

BERGEN NEW JERSEY County

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



For Your Information...

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) 935-8920 • Fax (201) 935-8851

southwestcenter@bergencountynj.gov

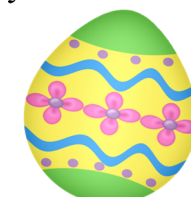
Open: Monday - Friday, 8:00AM - 3:30PM

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SOUTHWEST SENIOR ACTIVITY CENTER
Bergen County Department of Human Services
Division of Senior Services/ADRC
April 2025



APRIL 1 & 8	Mobility Workshop:	12:30PM
APRIL 15 & 29	Focus on Flexibility, Range of Motion & Joint Health w/ Chris Carroll, YWCA	
APRIL 3	Presentation: Impact of Food Waste on the Environment w/ Bergen County Health Services	10:00AM
APRIL 7	Total Brain Health Class: Building Better Brains! w/ Aggie Halat, Division of Senior Services	10:00AM
APRIL 9	Wellness Program & Blood Pressure Screenings . . .	9:30AM
APRIL 23	w/ Bergen County Health Services	
APRIL 18	Good Friday . . . Southwest Senior Center CLOSED	CLOSED
APRIL 21	Spring Crafting w/ Southwest Senior Activity Center Staff	12:30PM
APRIL 24	Presentation: Holistic Ways for Stress Management w/ Tami Azouri, BSN, RN, HUMC	10:00AM
APRIL 24	Annual Volunteer Recognition Luncheon In the Southwest Senior Activity Center Community Room ~ <i>by invitation only</i>	1:00PM
APRIL 29	In- Person SNAP Assistance In the Southwest Senior Activity Center Health Room	10:00AM —2:00PM



SPRING LUNCHEON

JOIN US FOR FOOD AND MUSIC ON
SUNDAY, APRIL 20, 2025
10:00AM - 2:00PM

Garfield Senior Activity Center
480 Midland Avenue
Garfield, New Jersey 07026

Kindly RSVP with your Senior Activity Center Director

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

	<p>1 9:00 BEAUTY SALON 9:00 ZUMBA GOLD 9:30 ESL CLASS 10:00 BINGO 12:15 ESL CLASS 12:30 MOBILITY WORKSHOP 1:30 LINE DANCING</p> <p style="text-align: center;">Chicken Florentine</p>	<p>2 9:00 STRENGTH TRAINING 9:30 ESL CLASS 10:00 BINGO 12:30 KOREAN CONSULTATION 1:00 WATERCOLOR CLASS 1:00 LINE DANCING</p> <p style="text-align: center;">Tuna Salad Platter</p>	<p>3 9:00 BEAUTY SALON 9:30 KOREAN CITIZENSHIP CLASS 9:00 ZUMBA GOLD 10:00 PRESENTATION: FOOD WASTE 10:00 BINGO 12:15 ESL CLASS 1:15 TAI CHI</p> <p style="text-align: center;">Hungarian Goulash</p>	<p>4 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 style="text-align: center;">Manicotti with Tomato Sauce</p>
<p>7 9:00 ZUMBA GOLD TONING 9:30 ESL CLASS 10:00 TOTAL BRAIN HEALTH CLASS 10:00 BINGO 10:00 MANICURES BY CINDY 12:15 CRAFT CLASS 1:30 LINE DANCING</p> <p style="text-align: center;">Jamaican Jerk Chicken</p>	<p>8 9:00 BEAUTY SALON 9:00 ZUMBA GOLD 9:30 ESL CLASS 10:00 BINGO 12:15 ESL CLASS 1:30 LINE DANCING</p>  <p style="text-align: center;">Pork Loin with Gravy</p>	<p>9 9:00 STRENGTH TRAINING 9:30 ESL CLASS 10:00 BINGO 12:30 KOREAN CONSULTATION 1:00 WATERCOLOR CLASS 1:00 LINE DANCING</p> <p style="text-align: center;">Oven Roasted Turkey Breast</p>	<p>10 9:00 BEAUTY SALON 9:30 KOREAN CITIZENSHIP CLASS 9:00 ZUMBA GOLD 10:00 BINGO 12:15 ESL CLASS 1:15 TAI CHI</p>  <p style="text-align: center;">Chicken Parmesan</p>	<p>11 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 style="text-align: center;">Seafood Salad Platter</p>
<p>14 9:00 ZUMBA GOLD TONING 9:30 ESL CLASS 10:00 BINGO 10:00 MANICURES BY CINDY 12:15 CRAFT CLASS 1:30 LINE DANCING</p>  <p style="text-align: center;">Homestyle Meatloaf</p>	<p>15 9:00 BEAUTY SALON 9:00 ZUMBA GOLD 9:30 ESL CLASS 10:00 BINGO 12:15 ESL CLASS 12:30 MOBILITY WORKSHOP 1:30 LINE DANCING</p> <p style="text-align: center;">Roast Turkey with Swiss Cheese</p>	<p>16 9:00 STRENGTH TRAINING 9:30 BLOOD PRESSURE SCREEINGS 9:30 ESL CLASS 10:00 BINGO 12:30 KOREAN CONSULTATION 1:00 WATERCOLOR CLASS 1:00 LINE DANCING</p> <p style="text-align: center;">Chicken Cordon Bleu</p>	<p>17 9:00 BEAUTY SALON 9:30 KOREAN CITIZENSHIP CLASS 9:00 ZUMBA GOLD 10:00 BINGO</p> <p style="text-align: center;"><u>Volunteer Luncheon</u></p> <p style="text-align: center;">Beef Stir Fry</p>	<p style="text-align: center;">GOOD FRIDAY</p> <p style="text-align: center;">Center Closed</p> 
<p>21 9:00 ZUMBA GOLD TONING 9:30 ESL CLASS 10:00 BINGO 10:00 MANICURES BY CINDY 12:30 SPRING CRAFTS 1:30 LINE DANCING</p> <p style="text-align: center;">Ham Steak with Pineapple</p>	<p>22 9:00 BEAUTY SALON 9:00 ZUMBA GOLD 9:30 ESL CLASS 10:00 BINGO 12:15 ESL CLASS 1:30 LINE DANCING</p>  <p style="text-align: center;">Cheese Omelet</p>	<p>23 9:00 STRENGTH TRAINING 9:30 ESL CLASS 9:30 BLOOD PRESSURE SCREEINGS 10:00 BINGO 12:30 KOREAN CONSULTATION 1:00 WATERCOLOR CLASS 1:00 LINE DANCING</p> <p style="text-align: center;">Meatballs with Marinara</p>	<p>24 9:00 BEAUTY SALON 9:30 KOREAN CITIZENSHIP CLASS 9:00 ZUMBA GOLD 10:00 PRESENTATION: HOLISTIC WAYS FOR STRESS MANAGEMENT 10:00 BINGO 12:15 ESL CLASS 1:15 TAI CHI</p> <p style="text-align: center;">Chef Salad</p>	<p>25 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 style="text-align: center;">Korean BBQ Leg</p>
<p>28 9:00 ZUMBA GOLD TONING 9:30 ESL CLASS 10:00 BINGO 10:00 MANICURES BY CINDY 12:15 CRAFT CLASS 1:30 LINE DANCING</p>  <p style="text-align: center;">Chicken Piccata</p>	<p>29 9:00 BEAUTY SALON 9:00 ZUMBA GOLD 9:30 ESL CLASS 10:00 SNAP ASSISTANCE 10:00 BINGO 12:15 ESL CLASS 12:30 MOBILITY WORKSHOP 1:30 LINE DANCING</p> <p style="text-align: center;">Pot Roast</p>	<p>30 9:00 STRENGTH TRAINING 9:30 ESL CLASS 10:00 BINGO 12:30 KOREAN CONSULTATION 1:00 WATERCOLOR CLASS 1:00 LINE DANCING</p> <p style="text-align: center;">Egg Salad Platter</p>	<p style="text-align: center;">Continental Breakfast</p> <p style="text-align: center;">Served Daily Monday through Friday 8:00—10:00</p> 	<p style="text-align: center;">Suggested Lunch Donation: \$1.25 Per Meal</p> <p style="text-align: center;">Please reserve lunch by 11:30 AM the day before</p> <p style="text-align: center;">Lunch will Be Served at 11:30 Daily</p>