

# SOUTHWEST SENIOR ACTIVITY CENTER

Heleyne Trent, Center Director



MARCH



(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><b>12:00 CHICKEN FLORENTINE</b></p>	<p>3 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 EGGPLANT ROLLATINI</b></p>	<p>4 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 SALAD</b></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><b>11:30 MEATLOAF</b></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><b>11:30 TUNA &amp; PASTA SALAD</b></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><b>12:00 BARBEQUE RIBLET</b></p>	<p>10 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 PICATTA</b></p>	<p>11 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 HAMBURGER</b></p>	<p>12 <b>St. Patrick's Party</b> </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><b>11:30 POTATO CRUSTED FISH</b></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><b>12:00 ROAST BEEF</b></p>	<p>17 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 CORNED BEEF</b></p>	<p>18 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 SAUSAGE</b></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><b>11:30 ROAST TURKEY</b></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><b>11:30 VEGGIE BURGER</b></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><b>12:00 BARBEQUE CHICKEN</b></p>	<p>24 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 SALISBURY STEAK</b></p>	<p>25 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 BALSAMIC CHICKEN</b></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><b>11:30 PORK CHOP</b></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><b>11:30 PENNE PASTA</b></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><b>12:00 PHILLY CHEESE STEAK</b></p>	<p>31 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 CHICKEN TERIYAKI</b></p> 	<p><b>St. Patrick's Day Party !!</b> Thursday, March 12 Music by our favorite- "D.J. Nick" Reservations ~ (201) 935-8920</p> 		<p><b>147 Hackensack Street</b> <b>East Rutherford, NJ 07073</b></p> <p><b>Center Hours: 8:00 - 3:30</b></p> <p><b>Suggested Lunch Donation</b> ~ \$ 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



**MARCH ~ 2020**  
**NATIONAL NUTRITION MONTH**



**Healthy Heart**



**Introducing a New Class & New Instructor!!**  
**"Morning Power Up" Fitness Class ~ Friday**  
\*\* Known for burning body fat, weight reduction,  
muscle toning & Heart Health ~ Instructor Diana

9:00

**Healthy You**

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

MARCH 8: Daylight Saving Time Begins . . .  
~ Set Clocks **AHEAD** One Hour!

MARCH 12: St. Patrick's Day Party!! ~ Erin Go Bragh!!  
~ Southwest Senior Center  
~ Entertainment by "D.J Nick"



MARCH 18: Healthy Eating Habits For Seniors. . .  
~ by Patricia Nicholas, Nutrition Manager  
~ New Bridge Medical Center

10:00

MARCH 19: Dizziness and Vertigo. . .Magdalena Buczek, DPT  
Theraphysical, Lyndhurst

10:00

MARCH 25: Health Consultation ~ Nurse's Office  
~ by Bergen County Health Services

9:00

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



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Heleyne Trent, Center Director

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