

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*

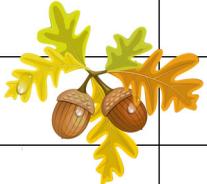
James J. Tedesco III, County Executive

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



October ~ 2022
Happy Halloween To Everyone!!



OCTOBER 4	Yom Kippur Begins at Sundown . . .	
OCTOBER 10	Columbus Day - ~ Southwest Senior Activity Center Closed	
OCTOBER 12	Scams and Frauds Affecting Seniors . . . ~ by Dennis Niland, Division of Consumer Affairs	10:00AM
OCTOBER 12	Social Services Assistance . . . Snap Applications ~ Bergen County Social Services	9:00AM
OCTOBER 17	Armchair Aerobics . . . Special One Time Exercise Class!! ~ by Bill Wright, New Bridge Medical Center ~ Southwest Senior Activity Center	10:00AM
OCTOBER 19	Halloween Party!! ~ All Day Party! ~ Southwest Senior Activity Center ~ Reservations required (201) 935-8920	
OCTOBER 26	Blood Pressure Screenings. . . Nurse's Office ~ Southwest Senior Activity Center	9:30AM

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>3 8:00 CONTINENTAL BREAKFAST 9:00 BEAUTY SALON 9:00 ZUMBA GOLD 9:30 ESL CLASS 10:00 BINGO 12:30 LINE DANCING</p> <p>11:30 BONELESS CHICKEN BREAST w/ LEMON SAUCE</p>	<p>4 8:00 CONTINENTAL BREAKFAST 9:00 BEAUTY SALON 9:30 ESL CLASS 9:30 SENIOR FITNESS 10:30 BINGO 12:15 ESL CLASS 1:30 LINE DANCING</p> <p>11:30 BEEF TACOS</p> 	<p>5 8:00 CONTINENTAL BREAKFAST 9:00 ZUMBA GOLD 9:30 ESL CLASS 10:30 BINGO 12:30 KOREAN CONSULTATION 1:00 DANCE</p> <p>11:30 TURKEY BURGER w/ TOMATO & LETTUCE</p>	<p>6 8:00 CONTINENTAL BREAKFAST 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 POTATO CRUSTED FISH</p>	<p>7 8:00 CONTINENTAL BREAKFAST 9:00 BEAUTY SALON 9:30 ESL CLASS 9:30 AEROBICS 10:30 BINGO 12:30 CHOIR</p> <p>11:30 BRATWURST w/ SAUERKRAUT & SAUTEED ONIONS</p>
<p>10</p> <p>Columbus Day</p> <hr/> <p>Center Closed</p>	<p>11 8:00 CONTINENTAL BREAKFAST 9:00 BEAUTY SALON 9:30 ESL CLASS 9:30 SENIOR FITNESS 10:30 BINGO 12:15 ESL CLASS 1:30 LINE DANCING</p> <p>11:30 SKINLESS EGGPLANT ROLLATINI</p>	<p>12 8:00 CONTINENTAL BREAKFAST 9:30 ESL CLASS 10:00 "SCAMS & FRAUDS" 10:30 BINGO 12:30 KOREAN CONSULTATION 1:00 DANCE</p> <p>11:30 BAKED FISH w/ DILL SAUCE</p>	<p>13 8:00 CONTINENTAL BREAKFAST 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 HERB ROASTED CHICKEN LEG QUARTER</p> 	<p>14 8:00 CONTINENTAL BREAKFAST 9:00 BEAUTY SALON 9:30 ESL CLASS 9:30 AEROBICS 10:30 BINGO 12:30 CHOIR</p> <p>11:30 SWEDISH MEATBALLS w/ GRAVY</p> 
<p>17 8:00 CONTINENTAL BREAKFAST 9:00 BEAUTY SALON 9:00 ZUMBA GOLD 10:00 "ARMCHAIR AEROBICS" 9:30 ESL CLASS 10:00 BINGO 12:30 LINE DANCING</p> <p>11:30 EGG SALAD ON ROMAINE</p>	<p>18 8:00 CONTINENTAL BREAKFAST 9:00 BEAUTY SALON 9:30 ESL CLASS 9:30 SENIOR FITNESS 10:30 BINGO 12:15 ESL CLASS 1:30 LINE DANCING</p> <p>11:30 SHEPHERD'S PIE</p>	<p>19</p> <p>Halloween Party !!</p> 	<p>20 8:00 CONTINENTAL BREAKFAST 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 SLICED TURKEY BREAST w/ GRAVY & CRANBERRY SAUCE</p>	<p>21 8:00 CONTINENTAL BREAKFAST 9:00 BEAUTY SALON 9:30 ESL CLASS 9:30 AEROBICS 10:30 BINGO 12:30 CHOIR</p> <p>11:30 PORK TENDERLOIN w/ GRAVY</p>
<p>24 8:00 CONTINENTAL BREAKFAST 9:00 BEAUTY SALON 9:00 ZUMBA GOLD 9:30 ESL CLASS 10:00 BINGO 12:30 LINE DANCING</p> <p>11:30 HOMESTYLE MEATLOAF</p> 	<p>25 8:00 CONTINENTAL BREAKFAST 9:00 BEAUTY SALON 9:30 ESL CLASS 9:30 SENIOR FITNESS 10:30 BINGO 12:15 ESL CLASS 1:30 LINE DANCING</p> <p>11:30 BARBEQUE PULLED PORK</p>	<p>26 "Blood Pressure ~ Nurse"</p> <p>8:00 CONTINENTAL BREAKFAST 9:00 ZUMBA GOLD 9:30 ESL CLASS 10:30 BINGO 12:30 KOREAN CONSULTATION 1:00 DANCE</p> <p>11:30 VEGETABLE LASAGNA</p>	<p>27 8:00 CONTINENTAL BREAKFAST 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 POT ROAST</p>	<p>28 8:00 CONTINENTAL BREAKFAST 9:00 BEAUTY SALON 9:30 ESL CLASS 9:30 AEROBICS 10:30 BINGO 12:30 CHOIR</p> <p>11:30 CHICKEN FLORENTINE</p> 
<p>31 8:00 CONTINENTAL BREAKFAST 9:00 BEAUTY SALON 9:00 ZUMBA GOLD 9:30 ESL CLASS 10:00 BINGO 12:30 LINE DANCING</p> <p>11:30 CHICKEN CORDON BLEU</p>		<p>Halloween Party !! All Day Party!! Wednesday, October 19 Entertainment by "D.J. Scott" 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>	