

# BERGEN NEW JERSEY *County*

James J. Tedesco III  
County Executive

## BOARD OF COUNTY COMMISSIONERS

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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@bergencountynj.gov](mailto:southwestcenter@bergencountynj.gov)

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  
March 2025



March 3	<b>Total Brain Health : Building Better Brains</b> w/ Agata Halat, Division of Senior Services	10:00AM
March 4, 11, & 18	<b>Workshop: Focus on Flexibility, Range of Motion &amp; Joint Health</b> w/ Chris Carroll, YWCA	12:30PM
March 12 & 26	<b>Wellness Program &amp; Blood Pressure Screenings</b> w/ Bergen County Health Services	9:30AM
March 13	<b>Presentation: Emergency Preparedness File of Life</b> w/ Bill Wright, Bergen New Bridge Medical Center	10:00AM
March 13	<b>Presentation: Emergency Preparedness File of Life</b> <i>Korean ESL Room</i> w/ Bergen New Bridge Medical Center	10:00AM
March 14	<b>Presentation: Healthy Meal Planning</b> w/ Tre Brown, Community Food Bank of NJ	10:00AM
March 17	<b>St. Patrick's Day Breakfast!</b>	9:00AM
March 18	<b>Presentation: Poison Safety, A Matter of Life and Death</b> w/ Danille Bartsch, NJ Poison Center	9:30AM
March 20	<b>Around the County: Passport Services &amp; Golden Key Cards for Seniors</b> w/ Bergen County Clerk's Office	10:00AM
March 27	<b>Senior Planet</b> <b>Registration Required</b> 201-935-8920 or Sign up in the office	10:00AM

## SPRING LUNCHEON

JOIN US FOR FOOD AND MUSIC ON  
SUNDAY, APRIL 20, 2025  
10:00AM - 2:00PM










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

Kindly RSVP with your Senior Activity Center Director

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><b>3</b> 9:00 ZUMBA GOLD TONING 9:30 ESL CLASS <b>10:00 TOTAL BRAIN HEALTH</b> 10:00 BINGO 10:00 MANICURES BY CINDY 12:15 CRAFT CLASS 1:30 LINE DANCING</p> <p style="text-align: center;"><b>Roast Turkey w/ Gravy</b></p>	<p><b>4</b> 9:00 BEAUTY SALON 9:00 ZUMBA GOLD 9:30 ESL CLASS 10:00 BINGO 12:15 ESL CLASS <b>12:30 WORKSHOP: JOINT HEALTH</b> 1:30 LINE DANCING</p>  <p style="text-align: center;"><b>Stuffed Cabbage</b></p>	<p><b>5</b> 9:00 STRENGTH TRAINING 9:30 ESL CLASS 10:00 BINGO 12:30 KOREAN CONSULTATION 1:00 WATERCOLOR CLASS 1:00 LINE DANCING</p> <p style="text-align: center;"><b>Spinach Quiche</b></p>	<p><b>6</b> 9:00 BEAUTY SALON 9:30 KOREAN CITIZENSHIP CLASS 9:00 ZUMBA GOLD 10:00 BINGO 12:15 ESL CLASS 1:15 TAI CHI</p> <p style="text-align: center;"><b>Korean BBQ Chicken Leg</b></p>	<p><b>7</b> 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 style="text-align: center;"><b>Breaded Fish Filet</b></p>
<p><b>10</b> 9:00 ZUMBA GOLD TONING 9:30 ESL CLASS 10:00 BINGO 10:00 MANICURES BY CINDY 12:15 CRAFT CLASS 1:30 LINE DANCING</p> <p style="text-align: center;"><b>Salisbury Steak w/ Mushroom Gravy</b></p>	<p><b>11</b> 9:00 BEAUTY SALON 9:00 ZUMBA GOLD 9:30 ESL CLASS 10:00 BINGO 12:15 ESL CLASS <b>12:30 WORKSHOP: JOINT HEALTH</b> 1:30 LINE DANCING</p>  <p style="text-align: center;"><b>Chef Salad</b></p>	<p><b>12</b> 9:00 STRENGTH TRAINING 9:30 ESL CLASS <b>9:30 BLOOD PRESSURE SCREENINGS</b> 10:00 BINGO 12:30 KOREAN CONSULTATION 1:00 WATERCOLOR CLASS 1:00 LINE DANCING</p> <p style="text-align: center;"><b>Chicken Florentine</b></p>	<p><b>13</b> 9:00 BEAUTY SALON 9:30 KOREAN CITIZENSHIP CLASS 9:00 ZUMBA GOLD <b>10:00 PRESENTATION: EMERGENCY PREPAREDNESS</b> 10:00 BINGO 12:15 ESL CLASS 1:15 TAI CHI</p>  <p style="text-align: center;"><b>Roast Turkey &amp; Swiss</b></p>	<p><b>14</b> 9:00 BEAUTY SALON 9:00 CHAIR YOGA 9:30 ESL CLASS <b>10:00 PRESENTATION: HEALTHY MEAL PLANNING</b> 10:00 BINGO 12:30 CHOIR 1:30 KOREAN SOCIAL CIRCLE</p> <p style="text-align: center;"><b>Eggplant Parmesan</b></p>
<p><b>17</b> <b>9:00 SAINT PATRICK'S DAY BREAKFAST</b> 9:00 ZUMBA GOLD TONING 9:30 ESL CLASS 10:00 BINGO 10:00 MANICURES BY CINDY 12:15 CRAFT CLASS 1:30 LINE DANCING</p> <p style="text-align: center;"><b>Corned Beef</b></p>	<p><b>18</b> 9:00 BEAUTY SALON 9:00 ZUMBA GOLD <b>9:30 PRESENTATION: POISON SAFETY</b> 9:30 ESL CLASS 10:00 BINGO 12:15 ESL CLASS <b>12:30 WORKSHOP: JOINT HEALTH</b> 1:30 LINE DANCING</p> <p style="text-align: center;"><b>Pork Tenderloin w/ Gravy</b></p>	<p><b>19</b> 9:00 STRENGTH TRAINING 9:30 ESL CLASS 10:00 BINGO 12:30 KOREAN CONSULTATION 1:00 WATERCOLOR CLASS 1:00 LINE DANCING</p> <p style="text-align: center;"><b>Chicken Parmesan</b></p>	<p><b>20</b> 9:00 BEAUTY SALON 9:30 KOREAN CITIZENSHIP CLASS 9:00 ZUMBA GOLD <b>10:00 PASSPORT SERVICES</b> 10:00 BINGO 12:15 ESL CLASS 1:15 TAI CHI</p> <p style="text-align: center;"><b>Fish Filet w/ Lemon Sauce</b></p>	<p><b>21</b> 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 style="text-align: center;"><b>Tuna Noodle Salad</b></p>
<p><b>24</b> 9:00 ZUMBA GOLD TONING 9:30 ESL CLASS 10:00 BINGO 10:00 MANICURES BY CINDY 12:15 CRAFT CLASS 1:30 LINE DANCING</p> <p style="text-align: center;"><b>Homestyle Meatloaf w/ Gravy</b></p>	<p><b>25</b> 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 style="text-align: center;"><b>Stuffed Shells</b></p>	<p><b>26</b> 9:00 STRENGTH TRAINING <b>9:30 BLOOD PRESSURE SCREENINGS</b> 9:30 ESL CLASS 10:00 BINGO 12:30 KOREAN CONSULTATION 1:00 WATERCOLOR CLASS 1:00 LINE DANCING</p> <p style="text-align: center;"><b>Beef Stir Fry</b></p>	<p><b>27</b> 9:00 BEAUTY SALON 9:30 KOREAN CITIZENSHIP CLASS 9:00 ZUMBA GOLD 10:00 BINGO <b>10:00 SENIOR PLANET</b> 12:15 ESL CLASS 1:15 TAI CHI</p>  <p style="text-align: center;"><b>Herb Roasted Chicken Leg</b></p>	<p><b>28</b> 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 style="text-align: center;"><b>Egg Salad Platter</b></p>
<p><b>31</b> 9:00 ZUMBA GOLD TONING 9:30 ESL CLASS 10:00 BINGO 10:00 MANICURES BY CINDY 12:15 CRAFT CLASS 1:30 LINE DANCING</p> <p style="text-align: center;"><b>Stuffed Peppers</b></p>	<p style="text-align: center;"><b>St. Patrick's Day Breakfast</b> Monday, March 17 at 9:00am</p> <p style="text-align: center;"><i>Green Bagels, donuts and pastries!</i></p> <p style="text-align: center;"><b>Registration Required:</b> <i>Sign up in office or call (201) 935-8920</i></p>	<p style="text-align: center;"><b>*HAPPY ST. PATRICK'S DAY*</b></p> 	<p style="text-align: center;"><b>Continental Breakfast</b></p> <p style="text-align: center;">Served Daily Monday -Friday 8:00 am-10:00 am</p> 	<p style="text-align: center;"><b>Suggested Lunch Donation:</b> <b>\$1.25 Per Meal</b> Please reserve lunch by 11:30 AM the day before</p> <p style="text-align: center;"><b>Lunch will Be Served at 11:30 Daily</b></p>