James J. Tedesco, III
County Executive

Board of County Commissioners

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Germaine M. Ortiz

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

Open: Monday - Friday, 8:00AM - 3:30PM

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.

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
November 2026

Nov 3	**Election Day – Center Closed**	**ALL DAY**
Nov 5	***Presentation: Exploring the Myths of Aging – Part II** w/ Harvey Silberstein, Bergen County Division of Senior Services	**10:00 AM**
Nov 9	***Arts and Crafts – Diamond Art Keychain** w/ Aggie Halat, Bergen County Division of Senior Services	**12:30 PM**
Nov 10	**Presentation: Handwashing and Flu Prevention** w/ Marielisa Rosado, CHES, Bergen County Department of Health Services	**10:00 AM**
Nov 10	**Strength and Stability Exercise Class** w/ Chris Carroll, YWCA	**12:30 PM**
Nov 11	**Veterans Day – Center Closed**	**ALL DAY**
Nov 17	**Strength and Stability Exercise Class** w/ Chris Carroll, YWCA	**12:30 PM**
Nov 26, 27	**Thanksgiving Break – Center Closed**	**ALL DAY**

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

Thanksgiving Luncheon

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

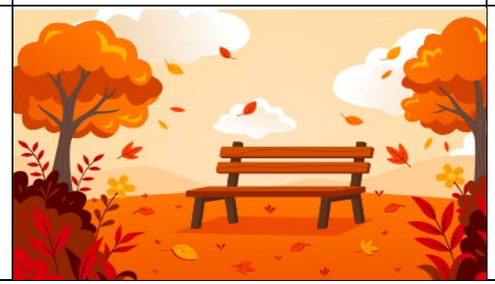
Garfield Senior Activity Center
480 Midland Ave, Garfield NJ 07026

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

(201) 336-7494, Heleyne Trent, Director

SOUTHWEST SENIOR ACTIVITY CENTER

November 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 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 **Stuffed Cabbage**	**3**  **CENTER CLOSED**	**4** 9:00 Strength Training 9:30 ESL Class 10:00 Bingo 12:30 Korean Translation 1:00 Watercolor Class 1:00 Line Dancing **Homestyle Meatloaf w/ Mushroom Gravy**	**5** 9:00 Zumba Gold 9:30 Beauty Salon 9:30 ESL Class 10:00 Bingo **10:00 Presentation: Exploring the Myths of Aging – Part II** 12:15 ESL Class 1:15 Tai Chi **Tuna Salad Sandwich**	**6** 9:00 Beauty Salon 9:00 Chair Yoga 9:30 ESL Class 10:00 Bingo 12:30 Choir 1:30 Korean Social Circle **Chicken Florentine**
9 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 **12:30 Crafts: Diamond Art Keychain** 1:30 Line Dancing **Sliced Pork Loin w/ Apple Cinnamon Glaze**	**10** 9:00 Beauty Salon 9:00 Exercise w/ Josephine 9:30 ESL Class 10:00 Bingo **10:00 Presentation: Handwashing** 12:15 ESL Class **12:30 Exercise Class: Strength & Stability** 1:30 Line Dancing **Chicken Fajitas**	**11**  **CENTER CLOSED**	**12** 9:00 Zumba Gold 9:30 Beauty Salon 9:30 ESL Class 10:00 Bingo 12:15 ESL Class 1:15 Tai Chi **Baked Herbed Chicken Leg**	**13** 9:00 Beauty Salon 9:00 Chair Yoga 9:30 ESL Class 10:00 Bingo 12:30 Choir 1:30 Korean Social Circle **Turkey and Swiss Cheese**
16 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 Parmesan**	**17** 9:00 Beauty Salon 9:00 Exercise w/ Josephine 9:30 ESL Class 10:00 Bingo 12:15 ESL Class **12:30 Exercise Class: Strength & Stability** 1:30 Line Dancing **Egg Salad with Lettuce & Tomato**	**18** 9:00 Strength Training 9:30 ESL Class 10:00 Bingo 12:30 Korean Translation 1:00 Watercolor Class 1:00 Line Dancing **Lemon Pepper Tilapia**	**19** 9:00 Zumba Gold 9:30 Beauty Salon 9:30 ESL Class 10:00 Bingo 12:15 ESL Class 1:15 Tai Chi **Sweet & Sour Chicken**	**20** 9:00 Beauty Salon 9:00 Chair Yoga 9:30 ESL Class 10:00 Bingo 12:30 Choir 1:30 Korean Social Circle **Cheeseburger w/ Lettuce and Tomato**
23 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 **Korean BBQ Chicken Leg**	**24** 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**	**25** 9:00 Strength Training 9:30 ESL Class 10:00 Bingo 12:30 Korean Translation 1:00 Watercolor Class 1:00 Line Dancing **CENTER CLOSED**	**26** *Thanksgiving Luncheon* GARFIELD SENIOR ACTIVITY CENTER 10AM-2PM REGISTRATION REQUIRED PLEASE CALL (973) 478-0502 **CENTER CLOSED**	**27**  **CENTER CLOSED**
30 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 **Ham Steak w/ Pineapple**	National Alzheimer's Disease Awareness Month 		**Suggested Lunch Donation:** **$1.25 Per Meal** ***Please reserve lunch by 11:30AM the day before*** **Lunch is served at 11:30AM daily**	**Continental Breakfast** **Monday-Friday** **8:00AM - 10:00AM** 