

SOUTHWEST SENIOR ACTIVITY CENTER

Heleyne Trent, Center Director



JULY



(201) 935-8920

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>1 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>2 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 FISH AND CHIPS</p>	<p>3 8:45 STRETCH & FLEX 9:00 ESL CLASS 10:00 BINGO 12:30 ESL CLASS 12:30 ADVANCED LINE DANCING 1:00 ~ "ICE CREAM PARTY!!" 11:30 HOT DOGS</p>	<p>4 JULY 4th  9:00 BEAUTY SALON 10:00 BINGO 12:30 ESL CLASS 12:30 ADVANCED LINE DANCING 1:00 ~ "ICE CREAM PARTY!!" 11:30 HOT DOGS</p>	<p>5 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 CORDON BLEU</p>
<p>8 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 EGGPLANT ROLLATINI</p> 	<p>9 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 HAWAIIAN CHICKEN</p>	<p>10 8:45 STRETCH & FLEX 9:00 ESL CLASS 10:00 BINGO 12:30 ESL CLASS 12:30 ADVANCED LINE DANCING</p> <p>11:30 FISH</p>	<p>11 8:45 ZUMBA GOLD 9:00 BEAUTY SALON 9:00 KOREAN CITIZENSHIP CLASS 10:00 BINGO/ "ALZHEIMERS" 10:00 KOREAN CONSULTATION 12:30 ESL CLASS 1:30 BELLY DANCING 11:30 MEATLOAF</p>	<p>12 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 PENNE WITH RICOTTA</p> 
<p>15 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 PICCATA</p> 	<p>16 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 RIGATONI BOLOGNESE</p>	<p>17 8:45 STRETCH & FLEX 9:00 ESL CLASS 10:00 BINGO/ "SCAMS/FRAUDS" 12:30 ESL CLASS 12:30 ADVANCED LINE DANCING</p> <p>11:30 BARBEQUE RIBS</p> 	<p>18 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 11:30 FLOUNDER FILET</p>	<p>19 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 MEATBALLS</p>
<p>22 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 MEAT LASAGNA</p> 	<p>23 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 PORK CHOP</p>	<p>24 8:45 STRETCH & FLEX 9:00 ESL CLASS 10:00 BINGO 12:30 ESL CLASS 12:30 ADVANCED LINE DANCING</p> <p>11:30 CHICKEN SALAD</p>	<p>25 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 11:30 TURKEY BURGER</p>	<p>26 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>29 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 BEEF</p>	<p>30 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 TUNA SALAD</p>	<p>31 8:45 STRETCH & FLEX 9:00 ESL CLASS 10:00 BINGO 12:30 ESL CLASS 12:30 ADVANCED LINE DANCING</p> <p>11:30 PENNE & MEATBALLS</p>	<p>Summer Fun </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
JULY ~ 2019 National Ice Cream Month



STRENGTH TRAINING FOR SENIORS!

Weights and resistance bands
Every Tuesday ~ Lucy Bates, Instructor 1:00

~ Computer Lessons ~

Every Thursday, starting July 11 through August
Learn E-mail, Social Media, and Smart phones

- | | | | |
|------|-----|---|-------|
| JULY | 3: | 4th of July Ice Cream Party!!
~ Southwest Senior Activity Center | 1:00 |
| JULY | 4: | Independence Day !! . . .
~ Southwest Senior Activity Center Closed | |
| JULY | 11: | Warning signs of Alzheimer's. . .by Cary Lopez
~ Act Now Foundation, Dementia Center | 10:00 |
| JULY | 17: | Staying Alert: Scams and Frauds Targeting Seniors . . .
~ by Denis Niland, Investigator
~ Bergen County Consumer Affairs, Paramus | 10:00 |
| JULY | 25: | Creating with Clay. . . Pottery Program for Seniors
~ Southwest Senior Activity Center | 1:00 |



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



147 Hackensack Street • East Rutherford, NJ 07073

Phone: (201) 935-8920 • Fax: (201) 935-8851

SouthWestCenter@co.bergen.nj.us

Heleyne Trent, Center Director

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