

BERGEN NEW JERSEY *County*

James J. Tedesco III
County Executive

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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, Director
147 Hackensack Street
East Rutherford, NJ, 07073
Phone: (201) 935-8920 • Fax (201) 935-8851

southwestcenter@bergencountynj.gov

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
December 2024



DECEMBER	3	Protecting Yourself Against Shingles . . . ~ Bergen County Dept. of Health Services	10:00 AM
DECEMBER	10	Brain Fitness . . . by Corrine McCarthy ~ Bergen County Senior Services	10:00 AM
DECEMBER	12	"Holiday Party !!" . . . "All Day Party!" ~ Entertainment by D.J. Scott	ALL DAY
DECEMBER	12	Holiday Performance . . . by the "Happy Days Choir" ~ Southwest Senior Activity Center	12:00 PM
DECEMBER	13	WISE Program . . . by Rosemary Marchetto ~ The Center for Alcohol and Drug Resources	9:30 AM
DECEMBER	16	The Internet at a Glance . . . Senior Planet ~ Health Office, the Southwest Senior Activity Center	9:00 AM
DECEMBER	17	Total Brain Health . . . Building Better Brains ~ Agata Halat, Division of Senior Services	10:00 AM
DECEMBER	19	Common Skin Disorders . . . ~ Bergen County Dept. of Health Services	10:00 AM
DECEMBER	26	Kwanzaa Begins . . . Joyous Kwanzaa!!	ALL DAY

Please Note Center will be closed Wednesday, January 1, 2025

Holiday Luncheon

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

Wednesday, December 25, 2024
10:00 AM - 2:00 PM

To RSVP call 973-478-0502 or email seniors@bergencountynj.gov



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>2</p> <p>9:00 ZUMBA GOLD TONING 9:30 ESL CLASS 10:00 BINGO 10:00 MANICURES BY CINDY 12:30 LINE DANCING 2:00 DIAMOND ART</p> <p style="text-align: center;">Turkey & Bean Chili</p>	<p>3</p> <p>9:00 BEAUTY SALON 9:00 ZUMBA GOLD 9:30 ESL CLASS 10:00 "SHINGLES" 10:00 BINGO 12:15 ESL CLASS 1:30 LINE DANCING</p>  <p style="text-align: center;">Eggplant Rollatini</p>	<p>4</p> <p>9:00 STRENGTH TRAINING 9:30 ESL CLASS 10:00 BINGO 12:30 KOREAN CONSULTATION 1:00 WATERCOLOR CLASS</p> <p style="text-align: center;">Chicken Piccata</p>	<p>5</p> <p>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;">Pork Loin</p>	<p>6</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 style="text-align: center;">Egg Salad Platter</p>
<p>9</p> <p>9:00 ZUMBA GOLD TONING 9:30 ESL CLASS 10:00 BINGO 10:00 MANICURES BY CINDY 12:30 LINE DANCING 2:00 DIAMOND ART</p>  <p style="text-align: center;">Cheeseburger</p>	<p>10</p> <p>9:00 BEAUTY SALON 9:00 ZUMBA GOLD 9:30 ESL CLASS 10:00 "BRAIN FITNESS" 10:00 BINGO 12:15 ESL CLASS 1:30 LINE DANCING</p>  <p style="text-align: center;">Barbeque Chicken Leg</p>	<p>11</p> <p>9:00 STRENGTH TRAINING 9:30 ESL CLASS 10:00 BINGO 12:30 KOREAN CONSULTATION 1:00 WATERCOLOR CLASS</p> <p style="text-align: center;">Salisbury Steak</p>	<p>12</p> <p style="text-align: center;">"HOLIDAY PARTY !!"</p> 	<p>13</p> <p>9:00 BEAUTY SALON 9:00 CHAIR YOGA 9:30 ESL CLASS 9:30 "WISE PROGRAM" 10:00 BINGO 12:30 CHOIR 1:30 KOREAN SOCIAL CIRCLE</p> <p style="text-align: center;">Balsamic Chicken and Peppers</p>
<p>16</p> <p>9:00 ZUMBA GOLD TONING 9:00 "SENIOR PLANET" 9:30 ESL CLASS 10:00 BINGO 10:00 MANICURES BY CINDY 12:30 LINE DANCING 2:00 DIAMOND ART</p> <p style="text-align: center;">Turkey & Swiss Sandwich</p>	<p>17</p> <p>9:00 BEAUTY SALON 9:00 ZUMBA GOLD 9:30 ESL CLASS 10:00 "TOTAL BRAIN HEALTH" 10:00 BINGO 12:15 ESL CLASS 1:30 LINE DANCING</p>  <p style="text-align: center;">Italian Meatballs</p>	<p>18</p> <p>9:00 STRENGTH TRAINING 9:30 ESL CLASS 10:00 BINGO 12:30 KOREAN CONSULTATION 1:00 WATERCOLOR CLASS</p> <p style="text-align: center;">Cheese Omelet</p>	<p>19</p> <p>9:00 BEAUTY SALON 9:30 KOREAN CITIZENSHIP CLASS 9:00 ZUMBA GOLD 10:00 "COMMON SKIN DISORDERS" 10:00 BINGO 12:15 ESL CLASS 1:15 TAI CHI</p> <p style="text-align: center;">Chicken Florentine</p>	<p>20</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 style="text-align: center;">Chicken Marsala</p>
<p>23</p> <p>9:00 ZUMBA GOLD TONING 9:30 ESL CLASS 10:00 BINGO 10:00 MANICURES BY CINDY 12:30 LINE DANCING 2:00 DIAMOND ART</p> <p style="text-align: center;">Lemon Fish</p>	<p>24</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 style="text-align: center;">Stuffed Cabbage</p>	<p>25</p>  <p style="text-align: center;">Center Closed Holiday Luncheon Garfield Senior Center 10am-2pm</p>	<p>26</p> <p>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;">Chicken Fettuccini Alfredo</p>	<p>27</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 style="text-align: center;">Homestyle Meatloaf</p>
<p>30</p> <p>9:00 ZUMBA GOLD TONING 9:30 ESL CLASS 10:00 BINGO 10:00 MANICURES BY CINDY 12:30 LINE DANCING 2:00 DIAMOND ART</p> <p style="text-align: center;">Tuna Salad Platter</p>	<p>31</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 style="text-align: center;">Roasted Chicken Leg</p>	 <p style="text-align: center;">Happy Holidays</p>	<p style="text-align: center;">Continental Breakfast</p> <p style="text-align: center;">Served Daily Monday through Friday</p> <p style="text-align: center;">8:00—10:00</p> 	<p style="text-align: center;">Suggested Lunch Donation: \$1.25 Per Meal Please reserve lunch by 11:30 AM the day before</p> <p style="text-align: center;">Lunch will Be Served at 11:30 Daily</p>