

# SOUTHWEST SENIOR ACTIVITY CENTER

Heleyne Trent, Center Director



## FEBRUARY



(201) 935-8920

### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

<p>3 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><b>12:00 VEGETABLE LASAGNA</b></p>	<p>4 8:45 AEROBICS 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><b>11:30 CHICKEN SALAD</b></p>	<p>5 8:45 STRETCH &amp; FLEX 9:00 ESL CLASS 10:00 BINGO 12:30 ESL CLASS 12:30 ADVANCED LINE DANCING 1:00 CARDS &amp; GAMES</p> <p><b>11:30 BBQ BEEF SANDWICH</b></p>	<p>6 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><b>11:30 HAWAIIAN CHICKEN</b></p>	<p>7 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><b>11:30 MARSALA MEATBALLS</b></p>	
<p>10 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><b>12:00 CHEESE OMELET</b></p>	<p>11 8:45 AEROBICS 9:00 ESL CLASS 9:00 BEAUTY SALON 10:00 BINGO 10:00 KOREAN CONSULTATION 12:30 ESL CLASS <b>1:00 "BINGO BASH!!"</b> <b>11:30 CHICKEN SCAMPI</b></p>	<p>12 8:45 STRETCH &amp; FLEX 9:00 ESL CLASS 10:00 BINGO 12:30 ESL CLASS 12:30 ADVANCED LINE DANCING 1:00 CARDS &amp; GAMES</p> <p><b>11:30 MEAT LASAGNA</b></p>	<p>13 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><b>11:30 PORK CHOP</b></p>	<p>14 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><b>11:30 CHICKEN PARMESAN</b></p> 	
<p>17  <b>Presidents' Day</b></p>	<p>18 8:45 AEROBICS 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><b>11:30 PHILLY STEAK SANDWICH</b></p>	<p>19 8:45 STRETCH &amp; FLEX 9:00 ESL CLASS 10:00 BINGO 12:30 ESL CLASS 12:30 ADVANCED LINE DANCING 1:00 CARDS &amp; GAMES</p> <p><b>11:30 CHICKEN CHIPOTLE</b></p>	<p>20 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><b>11:30 RIGATONI BEEF BOLOGNESE</b></p>	<p>21 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><b>11:30 VEGETABLE ROTINI SALAD</b></p>	
<p>24 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><b>12:00 ROAST PORK</b></p>	<p>25 9:00 AEROBICS 9:00 ESL CLASS 9:00 BEAUTY SALON 10:00 BINGO 10:00 KOREAN 1:00 STRENGTH TRAINING</p> <p><b>11:30 STUFFED CABBAGE</b></p>	<p>26 8:45 STRETCH &amp; FLEX 9:00 ESL CLASS 10:00 BINGO 12:30 ESL CLASS 12:30 ADVANCED LINE DANCING 1:00 CARDS &amp; GAMES</p> <p><b>11:30 PENNE PASTA &amp; RICOTTA</b></p>	<p>27 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><b>11:30 ROAST BEEF</b></p>	<p>28 9:00 AEROBIC FUN FITNESS 9:00 BEAUTY SALON 9:00 ESL CLASS 10:00 BINGO 12:30 FOOD SHOPPING 1:00</p> <p><b>11:30 EGGPLANT ROLLATINI</b></p> 	
  <p><i>"Be Our Valentine!!"</i> Valentine Bingo Bash !! Tuesday, February 11 ~ 1:00 Special Pizza Lunch Reservations ~ (201) 935-8920</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

And the  
**Board of Chosen Freeholders**

**Mary J. Amoroso**  
Chairwoman

**Dr. Joan M. Voss**  
Vice Chairwoman

**Steven A. Tanelli**  
Chair Pro Tempore

**David L. Ganz**  
**Germaine M. Ortiz**  
**Thomas J. Sullivan**  
**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

The Southwest Senior Center activities & programs are funded by BC Senior Services through the Older Americans Act & are available at no charge for BC Residents 60 years & over

**FEBRUARY ~ 2020**

**HEALTHY HEART MONTH**



**Introducing a New Class!!**  
**Tai Chi ~ Every Thursday**

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



**Social Services Outreach (English & Korean)**  
Every Tuesday ~ Appointments ~ (201) 935-8920

- |      |     |  |       |
|------|-----|--|-------|
| FEB  | 6:  | Balance & Dizziness & Fall Prevention...<br>~ By Paul Han, Vestibular Specialist<br>~ Balance & Dizziness Center, Palisades Park | 10:00 |
| FEB- | 11: | Valentine Bingo Bash!!~ "Be Our Valentine!!"<br>~ special pizza lunch!!<br>~ Southwest Senior Activity Center                    | 1:00  |
| FEB  | 13: | Dementia vs. Alzheimer's. . .by James Park<br>~ HB Pharmacy, North Arlington   | 10:00 |
| FEB  | 17: | President's Day. . .<br>~ Southwest Senior Activity Center Closed  |       |



**~ UPCOMING ~**

**March 12 ~ St. Patrick's Day Party!!**  
**"D.J. Nick, Dancing, Raffles, & Giant Morning Bingo"**

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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