

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@co.bergen.nj.us

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 2024



APRIL	4	Music & Drum Circle . . . "Discover Your Rhythm" ~ Southwest Senior Activity Center	1:00PM
APRIL	9	Stress Management . . . by Marianita Natcher ~ Bergen County Dept of Health Services-	10:00AM
APRIL	10	The Himalayan Singing Bowls . . . ~ Southwest Senior Activity Center	12:30PM
APRIL	11	Relieving Stress With Plants . . . "Earth Month" ~ Aggie Halat, Division of Senior Services ~ Southwest Senior Activity Center	12:30PM
APRIL	15	Total Brain Health . . . With Aggie Halat ~ Southwest Senior Activity Center	10:00AM
APRIL	18	Meditation For Seniors . . . ~ with the Lyndhurst Meditation Studio ~ Southwest Senior Activity Center	9:30AM
APRIL	23	Protecting Yourself Against Shingles. . . ~ Hackensack University Medical Center	10:00AM
APRIL	24	Blood Pressure Screenings . . . ~ Southwest Senior Center Health Room	9:30AM
APRIL	25	Annual Volunteer Luncheon . . . ~ by invitation Only ~ Southwest Senior Activity Center	1:00PM

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.

Caregivers Conference

Thursday, April 11th
5:00 PM - 9:00 PM

Bergen County Administration Building
Multi-Purpose Room

SAVE THE DATE

Public Hearing on the Needs of Older Adults

Tuesday, April 30th
8:30 AM - 11:30 AM

Bergen County Administration Building
Public Meeting Room (5th floor)

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











To RSVP Call 201-336-7400 or
Email seniors@co.bergen.nj.us

Lunch Served Daily at 11:30

SOUTHWEST SENIOR ACTIVITY CENTER

April 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>9:00 ZUMBA GOLD 9:30 ESL CLASS 10:00 BINGO 10:30 MANICURES BY CINDY 12:30 LINE DANCING 2:00 DIAMOND ART</p> <p>Pork Loin with Gravy</p>	<p>2</p> <p>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>3</p> <p>9:00 BALANCE & CARDIO 9:30 ESL CLASS 10:00 BINGO 12:30 KOREAN CONSULTATION 1:00 LINE DANCING</p>  <p>Meatloaf with Gravy</p>	<p>4</p> <p>9:00 BEAUTY SALON 9:30 KOREAN CITIZENSHIP CLASS 9:00 ZUMBA GOLD 10:00 BINGO 12:15 ESL CLASS</p>  <p>1:00 "MUSIC AND DRUM CIRCLE"</p> <p>Stuffed Cabbage</p>	<p>5</p> <p>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>Turkey & Swiss on a roll</p>
<p>8</p> <p>9:00 ZUMBA GOLD 9:30 ESL CLASS 10:00 BINGO 10:30 MANICURES BY CINDY 12:30 LINE DANCING 2:00 DIAMOND ART</p> <p>Barbeque Chicken Leg</p>	<p>9</p> <p>9:00 BEAUTY SALON 9:00 ZUMBA GOLD 9:30 ESL CLASS 10:00 BINGO 10:00 PRESENTATION: "STRESS MANAGEMENT" 12:15 ESL CLASS 1:30 LINE DANCING</p> <p>Egg Salad Platter on Romaine</p>	<p>10</p> <p>9:00 BALANCE & CARDIO 9:30 ESL CLASS 10:00 BINGO 12:30 KOREAN CONSULTATION 12:30 "HIMALAYAN SINGING BOWLS" 1:00 LINE DANCING</p> <p>Ham Steak</p>	<p>11</p> <p>9:00 BEAUTY SALON 9:30 KOREAN CITIZENSHIP CLASS 9:00 ZUMBA GOLD 10:00 BINGO 12:30 PRESENTATION: "RELIEVING STRESS" 12:15 ESL CLASS 1:30 TAI CHI</p> <p>Salisbury Steak</p>	<p>12</p> <p>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>15</p> <p>9:00 ZUMBA GOLD 9:30 ESL CLASS 10:00 "TOTAL BRAIN HEALTH" 10:30 BINGO 10:30 MANICURES BY CINDY 12:30 LINE DANCING 2:00 DIAMOND ART</p> <p>Stuffed Peppers</p>	<p>16</p> <p>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>Roast Beef with Gravy</p>	<p>17</p> <p>9:00 BALANCE & CARDIO 9:30 ESL CLASS 10:00 BINGO 12:30 KOREAN CONSULTATION 1:00 LINE DANCING</p> <p>Tuna Salad Platter</p>	<p>18</p> <p>9:00 BEAUTY SALON 9:30 KOREAN CITIZENSHIP CLASS 9:30 "MEDITATION FOR SENIORS" 9:00 ZUMBA GOLD 10:00 BINGO 12:15 ESL CLASS 1:30 TAI CHI</p>  <p>Cheeseburger</p>	<p>19</p> <p>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>Eggplant Rollatini</p>
<p>22</p> <p>9:00 ZUMBA GOLD 9:30 ESL CLASS 10:00 BINGO 9 10:30 MANICURES BY CINDY 12:30 LINE DANCING 2:00 DIAMOND ART</p> <p>Herb Roasted Chicken Leg</p>	<p>23</p> <p>9:00 BEAUTY SALON 9:00 ZUMBA GOLD 9:30 ESL CLASS 10:00 BINGO 10:00 PRESENTATION:"SHINGLES" 12:15 ESL CLASS 1:30 LINE DANCING</p> <p>Cheese Omelet</p>	<p>24</p> <p>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 with Meatballs</p>	<p>25</p> <p>9:00 BEAUTY SALON 9:30 KOREAN CITIZENSHIP CLASS 9:00 ZUMBA GOLD 10:00 BINGO 12:15 ESL CLASS</p> <p>"ANNUAL VOLUNTEER LUNCHEON"</p> <p>Chicken Piccata</p>	<p>26</p> <p>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>Swedish Meatballs</p>
<p>29</p> <p>9:00 ZUMBA GOLD 9:30 ESL CLASS 10:00 BINGO 10:30 MANICURES BY CINDY 12:30 LINE DANCING 2:00 DIAMOND ART</p> <p>Chicken Cacciatore</p>	<p>30</p> <p>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>Beer Battered Fish</p>	<p>Suggested Lunch Donation: \$1.25 Per Meal</p> <p>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>