

BERGEN NEW JERSEY County

James J. Tedesco III
County Executive

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DEPARTMENT OF HUMAN SERVICES
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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

southwestseniorcenter@co.bergen.nj.us

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

BERGEN NEW JERSEY County

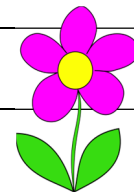
James J. Tedesco III, County Executive



SOUTHWEST SENIOR ACTIVITY CENTER
Bergen County Department of Human Services
Division of Senior Services/ADRC
May 2024



MAY	7	Open House Celebration! . . . Register (201)935-8920 ~ Southwest Senior Activity Center	9:00AM
MAY	13	Total Brain Health . . . The Memory Science (part 3) ~ Southwest Senior Activity Center	10:00AM
May	16	Mental Health in Older Adults . . .ask for Help! ~ w/ Dr. Bungying Kim ~ Korean Program, ESL classroom	10:00AM
MAY	16	Healthy Food Choices & Your Mental Health . . . ~ Sabrina Hauser, MS, RDN, Shop-rite, Lyndhurst	10:00AM
May	21	Kick-Off Summer Barbecue!! . . . DJ Scott ~ Southwest Senior Activity Center	All day party!
MAY	22	Blood Pressure Screenings . . . w/ BC Health Dept. ~ Health Room, Southwest Senior Activity Center	9:30AM
May	24	Planting an Herb Garden Workshop . . . ~ w/ Aggie Halat, Division of Senior Services ~ Southwest Senior Activity Center	12:30PM
May	27	Memorial Day . . . ~ Southwest Senior Activity Center Closed	
May	28	SNAP Assistance Outreach . . . ~ Southwest Senior Activity Center	10:00AM
May	29	Mental Health Awareness . . . w/ Shelby Klein ~ by B.C. Mental Health & Addiction Services	10:00AM



Open House

Please join us at one of the 24
Senior Activity Centers or Nutrition Sites in
Bergen County to celebrate
Older Americans Month

For More Information Email:
seniors@co.bergen.nj.us



Senior Festival

September 12, 2024
Rain Date: Tuesday September 17, 2023
10AM - 2PM
Van Saun County Park, Paramus

To RSVP Call 201-336-7417 or
Email seniors@co.bergen.nj.us

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>Suggested Lunch Donation: \$1.25 Per Meal Please reserve lunch by 11:30 AM the day before</p> <p>Lunch will Be Served at 11:30 Daily</p>	<p>Continental Breakfast served daily</p> <p>Monday through Friday 8:00 am –10:00 am</p>	<p>1 9:00 BALANCE & CARDIO 9:30 ESL CLASS 10:00 BINGO 12:30 KOREAN CONSULTATION 1:00 LINE DANCING</p>  <p>Roasted Turkey w/ Gravy</p>	<p>2 9:00 BEAUTY SALON 9:00 ZUMBA GOLD 9:30 KOREAN CITIZENSHIP CLASS 10:00 BINGO 12:15 ESL CLASS 1:30 TAI CHI</p>  <p>Chef Salad</p>	<p>3 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>Chicken Fajitas</p>
<p>6 9:00 ZUMBA GOLD TONING 9:30 ESL CLASS 10:00 BINGO 10:30 MANICURES BY CINDY 12:30 LINE DANCING 2:00 DIAMOND ART</p> <p>Stuffed Cabbage</p>	<p>7 "OPEN HOUSE" 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>Chicken Cordon Bleu</p>	<p>8 9:00 BALANCE & CARDIO 9:30 ESL CLASS 10:00 BINGO 12:30 KOREAN CONSULTATION 1:00 LINE DANCING</p> <p>Pepper Steak w/ Onion & Peppers</p>	<p>9 9:00 BEAUTY SALON 9:30 KOREAN CITIZENSHIP CLASS 9:00 ZUMBA GOLD 10:00 BINGO 12:15 ESL CLASS 1:30 TAI CHI</p> <p>Balsamic Chicken w/ Roasted Peppers</p>	<p>10 9:00 BEAUTY SALON 9:00 CHAIR YOGA 9:30 ESL CLASS 10:00 BINGO 2:30 CHOIR 1:30 KOREAN SOCIAL CIRCLE</p>  <p>Eggplant Rollatini</p>
<p>13 9:00 ZUMBA GOLD TONING 9:30 ESL CLASS 10:00 BINGO 10:00 "Total Brain Health" 10:30 MANICURES BY CINDY 12:30 LINE DANCING 2:00 DIAMOND ART</p> <p>Chicken Piccata</p>	<p>14 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>Stuffed Peppers</p>	<p>15 9:00 BALANCE & CARDIO 9:30 ESL CLASS 10:00 BINGO 12:30 KOREAN CONSULTATION 1:00 LINE DANCING</p> <p>Korean Barbeque Leg</p>	<p>16 9:00 BEAUTY SALON 9:30 KOREAN CITIZENSHIP CLASS 9:00 ZUMBA GOLD 10:00 BINGO 10:00 "Healthy Food Choices" 12:15 ESL CLASS 1:30 TAI CHI</p> <p>Homestyle Meatloaf w/ Gravy</p>	<p>17 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>Chicken Parmesan</p>
<p>20 9:00 ZUMBA GOLD TONING 9:30 ESL CLASS 10:00 BINGO 10:30 MANICURES BY CINDY 12:30 LINE DANCING 2:00 DIAMOND ART</p> <p>Pork Loin w/ Gravy</p>	<p>21 Southwest Senior Center Summer Kick-Off Barbecue</p>  <p>Cheeseburger</p>	<p>22 9:00 BALANCE & CARDIO 9:30 BLOOD PRESSURE SCREENINGS 9:30 ESL CLASS 10:00 BINGO 12:30 KOREAN CONSULTATION 1:00 LINE DANCING</p> <p>Baked Ziti & Meatballs</p>	<p>23 9:00 BEAUTY SALON 9:30 KOREAN CITIZENSHIP CLASS 9:00 ZUMBA GOLD 10:00 BINGO 12:15 ESL CLASS 1:30 TAI CHI</p>  <p>Cheeseburger</p>	<p>24 9:00 BEAUTY SALON 9:00 CHAIR YOGA 9:30 ESL CLASS 10:00 BINGO 12:30 CHOIR 12:30 "Herb Garden Workshop" 1:30 KOREAN SOCIAL CIRCLE</p> <p>Sliced Turkey w/ Swiss</p>
<p>27</p>  <p>CENTER CLOSED</p>	<p>28 9:00 BEAUTY SALON 9:00 ZUMBA GOLD 9:30 ESL CLASS 10:00 BINGO 10:00 "Snap Assistance" 12:15 ESL CLASS 1:30 LINE DANCING</p> <p>Hawaiian Chicken</p>	<p>29 9:00 BALANCE & CARDIO 9:30 ESL CLASS 10:00 BINGO 10:00 "Mental Health Awareness" 12:30 KOREAN CONSULTATION 1:00 LINE DANCING</p> <p>Egg Salad Platter on Spinach</p>	<p>30 9:00 BEAUTY SALON 9:30 KOREAN CITIZENSHIP CLASS 9:00 ZUMBA GOLD 10:00 BINGO 12:15 ESL CLASS 1:30 TAI CHI</p> <p>Beer Battered Fish</p>	<p>31 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>Salisbury Steak w/ Gravy</p>