



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
August 2026



August 3, 10, 17, 24, 31	Manicures with Cindy! Every Monday – Health Office, Southwest Senior Center Activity <i>By appointment only – please call (201) 336-7494</i>	10:00 AM
August 4	Exercise Class: Strength & Stability Training w/ Chris Carroll, YWCA	12:15 PM
August 5	Presentation: Benefits of the Mediterranean Diet w/ Julianne Gallo, MS, RD, ShopRite of Lodi	10:00 AM
August 6	Presentation: Look Good, Feel Better & Live Well w/ Jillian Travilla, CHES and Marielisa Rosado, CHES Bergen County Department of Health Services	9:30 AM
August 12	Diamond Art Project: Summer Butterfly Keychains Health Office – Southwest Senior Activity Center <i>Reservations required – see Center office</i>	12:30 PM
August 12, 26	Wellness Program: Blood Pressure Screenings w/ Bergen County Department of Health Services	9:30 AM
August 18	Exploring the Myths of Aging w/ Harvy Silberstein, Bergen County Division of Senior Services	10:00 AM
August 19	Ice Cream Sundae Social <i>Reservations required – see Center office</i>	1:00 PM
August 26	Women's Equality Day - "Women Who Inspire Us" Spotlight on inspirational women throughout history <i>Refreshments will be served</i>	12:00 PM

Upcoming Event

Fall Harvest Party! - Friday, October 30
Early Sign-up available at Center office

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.

RSVP**(SCAN)**
Or visit <https://forms.office.com/g/xLLWgs2cv6>

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

**For more INFO**
transport: **(201) 368-5955**
general questions: **(201) 336-7417**
email: **seniors@Bergencountynj.gov**

Contact

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
3 9:00 Zumba Gold Toning 9:30 Beauty Salon 9:30 ESL Class 10:00 Bingo <u>10:00 Manicures with Cindy</u> 12:15 Craft Class 1:30 Line Dancing Chicken Scampi		4 9:00 Beauty Salon 9:00 Exercise w/ Josephine 9:30 ESL Class 10:00 Bingo 12:15 ESL Class <u>12:15 Exercise Class: Strength and Stability Training</u> 1:30 Line Dancing Pork Loin with Cinnamon Apple Glaze		5 9:00 Strength Training 9:30 ESL Class 10:00 Bingo <u>10:00 Presentation: Benefits of the Mediterranean Diet</u> 12:30 Korean Translation Service 1:00 Watercolor Class 1:00 Line Dancing Vegetable Lasagna		6 9:00 Zumba Gold 9:30 Beauty Salon <u>9:30 Presentation: Look Good, Feel Better & Live Well</u> 9:30 ESL Class 10:00 Bingo 12:15 ESL Class 1:15 Tai Chi Roast Turkey and Cheddar Cheese		7 9:00 Beauty Salon 9:00 Chair Yoga 9:30 ESL Class 10:00 Bingo 12:30 Choir 1:30 Korean Social Circle Meatloaf with Gravy	
10 9:00 Zumba Gold Toning 9:30 Beauty Salon 9:30 ESL Class 10:00 Bingo <u>10:00 Manicures with Cindy</u> 12:15 Craft Class 1:30 Line Dancing Stuffed Cabbage		11 9:00 Beauty Salon 9:00 Exercise w/ Josephine 9:30 ESL Class 10:00 Bingo 12:15 ESL Class 1:30 Line Dancing Chicken Tikka Masala		12 9:00 Strength Training 9:30 ESL Class <u>9:30 Blood Pressure Screenings</u> 10:00 Bingo 12:30 Korean Translation Service <u>12:30 Diamond Art Project</u> 1:00 Watercolor Class 1:00 Line Dancing Roast Beef and Provolone		13 9:00 Zumba Gold 9:30 Beauty Salon 9:30 ESL Class 10:00 Bingo 12:15 ESL Class 1:15 Tai Chi Ham Steak with Pineapple		14 9:00 Beauty Salon 9:00 Chair Yoga 9:30 ESL Class 10:00 Bingo 12:30 Choir 1:30 Korean Social Circle Barbeque Chicken Leg	
17 9:00 Zumba Gold Toning 9:30 Beauty Salon 9:30 ESL Class 10:00 Bingo <u>10:00 Manicures with Cindy</u> 12:15 Craft Class 1:30 Line Dancing Stuffed Peppers		18 9:00 Beauty Salon 9:00 Exercise w/ Josephine 9:30 ESL Class 10:00 Bingo <u>10:00 Presentation: Exploring the Myths of Aging</u> 12:15 ESL Class 1:30 Line Dancing Egg Salad with Lettuce & Tomato		19 9:00 Strength Training 9:30 ESL Class 10:00 Bingo 12:30 Korean Translation Service 1:00 Watercolor Class 1:00 Line Dancing <u>1:00 Ice Cream Sundae Social</u> Beer Battered Cod		20 9:00 Zumba Gold 9:30 Beauty Salon 9:30 ESL Class 10:00 Bingo 12:15 ESL Class 1:15 Tai Chi Beef and Broccoli		21 9:00 Beauty Salon 9:00 Chair Yoga 9:30 ESL Class 10:00 Bingo 12:30 Choir 1:30 Korean Social Circle Chicken Cordon Bleu	
24 9:00 Zumba Gold Toning 9:30 Beauty Salon 9:30 ESL Class 10:00 Bingo <u>10:00 Manicures with Cindy</u> 12:15 Craft Class 1:30 Line Dancing Pot Roast with Gravy		25 9:00 Beauty Salon 9:00 Exercise w/ Josephine 9:30 ESL Class 10:00 Bingo 12:15 ESL Class 1:30 Line Dancing Chicken Parmesan		26 9:00 Strength Training 9:30 ESL Class <u>9:30 Blood Pressure Screenings</u> 10:00 Bingo <u>12:00 Women's Equality Day program</u> 12:30 Korean Translation Service 1:00 Watercolor Class 1:00 Line Dancing Baked Herb Chicken		27 9:00 Zumba Gold 9:30 Beauty Salon 9:30 ESL Class 10:00 Bingo 12:15 ESL Class 1:15 Tai Chi Tuna Salad		28 9:00 Beauty Salon 9:00 Chair Yoga 9:30 ESL Class 10:00 Bingo 12:30 Choir 1:30 Korean Social Circle Beef Hot Dog	
31 9:00 Zumba Gold Toning 9:30 Beauty Salon 9:30 ESL Class 10:00 Bingo <u>10:00 Manicures with Cindy</u> 12:15 Craft Class 1:30 Line Dancing Cheeseburger		Continental Breakfast Monday-Friday 8:00AM - 10:00AM 		Suggested Lunch Donation: \$1.25 Per Meal Please reserve lunch by 11:30AM the day before Lunch is served at 11:30AM daily		August National Wellness Month 			