b></p>	<p><b>26</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 style="text-align: center;"><b>Baked Stuffed Flounder w/ Broccoli</b></p>					
<p><b>29</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 style="text-align: center;"><b>Ham and Swiss w/ Lettuce &amp; Tomato</b></p>	<p><b>30</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 style="text-align: center;"><b>BBQ Pulled Pork Sandwich</b></p>	<p style="text-align: center;"><b>Continental Breakfast</b></p> <p><b>Monday-Friday</b> <b>8:00AM - 10:00AM</b></p> <p style="text-align: center;"></p>	<p style="text-align: center;"><b>Suggested Lunch Donation:</b> \$1.25 Per Meal</p> <p style="text-align: center;"><i>Please reserve lunch by 11:30AM the day before</i></p> <p style="text-align: center;"><b>Lunch is served at 11:30AM daily</b></p>	<p style="text-align: center;">World Elder Abuse Awareness Day  June 15</p>					