

# SOUTHWEST SENIOR ACTIVITY CENTER

Heleyne Trent, Center Director

MAY



(201) 935-8920

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

<p>147 Hackensack Street East Rutherford, NJ 07073</p> <p>Center Hours: 8:00 - 3:30</p> <p>Suggested Lunch Donation ~ \$ 1.25 ~</p>		<p>1</p> <p>8:45 STRETCH &amp; FLEX 9:00 ESL CLASS 10:00 BINGO 12:30 ESL CLASS 12:30 ADVANCED LINE DANCING</p> <p>11:30 BAKED FISH</p>	<p>2</p> <p>8:45 ZUMBA GOLD 9:00 BEAUTY SALON 9:00 KOREAN CITIZENSHIP CLASS 10:00 BINGO 10:00 KOREAN CONSULTATION 12:30 ESL CLASS 1:30 BELLY DANCING</p> <p>11:30 PORK CHOP</p>	<p>3</p> <p>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 TURKEY CHILI</p>
<p>6</p> <p>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 AND CHIPS</p>	<p>7</p> <p>8:45 ZUMBA GOLD 9:00 ESL CLASS 10:00 BINGO 10:00 KOREAN CONSULTATION 12:30 ESL CLASS 1:00 STRENGTH TRAINING</p> <p>11:30 ZITI &amp; MEATBALLS</p>	<p>8</p> <p>8:45 STRETCH &amp; FLEX 9:00 ESL CLASS 10:00 BINGO 11:00 "EATING RIGHT" 12:30 ESL CLASS 12:30 ADVANCED LINE DANCING</p> <p>11:30 CHICKEN SALAD</p>	<p>9</p> <p>8:45 ZUMBA GOLD 9:00 BEAUTY SALON 9:00 KOREAN CITIZENSHIP CLASS 10:00 BINGO MEDICARE FRAUD 10:00 KOREAN CONSULTATION 12:30 ESL CLASS 1:30 BELLY DANCING</p> <p>11:30 ROAST TURKEY</p>	<p>10</p> <p>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 FAJITAS</p>
<p>13</p> <p>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 OMELET &amp; SAUSAGE</p>	<p>14</p> <p>8:45 ZUMBA GOLD 9:00 ESL CLASS 10:00 BINGO 10:00 KOREAN CONSULTATION 12:30 ESL CLASS 1:00 STRENGTH TRAINING</p> <p>11:30 CHICKEN MILANESE</p>	<p>15</p> <p>8:45 STRETCH &amp; FLEX 9:00 ESL CLASS 10:00 BINGO 12:30 ESL CLASS 12:30 ADVANCED LINE DANCING</p> <p>11:30 SALISBURY STEAK</p>	<p>16</p> <p>FITNESS DAY</p>	<p>17</p> <p>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 FISH</p>
<p>20</p> <p>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 SCAMPI</p>	<p>21</p> <p>8:45 ZUMBA GOLD 9:00 ESL CLASS 10:00 BINGO 10:00 KOREAN CONSULTATION 12:30 ESL CLASS 1:00 STRENGTH TRAINING</p> <p>11:30 ROAST BEEF</p>	<p>22</p> <p>8:45 STRETCH &amp; FLEX 9:00 ESL CLASS 10:00 BINGO 12:30 ESL CLASS 12:30 ADVANCED LINE DANCING</p> <p>11:30 ZITI &amp; SAUSAGE</p>	<p>23</p> <p>8:45 ZUMBA GOLD 9:00 BEAUTY SALON 9:00 KOREAN CITIZENSHIP CLASS 10:00 BINGO 10:00 KOREAN CONSULTATION 12:30 ESL CLASS 1:30 BELLY DANCING</p> <p>11:30 CHICKEN &amp; BROCCOLI</p>	<p>24</p> <p>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 HAMBURGER</p>
<p>27</p>	<p>28</p> <p>8:45 ZUMBA GOLD 9:00 ESL CLASS 10:00 BINGO 10:00 KOREAN CONSULTATION 12:30 ESL CLASS 1:00 STRENGTH TRAINING</p> <p>11:30 PARMESAN FISH</p>	<p>29</p> <p>8:45 STRETCH &amp; FLEX 9:00 ESL CLASS 10:00 BINGO 12:30 ESL CLASS 12:30 ADVANCED LINE DANCING</p> <p>11:30 ROAST TURKEY</p>	<p>30</p> <p>8:45 ZUMBA GOLD 9:00 BEAUTY SALON 9:00 KOREAN CITIZENSHIP CLASS 10:00 BINGO 10:00 KOREAN CONSULTATION 12:30 ESL CLASS 1:30 BELLY DANCING</p> <p>11:30 EGGPLANT ROLLATINI</p>	<p>31</p> <p>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 HAWAIIAN CHICKEN</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

**Michael V. Bellucci**  
Acting 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

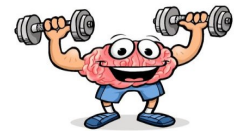
**SOUTHWEST SENIOR ACTIVITY CENTER**  
Bergen County Department of Human Services  
Division of Senior Services/ADRC  
**MAY ~ 2019**

## Older Americans Month



**STRENGTH TRAINING FOR SENIORS!**  
Weights and resistance bands  
Every Tuesday ~ Lucy Bates, Instructor

- |     |     |   |       |
|-----|-----|---|-------|
| MAY | 2:  | Public Hearing ~ Needs of Older Adults in Bergen County<br>~ County Administration Building<br>~ One Bergen County Plaza, 5th Floor | 9:00  |
| MAY | 2:  | Caption Call Phone. . . by Rick Sousa<br>~ Southwest Senior Activity Center   | 10:00 |
| MAY | 8:  | Eating Right For Older Adults. . .<br>~ by MaryAnn Broadwell, RD<br>~ Division of Senior Services, Hackensack                       | 11:00 |
| MAY | 9:  | Medicare Fraud . . . by Angela Ellerbe<br>~ Senior Medicare Patrol of NJ  | 10:00 |
| MAY | 16: | Fitness Day Open House! . . .reservations -(201) 935-8920<br>~ Southwest Senior Activity Center                                     | 9:00  |
| MAY | 27: | Memorial Day Observance . . .<br>~ Southwest Senior Activity Center Closed  |       |



*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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Heleyne Trent, Center Director

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