

BERGEN NEW JERSEY *County*

James J. Tedesco III
County Executive

BOARD OF COUNTY COMMISSIONERS

Germaine M. Ortiz
Chairwoman

Mary J. Amoroso
Vice Chairwoman

Dr. Joan M. Voss
Chair Pro Tempore

Rafael Marte

Thomas J. Sullivan

Steven A. Tanelli

Tracy Silna Zur

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, Center Director
147 Hackensack Street
East Rutherford, NJ 07073

Phone: (201) 935-8920 • Fax: (201) 935-8851

SouthwestCenter@co.bergen.nj.us

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

BERGEN NEW JERSEY *County*

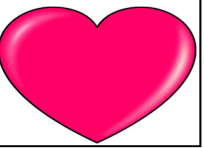
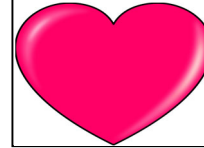
James J. Tedesco III, County Executive

SOUTHWEST SENIOR ACTIVITY CENTER

Bergen County Department of Human Services

Division of Senior Services/ADRC

February 2024



FEB	2	Eat Healthy, Be Active . . . w/ Sharon Guerrero ~ Hackensack University Heart Program	9:30AM
FEB	9	Lunar New Year Party!! . . . "Year of the Dragon" ~ Southwest Senior Activity Center	12:00PM
FEB	12	Total Brain Health . . . w/ Aggie Halat, Senior Services ~ Southwest Senior Activity Center	10:00AM
FEB	14	Valentine's Day Cake Decorating Demonstration . . . ~ w/ the Becton High School Culinary Students	10:00AM
FEB	15	Life's Essential "8"- Steps to Heart Health . . . ~ Bergen County Health Services	10:00AM
FEB	19	Presidents' Day . . . ~ Southwest Senior Activity Center Closed	CLOSED
FEB	20	Cardio Pulmonary Resuscitation . . . w/ Sharon Guerrero ~ Hackensack University Harp Program	9:30AM
FEB	23	Women's' Heart Health . . . w/ Sharon Guerrero ~ Southwest Senior Activity Center Health Room	9:30AM
FEB	29	Advanced Planning . . . (Korean Program) ~ w/ Scott Yoon, Bergen New Bridge Medical Center	10:00AM
FEB	29	Senior Technology Assistance . . . Cellphone & iPad Help ~ Southwest Senior Activity Center	12:00PM



AMERICAN HEART MONTH FEATURING

**BERGEN COUNTY
HEALTH SERVICES:**







**LIFE'S ESSENTIAL EIGHT
HEART HEALTH PRESENTATION**

For the month of February, Bergen County Health Services will present at all ten county-operated centers.

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</p> <p>Please reserve lunch by 11:30 AM the day before</p>		<p>Continental Breakfast is served daily at 8:00am</p>	<p>¹</p> <p>9:00 BEAUTY SALON 9:30 KOREAN CITIZENSHIP CLASS 9:00 ZUMBA GOLD 10:00 BINGO 11:30 LUNCH 12:15 ESL CLASS 1:30 TAI CHI</p> <p>CHICKEN PICCATA</p>	<p>²</p> <p>9:00 BEAUTY SALON 9:00 CHAIR YOGA 9:30 ESL CLASS 9:30 PRESENTATION: "EAT HEALTHY, BE ACTIVE" 10:00 BINGO 11:30 LUNCH 12:30 CHOIR</p> <p>HAM STEAK</p>
<p>9:00 BEAUTY SALON 9:00 ZUMBA GOLD 9:30 ESL CLASS 10:00 BINGO 11:30 LUNCH 12:30 LINE DANCING 12:30 THE KNITTING CLUB</p> <p>MEATLOAF</p>	<p>⁶</p> <p>9:00 BEAUTY SALON 9:00 ZUMBA GOLD 9:30 ESL CLASS 10:00 BINGO 11:30 LUNCH 12:15 ESL CLASS 1:30 LINE DANCING</p> <p>TURKEY & SWISS SANDWICH</p>	<p>⁷</p> <p>9:00 BALANCE & CARDIO 9:30 ESL CLASS 10:00 BINGO 11:30 LUNCH 12:30 KOREAN CONSULTATION 1:00 DANCE</p> <p>BARBEQUE CHICKEN LEG</p>	<p>⁸</p> <p>9:00 BEAUTY SALON 9:30 KOREAN CITIZENSHIP CLASS 9:00 ZUMBA GOLD 10:00 BINGO 11:30 LUNCH 12:15 ESL CLASS 1:30 TAI CHI</p>  <p>PULLED PORK</p>	<p>⁹</p> <p>9:00 BEAUTY SALON 9:00 CHAIR YOGA 9:30 ESL CLASS 10:00 BINGO 11:30 LUNCH 12:00 "LUNAR NEW YEAR PARTY!!"</p>  <p>PEPPER STEAK</p>
<p>¹²</p> <p>9:00 BEAUTY SALON 9:00 ZUMBA GOLD 9:30 ESL CLASS 10:00 "TOTAL BRAIN HEALTH" 11:30 LUNCH 12:30 LINE DANCING 12:30 THE KNITTING CLUB</p> <p>EGG SALAD SANDWICH</p>	<p>¹³</p> <p>9:00 BEAUTY SALON 9:00 ZUMBA GOLD 9:30 ESL CLASS 10:00 BINGO 11:30 LUNCH 12:15 ESL CLASS 1:30 LINE DANCING</p> <p>CHICKEN MARSALA</p>	<p>¹⁴</p> <p>9:00 BALANCE & CARDIO 9:30 ESL CLASS 10:00 DEMONSTATION: "CAKE DECORATING" 11:30 LUNCH 12:30 KOREAN CONSULTATION 1:00 DANCE</p> <p>EGGPLANT ROLLATINI</p>	<p>¹⁵</p> <p>9:00 BEAUTY SALON 9:30 KOREAN CITIZENSHIP CLASS 9:00 ZUMBA GOLD 10:00 BINGO 10:00 HEART HEALTH CLASS 11:30 LUNCH 12:15 ESL CLASS 1:30 TAI CHI</p> <p>CHEESEBURGER</p>	<p>¹⁶</p> <p>9:00 BEAUTY SALON 9:00 CHAIR YOGA 9:30 ESL CLASS 10:00 BINGO 11:30 LUNCH 12:30 CHOIR</p>  <p>BEER BATTERED FISH</p>
<p>¹⁹</p>  <p>CENTER CLOSED PRESIDENT'S DAY</p>	<p>²⁰</p> <p>9:00 BEAUTY SALON 9:00 ZUMBA GOLD 9:30 ESL CLASS 9:30 "CPR PRESENTATION" 10:00 BINGO 11:30 LUNCH 12:15 ESL CLASS 1:30 LINE DANCING</p> <p>ROAST TURKEY SANDWICH</p>	<p>²¹</p> <p>9:00 BALANCE & CARDIO 9:30 ESL CLASS 10:00 BINGO 11:30 LUNCH 12:30 KOREAN CONSULTATION 1:00 DANCE</p> <p>PORK LOIN</p>	<p>²²</p> <p>9:00 BEAUTY SALON 9:30 KOREAN CITIZENSHIP CLASS 9:00 ZUMBA GOLD 10:00 BINGO 11:30 LUNCH 12:15 ESL CLASS 1:30 TAI CHI</p> <p>SESAME CHICKEN</p>	<p>²³</p> <p>9:00 BEAUTY SALON 9:00 CHAIR YOGA 9:30 ESL CLASS 9:30 PRESENTATION: "WOMENS' HEART HEALTH" 10:00 BINGO 11:30 LUNCH 12:30 CHOIR</p> <p>SPINACH QUICHE</p>
<p>²⁶</p> <p>9:00 BEAUTY SALON 9:00 ZUMBA GOLD 9:30 ESL CLASS 10:00 BINGO 11:30 LUNCH 12:30 LINE DANCING 12:30 THE KNITTING CLUB</p>  <p>STUFFED CABBAGE</p>	<p>²⁷</p> <p>9:00 BEAUTY SALON 9:00 ZUMBA GOLD 9:30 ESL CLASS 10:00 BINGO 11:30 LUNCH 12:15 ESL CLASS 1:30 LINE DANCING</p> <p>TUNA SALAD SANDWICH</p>	<p>²⁸ BLOOD PRESSURE~NURSE OFFICE</p> <p>9:00 BALANCE & CARDIO 9:30 ESL CLASS 10:00 BINGO 11:30 LUNCH 12:30 KOREAN CONSULTATION 1:00 DANCE</p> <p>CHICKEN FLORENTINE</p>	<p>²⁹</p> <p>9:00 BEAUTY SALON 9:30 KOREAN CITIZENSHIP CLASS 9:00 ZUMBA GOLD 10:00 BINGO 10:00 ADVANCED PLANNING 11:30 LUNCH 12:00 TECHNOLOGY ASSISTANCE 12:15 ESL CLASS 1:30 TAI CHI</p> <p>CRANBERRY GLAZED TURKEY</p>	<p>SENIOR TECHNOLOGY ASSISTANCE</p> <p>Thursday, February 29 Cellphone and IPAD Help</p> <p>12:00 PM</p>