

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



February is . . .
"Healthy Heart Month"



FEB	2	Fall Prevention . . . ~ by Laverne Mitchell Bio, Associate Director of Nursing ~ Bergen New Bridge Medical Center		10:00AM
FEB	7	Six Pillars of Brain Health . . . ~ by Curtis Springstead, AARP Speakers Bureau ~ Southwest Senior Activity Center		10:30AM
FEB	13	Social Service Outreach . . . 10:00 am until 2:00 pm ~ Bergen County Social Services		10:00AM
FEB	16	Welcome New Year & Welcome Friends!! . . . ~ Bagel Breakfast ~ Southwest Senior Activity Center		8:30AM
FEB	20	President's Day . . . ~ Southwest Senior Activity Center Closed		
FEB	22	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.






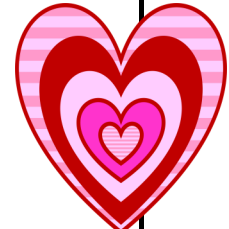
MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>Social Services Outreach</p> <p>Monday ~ February 13</p> <p>10:00 — 2:00</p>		<p>1 8:00 CONTINENTAL BREAKFAST 9:00 BALANCE & CARDIO 9:30 ESL CLASS 10:30 BINGO 12:30 KOREAN CONSULTATION 1:00 DANCE</p> <p>11:30 BAKED FISH W/ LEMON GARLIC SAUCE</p>	<p>2 8:00 CONTINENTAL BREAKFAST 9:00 BEAUTY SALON 9:30 KOREAN CITIZENSHIP CLASS 9:00 ZUMBA GOLD 10:00 BINGO/ "FALLS" 12:15 ESL CLASS 1:30 TAI CHI</p> <p>11:30 ROAST BEEF W/ GRAVY</p> 	<p>3 8:00 CONTINENTAL BREAKFAST 9:00 BEAUTY SALON 9:00 CHAIR YOGA 9:30 ESL CLASS 10:30 BINGO 12:30 CHOIR</p> <p>11:30 TURKEY & BEAN CHILI</p> 
<p>6 8:00 CONTINENTAL BREAKFAST 9:00 BEAUTY SALON 9:00 ZUMBA GOLD 9:30 ESL CLASS 10:00 BINGO 12:30 LINE DANCING 12:30 THE KNITTING CLUB</p> <p>11:30 BARBEQUE BEEF RIBLET PATTY</p>	<p>7 8:00 CONTINENTAL BREAKFAST 9:00 BEAUTY SALON 9:30 ESL CLASS 9:30 SENIOR FITNESS 10:30 BINGO/ "BRAIN HEALTH" 12:15 ESL CLASS 1:30 LINE DANCING</p> <p>11:30 CHICKEN CACCIATORE</p>	<p>8 8:00 CONTINENTAL BREAKFAST 9:00 BALANCE & CARDIO 9:30 ESL CLASS 10:30 BINGO 12:30 KOREAN CONSULTATION 1:00 DANCE</p> <p>11:30 ITALIAN MEATBALLS</p>	<p>9 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 BEEF & BROCCOLI</p>	<p>10 8:00 CONTINENTAL BREAKFAST 9:00 BEAUTY SALON 9:00 CHAIR YOGA 9:30 ESL CLASS 10:30 BINGO 12:30 CHOIR</p> <p>11:30 CHICKEN CORDON BLEU</p>
<p>13 8:00 CONTINENTAL BREAKFAST 9:00 BEAUTY SALON 9:00 ZUMBA GOLD 9:30 ESL CLASS 10:00 BINGO 12:30 LINE DANCING 12:30 THE KNITTING CLUB</p> <p>11:30 MEATLOAF W/ GRAVY</p>	<p>14 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 CHICKEN</p>	<p>15 8:00 CONTINENTAL BREAKFAST 9:00 BALANCE & CARDIO 9:30 ESL CLASS 10:30 BINGO 12:30 KOREAN CONSULTATION 1:00 DANCE</p> <p>11:30 SLICED TURKEY</p>	<p>16 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 SWEET & SOUR MEATBALLS</p>	<p>17 8:00 CONTINENTAL BREAKFAST 9:00 BEAUTY SALON 9:00 CHAIR YOGA 9:30 ESL CLASS 10:30 BINGO 12:30 CHOIR</p> <p>11:30 SLICED PORK TENDERLOIN w/ APPLESAUCE</p>
<p>20</p> <p>PRESIDENT'S DAY</p> <hr/> <p>CENTER CLOSED</p>	<p>21 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 SALISBURY STEAK W/ GRAVY</p>	<p>22 NURSE ~ BLOOD PRESSURE</p> <p>8:00 CONTINENTAL BREAKFAST 9:00 BALANCE & CARDIO 9:30 ESL CLASS 10:30 BINGO 12:30 KOREAN CONSULTATION 1:00 DANCE</p> <p>11:30 LEMON-PEPPER FISH</p>	<p>23 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 CHICKEN MARSALA</p>	<p>24 8:00 CONTINENTAL BREAKFAST 9:00 BEAUTY SALON 9:00 CHAIR YOGA 9:30 ESL CLASS 10:30 BINGO 12:30 CHOIR</p> <p>11:30 MINI CHEESE RAVIOLI</p> 
<p>27 8:00 CONTINENTAL BREAKFAST 9:00 BEAUTY SALON 9:00 ZUMBA GOLD 9:30 ESL CLASS 10:00 BINGO 12:30 LINE DANCING 12:30 THE KNITTING CLUB</p> <p>11:30 CHICKEN PICCATA</p>	<p>28 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 MACARONI & CHEESE</p>	 <p>Welcome New Year & Welcome Friends! Bagel Breakfast !! Join us to toast a New Year with friends Bagels, Yogurt, Granola, Fresh Fruit, Assorted Pastry & Coffee/Tea/Juice 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>