



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
September 2026



Sept 1	Presentation: Protecting Yourself Against Shingles w/ Dr. Joseph Glowacki, Hackensack University Medical Center	10:00 AM
Sept 7	Labor Day – Center Closed	All Day
Sept 9, 23	Blood Pressure Screenings & Weight Management w/ Bergen County Department of Health Services Location: Health Office (Walk-Ins Welcome!)	9:30 AM
Sept 10	“Your Health on the Move” Program w/ Hackensack Meridian Health Location: Health Office (Walk-Ins Welcome!)	9:00 AM
Sept 11	9/11 Moment of Silence A brief moment of silence will be observed in remembrance of 9/11 to honor the lives lost and the heroes of that day	9:00 AM
Sept 15	Presentation: The Big 4 Legal Documents Everyone Should Have w/ Anna Navatta, Esq., Northeast NJ Legal Services	10:00 AM
Sept 17	Presentation: Fall Prevention and Safety w/ Dr. Jordan Lau, Wellness One of South Bergen	10:00 AM
Sept 21	Pre-Registration for October Flu Shots w/ Bill Wright, Bergen New Bridge Medical Center	9:30 AM
Sept 24	Annual Senior Festival at Van Saun Park Rain Date: Tuesday, Sept 29 Registration required by Sept 11	10:00 AM
Sept 25	Chuseok Celebration – Enjoy traditional Korean dishes for Korean Thanksgiving	11:30 AM

The Senior Activity Center will hold an event in honor of POW/MIA on a date to be announced.

Upcoming Events

October 6	Flu Shots – Registration required. Call (201)336-7494	9:00 AM
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RSVP

Or visit <https://forms.office.com/g/xLLWgs2cv6>

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

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

For more INFO
Contact

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.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Suggested Lunch Donation: \$1.25 Per Meal <i>Please reserve lunch by 11:30AM the day before</i> Lunch is served at 11:30AM daily	1 9:00 Beauty Salon 9:00 Exercise w/ Josephine 9:30 ESL Class 10:00 Bingo <u>10:00 Presentation: Protecting Yourself Against Shingles</u> 12:15 ESL Class 1:30 Line Dancing Ham Steak w/ Pineapple	2 9:00 Strength Training 9:30 ESL Class 10:00 Bingo 12:30 Korean Translation 1:00 Watercolor Class 1:00 Line Dancing Korean BBQ Chicken Leg	3 9:00 Zumba Gold 9:30 Beauty Salon 9:30 ESL Class 10:00 Bingo 12:15 ESL Class 1:15 Tai Chi Seafood Salad over Spinach	4 9:00 Beauty Salon 9:00 Chair Yoga 9:30 ESL Class 10:00 Bingo 12:30 Choir 1:30 Korean Social Circle Roast Turkey w/ Gravy
7  CENTER CLOSED	8 9:00 Beauty Salon 9:00 Exercise w/ Josephine 9:30 ESL Class 10:00 Bingo 12:15 ESL Class 1:30 Line Dancing Stuffed Cabbage	9 9:00 Strength Training 9:30 ESL Class <u>9:30 Wellness Program</u> 10:00 Bingo 12:30 Korean Translation 1:00 Watercolor Class 1:00 Line Dancing Italian Meatballs	10 9:00 Zumba Gold <u>9:00 Wellness Screenings</u> 9:30 Beauty Salon 9:30 ESL Class 10:00 Bingo 12:15 ESL Class 1:15 Tai Chi Tuna Noodle Salad over Romaine	11 <u>9:00 9/11 Moment of Silence</u> 9:00 Beauty Salon 9:00 Chair Yoga 9:30 ESL Class 10:00 Bingo 12:30 Choir 1:30 Korean Social Circle Chicken with Pineapple
14 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 BBQ Pulled Pork Sandwich	15 9:00 Beauty Salon 9:00 Exercise w/ Josephine 9:30 ESL Class 10:00 Bingo <u>10:00 Presentation: The Big 4 Legal Documents Everyone Should Have</u> 12:15 ESL Class 1:30 Line Dancing Fish w/ Lemon Dill Sauce	16 9:00 Strength Training 9:30 ESL Class 10:00 Bingo 12:30 Korean Translation 1:00 Watercolor Class 1:00 Line Dancing Egg Salad Sandwich	17 9:00 Zumba Gold 9:30 Beauty Salon 9:30 ESL Class 10:00 Bingo <u>10:00 Presentation: Fall Prevention and Safety</u> 12:15 ESL Class 1:15 Tai Chi Homestyle Meatloaf w/ Gravy	18 9:00 Beauty Salon 9:00 Chair Yoga 9:30 ESL Class 10:00 Bingo 12:30 Choir 1:30 Korean Social Circle Sweet & Sour Chicken
21 9:00 Zumba Gold Toning 9:30 Beauty Salon 9:30 ESL Class <u>9:30 Pre-registration for October Flu Shots</u> 10:00 Bingo 10:00 Manicures by Cindy 12:15 Craft Class Roast Beef w/ Gravy	22 9:00 Beauty Salon 9:00 Exercise w/ Josephine 9:30 ESL Class 10:00 Bingo 12:15 ESL Class 1:30 Line Dancing Cheese Omelet	23 9:00 Strength Training 9:30 ESL Class <u>9:30 Wellness Program</u> 10:00 Bingo 12:30 Korean Translation 1:00 Watercolor Class 1:00 Line Dancing Chicken Cacciatore	24 9:00 Zumba Gold 9:30 Beauty Salon 9:30 ESL Class 10:00 Bingo 12:15 ESL Class 1:15 Tai Chi Annual Senior Festival at Van Saun Park Cheeseburger w/ Lettuce & Tomato	25 9:00 Beauty Salon 9:00 Chair Yoga 9:30 ESL Class 10:00 Bingo <u>11:30 Chuseok Celebration – Korean Thanksgiving</u> 12:30 Choir 1:30 Korean Social Circle Chicken Salad Sandwich
28 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 Chicken Florentine	29 9:00 Beauty Salon 9:00 Exercise w/ Josephine 9:30 ESL Class 10:00 Bingo 12:15 ESL Class 1:30 Line Dancing Stuffed Peppers	30 9:00 Strength Training 9:30 ESL Class 10:00 Bingo 12:30 Korean Translation 1:00 Watercolor Class 1:00 Line Dancing Roast Beef w/ Provolone	 HISPANIC HERITAGE MONTH	Continental Breakfast Monday-Friday 8:00AM - 10:00AM 