

BERGEN NEW JERSEY *County*

James J. Tedesco III
County Executive

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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

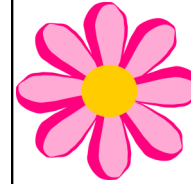
Open: Monday - Friday, 8:00 AM - 3:30 PM

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 ~ 2022

May is . . . Older Americans Month !!

	Exercise Classes are available everyday! Zumba Gold, Aerobics, Cabanics, Tai Chi Check inside calendar for times and days!	
	Social Services Assistance . . . Snap Applications ~ Bergen County Social Services	9:00 am
MAY 6	Retirement Celebration!! . . . ~ Soon Man Lee, Our Choir Director— 17 years!! ~ Southwest Senior Activity Center	12:30 pm
MAY 19	Skin Cancer Awareness . . . ~ By Carol Brush, MHA, CHES, Braven Health ~ Southwest Senior Activity Center	10:30 am
MAY 25	Blood Pressure Screenings. . . Nurse's Office ~ Southwest Senior Activity Center	9:30 am
MAY 25	Zumba Gold Dance Party!! . . . With Katty!! ~ celebrating Older Americans Month . . . Age My Way ~ Southwest Senior Activity Center	1:00 pm
MAY 30	Memorial Day . . . ~ Southwest Senior Activity Center Closed	



The SW 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.



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.

On behalf of the County of Bergen, we thank you for your patience during the Covid-19 pandemic. At this time, the County has lifted most restrictions related to Covid-19, but will continue to require health screenings upon entrance to the centers. Masks are now optional throughout the centers. Masks are still required on the bus for those who are unvaccinated, although it is preferable for all to wear a mask when on the bus. Meals will return to congregate setting, and there will no longer be a Grab & Go option. We look forward to seeing you again as we resume all regular activities. If you have any questions, kindly contact your center directly at (201) 935-8920.



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>2 8:00 COFFEE TIME 9:00 BEAUTY SALON 9:00 ZUMBA GOLD 10:00 ESL CLASS (ZOOM CLASS) 10:00 BINGO 1:30 LINE DANCING</p> <p>11:30 CHICKEN SALAD</p>	<p>3 8:00 COFFEE TIME 9:00 BEAUTY SALON 9:30 ESL CLASS 10:00 CHAIR ZUMBA 11:00 BINGO 12:30 ESL CLASS 1:30 LINE DANCING</p> <p>12:00 ITALIAN MEATBALLS</p>	<p>4 8:00 COFFEE TIME 9:30 CABANICS 10:00 ESL CLASS (ZOOM CLASS) 10:30 BINGO 12:30 KOREAN CONSULTATION (ZOOM CLASS) 1:00 BINGO</p> <p>11:30 LEMON BAKED FISH</p>	<p>5 8:00 COFFEE TIME 9:00 BEAUTY SALON 9:30 KOREAN CITIZENSHIP CLASS 9:00 ZUMBA GOLD 10:00 BINGO 12:15 ESL CLASS 1:30 TAI CHI</p> <p>11:30 ROASTED PORK</p>	<p>6 8:00 COFFEE TIME 9:00 BEAUTY SALON 9:30 ESL CLASS 9:30 AEROBICS 10:30 BINGO 12:30 MR. LEE'S RETIREMENT CELEBRATION</p> <p>11:30 CHICKEN PICCATA</p> 
<p>9 8:00 COFFEE TIME 9:00 BEAUTY SALON 9:00 ZUMBA GOLD 10:00 ESL CLASS (ZOOM CLASS) 10:00 BINGO 1:30 LINE DANCING</p> <p>11:30 CHEESE OMELET</p>	<p>10 8:00 COFFEE TIME 9:00 BEAUTY SALON 9:30 ESL CLASS 10:00 CHAIR ZUMBA 11:00 BINGO 12:30 ESL CLASS 1:30 LINE DANCING</p> <p>12:00 BARBEQUE CHICKEN</p>	<p>11 8:00 COFFEE TIME 9:30 CABANICS 10:00 ESL CLASS (ZOOM CLASS) 10:30 BINGO 12:30 KOREAN CONSULTATION (ZOOM CLASS) 1:00 BINGO</p> <p>11:30 VEGGIE BURGER</p>	<p>12 8:00 COFFEE TIME 9:00 BEAUTY SALON 9:30 KOREAN CITIZENSHIP CLASS 9:00 ZUMBA GOLD 10:00 BINGO 12:15 ESL CLASS 1:30 TAI CHI</p> <p>11:30 CHICKEN FLORENTINE</p>	<p>13 8:00 COFFEE TIME 9:00 BEAUTY SALON 9:30 ESL CLASS 9:30 AEROBICS 10:30 BINGO 12:30 CHOIR</p> <p>11:30 POTATO CRUSTED FISH</p>
<p>16 8:00 COFFEE TIME 9:00 BEAUTY SALON 9:00 ZUMBA GOLD 10:00 ESL CLASS (ZOOM CLASS) 10:00 BINGO 1:30 LINE DANCING</p> <p>11:30 TUNA SALAD</p>	<p>17 8:00 COFFEE TIME 9:30 BEAUTY SALON 9:00 ESL CLASS 10:00 CHAIR ZUMBA 11:00 BINGO 12:30 ESL CLASS 1:30 LINE DANCING</p> <p>12:00 MEAT LASAGNA</p>	<p>18 8:00 COFFEE TIME 9:30 CABANICS 10:00 ESL CLASS (ZOOM CLASS) 10:30 BINGO 12:30 KOREAN CONSULTATION (ZOOM CLASS) 1:00 BINGO</p> <p>11:30 HAWAIIAN CHICKEN</p>	<p>19 8:00 COFFEE TIME 9:00 BEAUTY SALON 9:30 KOREAN CITIZENSHIP CLASS 9:00 ZUMBA GOLD 10:00 BINGO 12:15 ESL CLASS 1:30 TAI CHI</p> <p>11:30 SALISBURY STEAK</p>	<p>20 8:00 COFFEE TIME 9:00 BEAUTY SALON 9:30 ESL CLASS 9:30 AEROBICS 10:30 BINGO 12:30 CHOIR</p> <p>11:30 ROAST TURKEY</p>
<p>23 8:00 COFFEE TIME 9:00 BEAUTY SALON 9:00 ZUMBA GOLD 10:00 ESL CLASS (ZOOM CLASS) 10:00 BINGO 1:30 LINE DANCING</p> <p>11:30 CHICKEN SCAMPI</p>	<p>24 8:00 COFFEE TIME 9:00 BEAUTY SALON 9:30 ESL CLASS 10:00 CHAIR ZUMBA 11:00 BINGO 12:30 ESL CLASS 1:30 LINE DANCING</p> <p>12:00 PORK CHOP</p>	<p>25 8:00 COFFEE TIME 9:30 CABANICS 10:00 ESL CLASS (ZOOM CLASS) 10:30 BINGO 12:30 KOREAN CONSULTATION (ZOOM CLASS) 1:00 ZUMBA PARTY !!</p> <p>11:30 PEPPER STEAK</p>	<p>26 8:00 COFFEE TIME 9:00 BEAUTY SALON 9:30 KOREAN CITIZENSHIP CLASS 9:00 ZUMBA GOLD 10:00 BINGO 12:15 ESL CLASS 1:30 TAI CHI</p> <p>11:30 SWEDISH MEATBALLS</p>	<p>27 8:00 COFFEE TIME 9:00 BEAUTY SALON 9:30 ESL CLASS 9:30 AEROBICS 10:30 BINGO 12:30 CHOIR</p> <p>11:30 PENNE PASTA & CHICKEN</p>
<p>30</p> 	<p>31 8:00 COFFEE TIME 9:00 BEAUTY SALON 9:30 ESL CLASS 10:00 CHAIR ZUMBA 11:00 BINGO 12:30 ESL CLASS 1:30 LINE DANCING</p> <p>12:00 HAMBURGER</p>	<p>Our LUNCH PROGRAM is BACK!! <i>Please join us for a sit down lunch everyday with friends at our Senior Center !!</i> <i>Lunch everyday at 11:30 except Tuesdays at 12:00</i></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>