



James J. Tedesco, III
County Executive

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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
July 2026



July 1	*Presentation: Beat the Heat- Senior Round-Up Series Harvey Silberstein, Division of Senior Services	10:00 AM
July 2	*4th of July Celebration! - Reservations Required Celebrating America's 250 Birthday! Southwest Senior Center- Community Room	8:00 AM
July 3	Center Closed – Fourth of July Observance	ALL DAY
July 7	* AARP Membership: Building a Better Future Curtis Springstead, AARP Representative	10:00 AM
July 8 July 22	*Presentation: Wellness Program- Health Office Bergen County Department of Health Services	9:30 AM
July 14	*Presentation: Radon Awareness- Community Room Bergen County Environmental Health Services, Division of Environmental Health	10:00 AM
July 21	*Balance Aerobics Bill Wright, Bergen New Bridge Medical Center	10:00 AM
July 28	*SNAP Assistance – Health Office Community Food Bank of NJ	10:00 AM
July 30	*High Roller Bingo! ~ Special Games! Southwest Senior Center- Community Room	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.

The Amphitheater at
Overpeck County Park

Bergen County's
Star-Spangled
Spectacular

FIREWORKS
FOOD TRUCKS
BEER & WINE GARDEN

LIVE MUSIC
CARNIVAL ATTRACTIONS
& MORE!

July 4th 2PM
Rain Date: July 5th

<p>MONDAY</p> <p>Continental Breakfast</p> <p>Monday-Friday 8:00AM - 10:00AM</p> 	<p>TUESDAY</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>WEDNESDAY</p> <p>1 9:00 Strength Training 9:30 ESL Class 10:00 Bingo 10:00 Beat the Heat Presentation 12:30 Korean Translation 1:00 Watercolor Class</p>  <p>Chicken Florentine</p>	<p>THURSDAY</p> <p>2 4th of July Celebration!! Hot Dogs, Watermelon, Ice Cream Dancing with DJ Scott! Hot Dogs</p>	<p>FRIDAY</p> <p>3  CENTER CLOSED</p>
<p>6 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>Cheeseburger w/ Lettuce and Tomato</p>	<p>7 9:00 Beauty Salon 9:00 Exercise with Josephine 9:30 ESL Class 10:00 Bingo 10:00 AARP Membership Presentation 12:15 ESL Class 1:30 Line Dancing</p> <p>Roast Turkey & Swiss w/ Lettuce</p>	<p>8 9:00 Strength Training 9:30 ESL Class 9:30 Wellness Program- Health Office 10:00 Bingo 12:30 Korean Translation 1:00 Watercolor Class 1:00 Line Dancing</p> <p>Stuffed Cabbage</p>	<p>9 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>Korean BBQ Chicken Leg</p>	<p>10 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 Loin w/ Apple Cinnamon</p>
<p>13 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>Hawaiian Chicken</p>	<p>14 9:00 Beauty Salon 9:00 Exercise with Josephine 9:30 ESL Class 10:00 Bingo 10:00 Radon Awareness Presentation 12:15 ESL Class 1:30 Line Dancing</p> <p>Chef Salad w/ Diced Turkey</p>	<p>15 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>Chicken Parmesan</p>	<p>16 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>Egg Salad with Lettuce/Tomato</p>	<p>17 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>Teriyaki Glazed Salmon</p>
<p>20 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 Omelet</p>	<p>21 9:00 Beauty Salon 9:00 Exercise with Josephine 9:30 ESL Class 10:00 Bingo 10:00 Balance Aerobics 12:15 ESL Class 1:30 Line Dancing</p> <p>Italian Meatballs</p>	<p>22 9:00 Strength Training 9:30 ESL Class 9:30 Wellness Program- Health Office 10:00 Bingo 12:30 Korean Translation 1:00 Watercolor Class 1:00 Line Dancing</p> <p>Seafood Salad on Spinach</p>	<p>23 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>BBQ Pulled Pork Sandwich</p>	<p>24 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 Cordon Bleu</p>
<p>27 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 Beef with Gravy</p>	<p>28 9:00 Beauty Salon 9:00 Exercise with Josephine 9:30 ESL Class 10:00 Bingo 10:00 SNAP Assistance- Health Office 12:15 ESL Class 1:30 Line Dancing</p> <p>Breaded Haddock</p>	<p>29 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>LS Ham Steak with Pineapple</p>	<p>30 9:00 Zumba Gold 9:30 Beauty Salon 9:30 ESL Class 10:00 Bingo 10:00 High Roller Bingo Special Games 12:15 ESL Class 1:15 Tai Chi</p> <p>Chicken Piccata with Capers</p>	<p>31 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>