

SOUTHWEST SENIOR ACTIVITY CENTER

Heleyne Trent, Center Director



DECEMBER

(201) 935-8920

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>2 9:00 ESL CLASS 9:00 BEAUTY SALON 9:30 YOGA 10:30 BINGO 12:30 ESL CLASS 1:00 BEGINNER LINE DANCING</p> <p>12:00 CHICKEN PICATTA</p>	<p>3 8:45 ZUMBA GOLD 9:00 ESL CLASS 9:00 BEAUTY SALON 10:00 BINGO 10:00 KOREAN CONSULTATION 12:30 ESL CLASS 1:00 STRENGTH TRAINING</p> <p>11:30 SALISBURY STEAK</p>	<p>4 8:45 STRETCH & FLEX 9:00 ESL CLASS 10:00 BINGO 12:30 ESL CLASS 12:30 ADVANCED LINE DANCING 1:00 CARDS & GAMES</p> <p>11:30 LEMON FISH</p>	<p>5 8:45 ZUMBA GOLD 9:00 BEAUTY SALON 9:00 KOREAN CITIZENSHIP CLASS 10:00 BINGO 12:30 ESL CLASS 1:00 TAI CHI 1:30 BELLY DANCING</p> <p>11:30 CHICKEN SALAD</p>	<p>6 9:00 AEROBIC FUN FITNESS 9:00 BEAUTY SALON 9:00 ESL CLASS 10:00 BINGO 12:30 FOOD SHOPPING 1:00 SOUTHWEST CHOIR</p> <p>11:30 VEGETABLE LASAGNA</p>
<p>9 9:00 ESL CLASS 9:00 BEAUTY SALON 9:30 YOGA 10:30 BINGO 12:30 ESL CLASS 1:00 BEGINNER LINE DANCING</p> <p>12:00 FISH SANDWICH</p>	<p>10 8:45 ZUMBA GOLD 9:00 ESL CLASS 9:00 BEAUTY SALON 10:00 BINGO 10:00 KOREAN CONSULTATION 12:30 ESL CLASS 1:00 STRENGTH TRAINING</p> <p>11:30 ROAST PORK</p>	<p>11 8:45 STRETCH & FLEX 9:00 ESL CLASS 10:00 BINGO 12:30 ESL CLASS 12:30 ADVANCED LINE DANCING 1:00 CARDS & GAMES</p> <p>11:30 EGGPLANT ROLLATINI</p>	<p>12 8:45 ZUMBA GOLD 9:00 BEAUTY SALON 9:00 KOREAN CITIZENSHIP CLASS 10:00 BINGO 12:30 ESL CLASS 1:00 TAI CHI 1:30 BELLY DANCING</p> <p>11:30 MEATLOAF</p>	<p>13 9:00 AEROBIC FUN FITNESS 9:00 BEAUTY SALON 9:00 ESL CLASS 10:00 BINGO 12:30 FOOD SHOPPING 1:00 SOUTHWEST CHOIR</p> <p>11:30 CHICKEN SCAMPI</p> 
<p>16 9:00 ESL CLASS 9:00 BEAUTY SALON 9:30 YOGA 10:30 BINGO 12:30 ESL CLASS 1:00 BEGINNER LINE DANCING</p> <p>12:00 ROAST TURKEY</p>	<p>17 HOLIDAY PARTY!!</p> 	<p>18 8:45 STRETCH & FLEX 9:00 ESL CLASS 10:00 BINGO 12:30 ESL CLASS 12:30 ADVANCED LINE DANCING 1:00 CARDS & GAMES</p> <p>11:30 HAMBURGER</p>	<p>19 8:45 ZUMBA GOLD 9:00 BEAUTY SALON 9:00 KOREAN CITIZENSHIP CLASS 10:00 BINGO 12:30 ESL CLASS 1:00 TAI CHI 1:30 BELLY DANCING</p> <p>11:30 HAWAIIAN PORK</p>	<p>20 9:00 AEROBIC FUN FITNESS 9:00 BEAUTY SALON 9:00 ESL CLASS 10:00 BINGO 12:30 FOOD SHOPPING 1:00 SOUTHWEST CHOIR</p> <p>11:30 BAKED LEMON FISH</p> 
<p>23 9:00 ESL CLASS 9:00 BEAUTY SALON 9:30 YOGA 10:30 BINGO 12:30 ESL CLASS 1:00 BEGINNER LINE DANCING</p> <p>12:00 SWEET & SOUR MEATBALLS</p>	<p>24 9:00 ZUMBA GOLD 9:00 ESL CLASS 9:00 BEAUTY SALON 10:00 BINGO 10:00 KOREAN 1:00 STRENGTH TRAINING</p> <p>11:30 TUNA SALAD 8:45 ZUMBA GOLD</p>	<p>25 Merry Christmas</p> 	<p>26 8:45 ZUMBA GOLD 9:00 BEAUTY SALON 9:00 KOREAN CITIZENSHIP CLASS 10:00 BINGO 12:30 ESL CLASS 1:00 TAI CHI 1:30 BELLY DANCING</p> <p>11:30 ROASTED CHICKEN</p>	<p>27 9:00 AEROBIC FUN FITNESS 9:00 BEAUTY SALON 9:00 ESL CLASS 10:00 BINGO 12:30 FOOD SHOPPING 1:00 SOUTHWEST CHOIR</p> <p>11:30 BEEF RIBLET</p>
<p>30 9:00 ESL CLASS 9:00 BEAUTY SALON 9:30 YOGA 10:30 BINGO 12:30 ESL CLASS 1:00 BEGINNER LINE DANCING</p> <p>12:00 PORK CHOP</p>	<p>31 8:45 ZUMBA GOLD 9:00 ESL CLASS 9:00 BEAUTY SALON 10:00 BINGO 10:00 KOREAN CONSULTATION 12:30 ESL CLASS 1:00 STRENGTH TRAINING</p> <p>11:30 CHEESE OMELET</p>		<p>147 Hackensack Street East Rutherford, NJ 07073</p> <p>Center Hours: 8:00 - 3:30</p> <p>Suggested Lunch Donation ~ \$ 1.25 ~</p>	

BERGEN NEW JERSEY County

James J. Tedesco III
Bergen County Executive

Board of Chosen Freeholders

Germaine M. Ortiz
Chairwoman
Mary J. Amoroso
Vice Chairwoman
Joan M. Voss
Chair Pro Tempore

David L. Ganz
Thomas J. Sullivan
Steven A. Tanelli
Tracy Silna Zur

Department of Human Services

Melissa DeBartolo, Esq.
Acting Department 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 on Disability Services
201-336-6500

Bergen County
Board of Social Services
201-368-4200

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



December ~ 2019

Wishing all of our Participants and their Families
a very Happy, Healthy and Joyous Holiday Season!!



Introducing a New Class!!
Tai Chi ~ Every Thursday

** Known for health benefits, meditation,
relieving stress, & balance ~ Instructor Adele Harris



DEC 17: Annual Holiday Party!! ~ "All Day Party"
~ Entertainment by "D.J. Nick"
~ Southwest Senior Activity Center



8:00

DEC 17: Special Holiday Performance by our Southwest Choir
~ Southwest Senior Activity Center



DEC 22: Hanukkah Begins at Sundown

DEC 25: Christmas Day!! . . Merry Christmas To All
~ Southwest Senior Activity Center Closed

DEC 25: Christmas Day Dinner ~ Reservations ~ (973)478-0502
~ Garfield Senior Center, 480 Midland Ave

10:00

DEC 26: Kwanzaa Begins. . .



Bergen County Division of Senior Services supports & promotes diverse & inclusive communities, & 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

SOUTHWEST SENIOR ACTIVITY CENTER

147 Hackensack Street
East Rutherford, NJ 07073
Phone: (201) 935-8920 • Fax: (201) 935-8851
Open: Monday - Friday, 8:00 AM - 3:30 PM
SouthWestCenter@co.bergen.nj.us



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