

BERGEN NEW JERSEY *County*

James J. Tedesco III
County Executive

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DEPARTMENT OF HUMAN SERVICES

Melissa H. DeBartolo, Esq.
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 of Disability Services
(201) 336-6500

Bergen County
Board of Social Services
(201) 368-4200

SOUTHWEST SENIOR ACTIVITY CENTER

147 Hackensack Street
East Rutherford, NJ 07073

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

SouthwestCenter@co.bergen.nj.us

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

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SOUTHWEST SENIOR ACTIVITY CENTER Bergen County Department of Human Services Division of Senior Services/ADRC

Tuesdays	Chair Zumba	10:00am
Wednesdays	Cabanics	9:00am
Thursdays	Tai Chi	1:30pm
Fridays	Chair Fitness	9:30am

The Southwest Senior Activity Center activities and programs are funded by the Bergen County, Division of Senior Services through the Older Americans Act, and are available at no charge for Bergen County residents 60 years old and over.

Thank you for your patience and understanding as we continue to navigate necessary COVID-19 protocols and preventative measures at our Senior Activity Centers. These protocols are intended to further ensure the health and safety of everyone at the center. Our senior activity center staff are diligently working to bring safe, but fun and enjoyable activities and programming to our centers. At this time, we ask that you please continue to pre-register for morning or afternoon sessions, as well as, for to-go lunches. Please know that your cooperation during these challenging times is very much appreciated. If you have any questions, kindly contact your center directly at (201) 935-8920.



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

OCTOBER

SOUTHWEST SENIOR ACTIVITY CENTER

2021

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

147 Hackensack Street
East Rutherford, NJ 07073

Center Hours: 8:00 - 3:30

Suggested Lunch Donation
~ \$ 1.25 ~

Lunches are "Grab & Go"

*Pick -up or drive by & Staff will deliver to
your car!*



1 9:00 Beauty Salon
9:00 ESL Class (Zoom Class)
9:30 Low Impact Aerobics
10:30 Bingo
12:30 Choir (ZOOM CLASS)
1:00 Bingo

11:30 ROAST TURKEY

4 9:00 ESL Class (Zoom Class)
9:00 Beauty Salon
10:00 Chair Aerobics
12:30 ESL Class (Zoom Class)
1:00 Bingo

11:30 GRILLED CHICKEN

5 9:00 ESL Class (Zoom Class)
9:00 Beauty Salon
10:00 Chair Aerobics
11:00 Bingo
12:30 ESL Class (Zoom Class)
1:00 Bingo

11:30 RIGATONI BOLOGNESE

6 9:00 ESL Class (Zoom Class)
9:30 Cabanics
10:30 BINGO
12:30 ESL Class (Zoom Class)
1:00 Bingo

11:30 BARBEQUE CHICKEN
SANDWICH

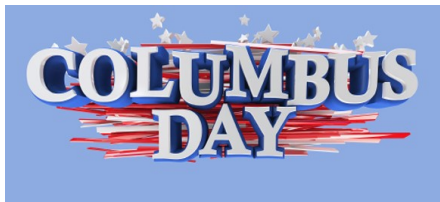
7 9:00 Beauty Salon
9:00 Korean Citizenship Class
Zoom Class)
10:00 Bingo
12:30 ESL Class (Zoom Class)
1:30 Tai Chi

11:30 HAM STEAK

8 9:00 Beauty Salon
9:00 ESL Class (Zoom Class)
9:30 Low Impact Aerobics
10:30 Bingo
12:30 Choir (ZOOM CLASS)
1:00 Bingo

11:30 MEATLOAF

11



12 9:00 ESL Class (Zoom Class)
9:00 Beauty Salon
10:00 Chair Aerobics
11:00 Bingo
12:30 ESL Class (Zoom Class)
1:00 Bingo

11:30 CHICKEN SALAD

13 9:00 ESL Class (Zoom Class)
9:30 Cabanics
10:30 BINGO
12:30 ESL Class (Zoom Class)
1:00 Bingo

11:30 CHICKEN CORDON BLEU

14 9:00 Beauty Salon
9:00 Korean Citizenship Class
Zoom Class)
10:00 Bingo
12:30 ESL Class (Zoom Class)
1:30 Tai Chi

11:30 SWEET & SOUR
MEATBALLS

15 9:00 Beauty Salon
9:00 ESL Class (Zoom Class)
9:30 Low Impact Aerobics
10:30 Bingo
12:30 Choir (ZOOM CLASS)
1:00 Bingo

11:30 CHICKEN CHOW MEIN

18 9:00 ESL Class (Zoom Class)
9:00 Beauty Salon
10:00 Chair Aerobics
12:30 ESL Class (Zoom Class)
1:00 Bingo

11:30 CRAB SALAD

19 9:00 ESL Class (Zoom Class)
9:00 Beauty Salon
10:00 Chair Aerobics
11:00 Bingo
12:30 ESL Class (Zoom Class)
1:00 Bingo

11:30 CHICKEN PICCATA

20 9:00 ESL Class (Zoom Class)
9:30 Cabanics
10:30 BINGO
12:30 ESL Class (Zoom Class)
1:00 Bingo

11:30 ROAST BEEF

21 9:00 Beauty Salon
9:00 Korean Citizenship Class
Zoom Class)
10:00 Bingo
12:30 ESL Class (Zoom Class)
1:30 Tai Chi

11:30 CHICKEN & GRAVY

22 9:00 Beauty Salon
9:00 ESL Class (Zoom Class)
9:30 Low Impact Aerobics
10:30 Bingo
12:30 Choir (ZOOM CLASS)
1:00 Bingo

11:30 LASAGNA WITH SPINACH

25 9:00 ESL Class (Zoom Class)
9:00 Beauty Salon
10:00 Chair Aerobics
12:30 ESL Class (Zoom Class)
1:00 Bingo

11:30 CHICKEN SANDWICH

26 9:00 ESL Class (Zoom Class)
9:00 Beauty Salon
10:00 Chair Aerobics
11:00 Bingo
12:30 ESL Class (Zoom Class)
1:00 Bingo

11:30 FISH FILET

27 9:00 ESL Class (Zoom Class)
9:30 Cabanics
10:30 BINGO
12:30 ESL Class (Zoom Class)
1:00 Bingo

11:30 GENERAL TAOS CHICKEN

28 9:00 Beauty Salon
9:00 Korean Citizenship Class
Zoom Class)
10:00 Bingo
12:30 ESL Class (Zoom Class)
1:30 Tai Chi

11:30 PORK CUTLET MARSALA

29 9:00 Beauty Salon
9:00 ESL Class (Zoom Class)
9:30 Low Impact Aerobics
10:30 Bingo
12:30 Choir (ZOOM CLASS)
1:00 Bingo

11:30 CHICKEN PARMESAN