



James J. Tedesco III  
County Executive

**BOARD OF COUNTY COMMISSIONERS**

Mary J. Amoroso

Rafael Marte

Germaine M. Ortiz

Thomas J. Sullivan

Steven A. Tanelli

Dr. Joan M. Voss

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](mailto:SouthwestCenter@co.bergen.nj.us)**

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



James J. Tedesco III, County Executive



**SOUTHWEST SENIOR ACTIVITY CENTER**

**Bergen County Department of Human Services**

**Division of Senior Services/ADRC**

**January 2024**



JAN	1	New Year's Day . . . ~ <i>Southwest Senior Activity Center Closed</i>	
JAN	4	Happy New Year Bagel Breakfast! . . . <i>Let's to Toast 2024!!</i> ~ <i>Southwest Senior Center</i>	9:00AM
JAN	5	Eat Healthy, Be Active . . ~ <i>Hackensack University Heart Program</i>	9:30AM
JAN	9	Heads Up Seniors!! . . . <i>Fall Prevention</i> ~ <i>by Rachel Ishak of the Brain Injury Alliance of NJ</i>	10:00AM
JAN	11	Advanced Planning . . . <i>(Korean Program)</i> ~ <i>By Scott Yoon, Bergen New Bridge Medical Center</i>	10:00AM
JAN	15	Martin Luther King Jr. Day . . . ~ <i>Southwest Senior Activity Center Closed</i>	
JAN	16	The Health Benefits of Eating Oatmeal . . . ~ <i>by Stephanie Sass, RDNS, Wallington Shoprite</i>	10:00AM
JAN	18	Keep Vision in Your Future . . . <i>Glaucoma Awareness Month</i> ~ <i>Bergen County Health Department</i>	10:00AM
JAN	22	Hand Massages and Aromatherapy . . . ~ <i>Southwest Senior Activity Center</i>	9:00AM
JAN	24	Blood Pressure Screenings . . . <i>"Nurse's Office"</i> ~ <i>Bergen County Dept of Health</i>	9:30AM

*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.

**BERGEN COUNTY**

WISHES YOU A

*Happy and Healthy*  
**NEW YEAR**

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
<div>1</div> <div>CENTER CLOSED</div> <div></div>		<div>2</div> <div>8:00 CONTINENTAL BREAKFAST</div> <div>9:00 BEAUTY SALON</div> <div>9:00 ZUMBA GOLD</div> <div>9:30 ESL CLASS</div> <div>10:00 BINGO</div> <div>12:15 ESL CLASS</div> <div>1:30 LINE DANCING</div> <div>11:30 CHICKEN SAUSAGE</div>		<div>3</div> <div>8:00 CONTINENTAL BREAKFAST</div> <div>9:00 BALANCE &amp; CARDIO</div> <div>9:30 ESL CLASS</div> <div>10:00 BINGO</div> <div>12:30 KOREAN CONSULTATION</div> <div>1:00 DANCE</div> <div>2:30 WALKING CLUB</div> <div>11:30 CHEESEBURGER</div>		<div>4</div> <div>8:00 CONTINENTAL BREAKFAST</div> <div>9:00 BEAUTY SALON</div> <div>9:30 KOREAN CITIZENSHIP CLASS</div> <div>9:00 ZUMBA GOLD</div> <div>10:00 BINGO</div> <div>12:15 ESL CLASS</div> <div>1:30 TAI CHI</div> <div>11:30 BARBEQUE CHICKEN</div> <div></div>		<div>5</div> <div>8:00 CONTINENTAL BREAKFAST</div> <div>9:00 BEAUTY SALON</div> <div>9:00 CHAIR YOGA</div> <div>9:30 ESL CLASS</div> <div>9:30 “EAT HEALTHY, BE ACTIVE”</div> <div>10:00 BINGO</div> <div>12:30 CHOIR</div> <div>2:30 WALKING CLUB</div> <div>11:30 VEGAN MEATBALL MARSALA</div>	
<div>8</div> <div>8:00 CONTINENTAL BREAKFAST</div> <div>9:00 BEAUTY SALON</div> <div>9:00 ZUMBA GOLD</div> <div>9:30 ESL CLASS</div> <div>10:00 BINGO</div> <div>12:30 LINE DANCING</div> <div>12:30 THE KNITTING CLUB</div> <div>11:30 LEMON CHICKEN CUTLET</div>		<div>9</div> <div>8:00 CONTINENTAL BREAKFAST</div> <div>9:00 BEAUTY SALON</div> <div>9:00 ZUMBA GOLD</div> <div>9:30 ESL CLASS</div> <div>10:00 BINGO</div> <div>10:00 “HEADS UP SENIORS”</div> <div>12:15 ESL CLASS</div> <div>1:30 LINE DANCING</div> <div>11:30 PORK TENDERLOIN</div>		<div>10</div> <div>8:00 CONTINENTAL BREAKFAST</div> <div>9:00 BALANCE &amp; CARDIO</div> <div>9:30 ESL CLASS</div> <div>10:00 BINGO</div> <div>12:30 KOREAN CONSULTATION</div> <div>1:00 DANCE</div> <div>2:30 WALKING CLUB</div> <div>11:30 TUNA SALAD</div>		<div>11</div> <div>8:00 CONTINENTAL BREAKFAST</div> <div>9:00 BEAUTY SALON</div> <div>9:30 KOREAN CITIZENSHIP CLASS</div> <div>9:00 ZUMBA GOLD</div> <div>10:00 BINGO</div> <div>10:00 “ADVANCED PLANNING”</div> <div>12:15 ESL CLASS</div> <div>1:30 TAI CHI</div> <div>11:30 BEEF TIPS</div>		<div>12</div> <div>8:00 CONTINENTAL BREAKFAST</div> <div>9:00 BEAUTY SALON</div> <div>9:00 CHAIR YOGA</div> <div>9:30 ESL CLASS</div> <div>10:00 BINGO</div> <div>12:30 CHOIR</div> <div>2:30 WALKING CLUB</div> <div>11:30 SLOPPY JOE ON A ROLL</div> <div></div>	
<div>15</div> <div>CENTER CLOSED</div> <div>Martin Luther King Jr. Day</div> <div></div>		<div>16</div> <div>8:00 CONTINENTAL BREAKFAST</div> <div>9:00 BEAUTY SALON</div> <div>9:00 ZUMBA GOLD</div> <div>9:30 ESL CLASS</div> <div>10:00 BINGO</div> <div>10:00 “EATING OATMEAL”</div> <div>12:15 ESL CLASS</div> <div>1:30 LINE DANCING</div> <div>11:30 BARBEQUE CHICKEN</div>		<div>17</div> <div>8:00 CONTINENTAL BREAKFAST</div> <div>9:00 BALANCE &amp; CARDIO</div> <div>9:30 ESL CLASS</div> <div>10:00 BINGO</div> <div>12:30 KOREAN CONSULTATION</div> <div>1:00 DANCE</div> <div>2:30 WALKING CLUB</div> <div>11:30 PULLED PORK</div>		<div>18</div> <div>8:00 CONTINENTAL BREAKFAST</div> <div>9:00 BEAUTY SALON</div> <div>9:30 KOREAN CITIZENSHIP CLASS</div> <div>9:00 ZUMBA GOLD</div> <div>10:00 BINGO</div> <div>10:00 “VISION IN YOUR FUTURE”</div> <div>12:15 ESL CLASS</div> <div>1:30 TAI CHI</div> <div>11:30 TURKEY AND SWISS SANDWICH</div>		<div>19</div> <div>8:00 CONTINENTAL BREAKFAST</div> <div>9:00 BEAUTY SALON</div> <div>9:00 CHAIR YOGA</div> <div>9:30 ESL CLASS</div> <div>10:00 BINGO</div> <div>12:30 CHOIR</div> <div>2:30 WALKING CLUB</div> <div>11:30 BAKED ZITI &amp; MEATBALLS</div>	
<div>22</div> <div>8:00 CONTINENTAL BREAKFAST</div> <div>9:00 BEAUTY SALON</div> <div>9:00 ZUMBA GOLD</div> <div>9:30 ESL CLASS</div> <div>10:00 BINGO</div> <div>12:30 LINE DANCING</div> <div>12:30 THE KNITTING CLUB</div> <div>11:30 BAKED EGG CASSEROLE</div>		<div>23</div> <div>8:00 CONTINENTAL BREAKFAST</div> <div>9:00 BEAUTY SALON</div> <div>9:00 ZUMBA GOLD</div> <div>9:30 ESL CLASS</div> <div>10:00 BINGO</div> <div>12:15 ESL CLASS</div> <div>1:30 LINE DANCING</div> <div>11:30 MEATLOAF</div>		<div>24</div> <div>“BLOOD PRESURE~NURSE OFFICE”</div> <div>8:00 CONTINENTAL BREAKFAST</div> <div>9:00 BALANCE &amp; CARDIO</div> <div>9:30 ESL CLASS</div> <div>10:00 BINGO</div> <div>12:30 KOREAN CONSULTATION</div> <div>1:00 DANCE</div> <div>2:30 WALKING CLUB</div> <div>11:30 SESAME CHICKEN</div>		<div>25</div> <div>8:00 CONTINENTAL BREAKFAST</div> <div>9:00 BEAUTY SALON</div> <div>9:30 KOREAN CITIZENSHIP CLASS</div> <div>9:00 ZUMBA GOLD</div> <div>10:00 BINGO</div> <div>12:15 ESL CLASS</div> <div>1:30 TAI CHI</div> <div>11:30 HAM STEAK</div>		<div>26</div> <div>8:00 CONTINENTAL BREAKFAST</div> <div>9:00 BEAUTY SALON</div> <div>9:00 CHAIR YOGA</div> <div>9:30 ESL CLASS</div> <div>10:00 BINGO</div> <div>12:30 CHOIR</div> <div>2:30 WALKING CLUB</div> <div>11:30 CHICKEN CUTLET</div> <div></div>	
<div>29</div> <div>8:00 CONTINENTAL BREAKFAST</div> <div>9:00 BEAUTY SALON</div> <div>9:00 ZUMBA GOLD</div> <div>9:30 ESL CLASS</div> <div>10:00 BINGO</div> <div>12:30 LINE DANCING</div> <div>12:30 THE KNITTING CLUB</div> <div>11:30 ROAST TURKEY SANDWICH</div>		<div>30</div> <div>8:00 CONTINENTAL BREAKFAST</div> <div>9:00 BEAUTY SALON</div> <div>9:00 ZUMBA GOLD</div> <div>9:30 ESL CLASS</div> <div>10:00 BINGO</div> <div>12:15 ESL CLASS</div> <div>1:30 LINE DANCING</div> <div>11:30 FISH</div>		<div>31</div> <div>8:00 CONTINENTAL BREAKFAST</div> <div>9:00 BALANCE &amp; CARDIO</div> <div>9:30 ESL CLASS</div> <div>10:00 BINGO</div> <div>12:30 KOREAN CONSULTATION</div> <div>1:00 DANCE</div> <div>2:30 WALKING CLUB</div> <div>11:30 EGGPLANT ROLLATINI</div>		<div></div>		<div>147 Hackensack Street</div> <div>East Rutherford, NJ 07073</div> <div>Center Hours: 8:00 - 3:30</div> <div>Suggested Lunch Donation</div> <div>~ \$ 1.25 ~</div>	