



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
October 2026



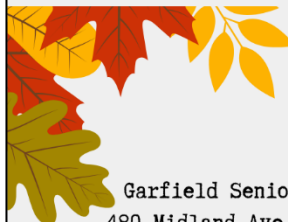
Oct 1	Crafts: Lavender Painting Project w/ Aggie Halat, Bergen County Division of Senior Services (Meet at the Southwest Senior Activity Center Health Office)	12:30 PM
Oct 6	*Flu Shot Clinic – Registration Required w/ Bergen New Bridge Medical Center	9:00 AM
Oct 12	Indigenous Peoples' Day & Columbus Day – Center Closed	ALL DAY
Oct 14 & 28	Wellness Clinic – Health Office w/ Bergen County Department of Health Services Southwest Senior Activity Center Health Office	9:30 AM
Oct 21	*Crafts: Butterfly Canvas Bag – Registration required (Meet at the Southwest Senior Activity Center Health Office)	12:30 PM
Oct 22	Hearing Screenings w/ Dr. Ryan Saadah, Hackensack Audiology	9:00 AM
Oct 27	SNAP In-Person Assistance Walk-Ins Welcome Southwest Senior Activity Center Health Office	10:00 AM - 2:00 PM
Oct 30	*Autumn Festival Party – Registration required Dancing with DJ Scott to celebrate fall & Oktoberfest	ALL DAY

To register for programs marked with (*) please call (201) 336-7494 or email southwestcenter@bergencountynj.gov or visit the Southwest Senior 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.



Thanksgiving Luncheon

THURSDAY, NOV. 26, 2026
10:00AM - 2:00PM
(RSVP BY NOV. 19)

Garfield Senior Activity Center
480 Midland Ave, Garfield NJ 07026

To RSVP call (973) 478-0502
or email seniors@bergencountynj.gov



TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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			1 9:00 Zumba Gold 9:30 Beauty Salon 9:30 ESL Class 10:00 Bingo 12:15 ESL Class 12:30 Crafts: Lavender Painting Project 1:15 Tai Chi Eggplant Rollatini w/ Meatballs	2 9:00 Beauty Salon 9:00 Chair Yoga 9:30 ESL Class 10:00 Bingo 12:30 Choir 1:30 Korean Social Circle Bratwurst w/ Sauerkraut
5 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 Fish w/ Lemon Caper Sauce		6 9:00 Beauty Salon 9:00 Exercise w/ Josephine 9:00 Flu Shot Clinic 9:30 ESL Class 10:00 Bingo 12:15 ESL Class 1:30 Line Dancing Ham Steak w/ Pineapple	7 9:00 Strength Training 9:30 ESL Class 10:00 Bingo 12:30 Korean Translation 1:00 Watercolor Class 1:00 Line Dancing Italian Turkey Sausage		8 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 Platter w/ Spinach	9 9:00 Beauty Salon 9:00 Chair Yoga 9:30 ESL Class 10:00 Bingo 12:30 Choir 1:30 Korean Social Circle Ginger Soy Chicken
12  CENTER CLOSED		13 9:00 Beauty Salon 9:00 Exercise w/ Josephine 9:30 ESL Class 10:00 Bingo 12:15 ESL Class 1:30 Line Dancing Homestyle Meatloaf w/ Gravy	14 9:00 Strength Training 9:30 ESL Class 9:30 Wellness CLINIC 10:00 Bingo 12:30 Korean Translation 1:00 Watercolor Class 1:00 Line Dancing Chicken Tikka Masala		15 9:00 Zumba Gold 9:30 Beauty Salon 9:30 ESL Class 10:00 Bingo 12:15 ESL Class 1:15 Tai Chi  Tuna Noodle Salad over Romaine	16 9:00 Beauty Salon 9:00 Chair Yoga 9:30 ESL Class 10:00 Bingo 12:30 Choir 1:30 Korean Social Circle Korean BBQ Chicken Leg
19 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 Roast Turkey w/ Gravy		20 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 Marsala	21 9:00 Strength Training 9:30 ESL Class 10:00 Bingo 12:30 Korean Translation 12:30 Crafts: Butterfly Canvas Bag 1:00 Watercolor Class 1:00 Line Dancing Breaded Pork Chop w/ Gravy		22 9:00 Zumba Gold 9:00 Hearing Screenings 9:30 Beauty Salon 9:30 ESL Class 10:00 Bingo 12:15 ESL Class 1:15 Tai Chi Stuffed Cabbage	23 9:00 Beauty Salon 9:00 Chair Yoga 9:30 ESL Class 10:00 Bingo 12:30 Choir 1:30 Korean Social Circle Egg Salad Sandwich
26 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 Cheese Omelet		27 9:00 Beauty Salon 9:00 Exercise w/ Josephine 9:30 ESL Class 10:00 Bingo 10:00 Snap In-Person Assistance 12:15 ESL Class 1:30 Line Dancing Beef Chili Con Carne	28 9:00 Strength Training 9:30 ESL Class 9:30 Wellness Clinic 10:00 Bingo 12:30 Korean Translation 1:00 Watercolor Class 1:00 Line Dancing Turkey and Swiss w/ Lettuce & Tomato		29 9:00 Zumba Gold 9:30 Beauty Salon 9:30 ESL Class 10:00 Bingo 12:15 ESL Class 1:15 Tai Chi Chicken Cordon Bleu	30 Autumn Harvest Party! Celebrating Oktoberfest! Chicken Parmesan