

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, 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*

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SOUTHWEST SENIOR ACTIVITY CENTER

Bergen County Department of Human Services

Division of Senior Services/ADRC

March 2024



MARCH	1	Senior Technology Assistance . . . <i>Cellphone & iPad Help</i> ~ <i>Southwest Senior Activity Center</i>	12:30PM
MARCH	7	Landlord/Tenant Guidance . . . w/ <i>Cynthia Arone</i> ~ <i>Greater Bergen Community Action</i>	10:00AM
MARCH	11	Senior Planet . . . “ <i>On-line Health Resources for Seniors</i> ” ~ w/ <i>Aggie Halat, Bergen County Senior Services</i>	9:30AM
MARCH	15	St. Patrick’s Day Breakfast Celebration . . . ~ <i>Southwest Senior Activity Center</i>	9:00AM
MARCH	19	Colon Health Awareness Month . . . w/ <i>Karen Collins, APN</i> ~ <i>Bergen New Bridge Medical Center</i>	10:00AM
MARCH	20	Spring Cake Decorating Demonstration . . . (<i>Korean Class</i>) ~ w/ <i>the Becton High School Culinary Students</i>	9:00AM
MARCH	25	Arts & Crafts Class . . . <i>Easter craft</i> ~ <i>Southwest Senior Activity Center</i>	12:30PM
MARCH	27	Blood Pressure Screenings . . . “ <i>Nurse’s Office</i> ” ~ <i>Bergen County Department of Health</i>	9:30AM
MARCH	28	Shingles Awareness Month. . . <i>Protecting Against Shingles</i> ~ w/ <i>Tami Azouri, Hackensack University HARP Program</i>	10:00AM
MARCH	29	Good Friday Observance . . . ~ <i>Southwest Senior Activity Center Closed</i>	ALL DAY



SPRING LUNCHEON

JOIN US FOR FOOD AND MUSIC ON
SUNDAY, MARCH 31
10:00AM - 2:00PM



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

To RSVP call 973-478-0502 or email garfieldcenter@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 Served Daily at 11:30</p>	<p>Continental Breakfast served daily</p> <p>Monday through Friday 8:00 am —10:00 am</p>			<p>¹</p> <p>9:00 BEAUTY SALON 9:00 CHAIR YOGA 9:30 ESL CLASS 10:00 BINGO 12:30 CHOIR 12:30 TECHNOLOGY HELP CLASS 1:30 KOREAN SOCIAL CIRCLE EGGPLANT ROLLATINI</p>
<p>⁴</p> <p>9:00 ZUMBA GOLD 9:30 ESL CLASS 10:00 BINGO 10:30 MANICURES BY CINDY 12:30 LINE DANCING 2:00 ARTS & CRAFTS</p> <p>SWEDISH MEATBALLS</p>	<p>⁵</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>GRILLED CHICKEN</p>	<p>⁶</p> <p>9:00 BALANCE & CARDIO 9:30 ESL CLASS 10:00 BINGO 12:30 KOREAN CONSULTATION 1:00 DANCE</p> <p>MEATLOAF</p>	<p>⁷</p> <p>9:00 BEAUTY SALON 9:30 KOREAN CITIZENSHIP CLASS 9:00 ZUMBA GOLD 10:00 BINGO 10:00 PRESENTATION LANDLORD/TENANT TALK 12:15 ESL CLASS 1:30 TAI CHI HAM STEAK</p>	<p>⁸</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>BEER BATTERED FISH</p>
<p>¹¹</p> <p>9:00 ZUMBA GOLD 9:30 ESL CLASS 9:30 SENIOR PLANET 10:00 BINGO 10:00 MANICURES BY CINDY 12:30 LINE DANCING 2:00 ARTS & CRAFTS CHICKEN SAUSAGE</p>	<p>¹²</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>STUFFED CABBAGE</p>	<p>¹³</p> <p>9:00 BALANCE & CARDIO 9:30 ESL CLASS 10:00 BINGO 12:30 KOREAN CONSULTATION 1:00 DANCE</p> <p>BARBEQUE CHICKEN LEG</p>	<p>¹⁴</p> <p>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>HAMBURGER</p>	<p>¹⁵</p> <p>9:00 ST PATRICK'S DAY BREAKFAST 9:00 BEAUTY SALON 9:00 CHAIR YOGA 9:30 ESL CLASS 10:00 BINGO 12:30 CHOIR 1:30 KOREAN SOCIAL CIRCLE TUNA SALAD</p>
<p>¹⁸</p> <p>9:00 ZUMBA GOLD 9:30 ESL CLASS 10:00 BINGO 10:30 MANICURES BY CINDY 12:30 LINE DANCING 2:00 ARTS & CRAFTS</p> <p>CORNERD BEEF</p>	<p>¹⁹</p> <p>9:00 BEAUTY SALON 9:00 ZUMBA GOLD 9:30 ESL CLASS 10:00 BINGO 10:00 HEALTH PRESENTATION 12:15 ESL CLASS 1:30 LINE DANCING PORK TENDERLOIN</p>	<p>²⁰</p> <p>9:00 CAKE DECORATING CLASS 9:00 BALANCE & CARDIO 9:30 ESL CLASS 10:00 BINGO 12:30 KOREAN CONSULTATION 1:00 DANCE</p> <p>ROAST TURKEY</p>	<p>²¹</p> <p>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>SHEPHERD'S PIE</p>	<p>²²</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>EGG SALAD</p>
<p>²⁵</p> <p>9:00 ZUMBA GOLD 9:30 ESL CLASS 10:00 BINGO 10:30 MANICURES BY CINDY 12:30 LINE DANCING 2:00 ARTS AND CRAFTS</p> <p>STUFFED PEPPERS</p>	<p>²⁶</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>ROASTED CHICKEN LEG</p>	<p>²⁷</p> <p>9:00 BALANCE & CARDIO 9:30 BLOOD PRESSURE SCREENINGS 9:30 ESL CLASS 10:00 BINGO 12:30 KOREAN CONSULTATION 1:00 DANCE</p> <p>BAKED ZITI AND MEATBALLS</p>	<p>²⁸</p> <p>9:00 BEAUTY SALON 9:30 KOREAN CITIZENSHIP CLASS 9:00 ZUMBA GOLD 10:00 BINGO 10:00 SHINGLES AWARENESS CLASS 12:15 ESL CLASS 1:30 TAI CHI CHICKEN SAUSAGE W/ PEPPERS & ONIONS</p>	<p>²⁹</p> <p>CENTER CLOSED</p>