

BERGEN NEW JERSEY *County*

James J. Tedesco III
County Executive

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DEPARTMENT OF HUMAN SERVICES
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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

Heleyne Trent, Director
147 Hackensack Street
East Rutherford, NJ, 07073
Phone: (201) 935-8920 • Fax (201) 935-8851

southwestcenter@co.bergen.nj.us

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

BERGEN NEW JERSEY *County*

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

July 2024—Happy 4th of July!!



JULY	2	Over the Counter Medication Safety . . . ~ Children and Family Aid Services	10:00AM
JULY	4	4th of July!! . . . Happy Birthday America!! ~ Southwest Senior Activity Center Closed	
JULY	9	Get Smart: When Antibiotics Work . . . ~ Hackensack Medical Center HARP Program	10:00AM
JULY	11	Summer Luncheon . . . Celebrating 4th of July! ~ entertainment by David Scance ~ (reservations 201-935-8920)	11:30 AM
JULY	16	RSV Awareness in Older Adults . . . ~ Bergen County Dept of Health Services	10:00AM
JULY	18	Making Mozzarella Cheese w/ "Vinny Mootz"!! ~ Southwest Senior Activity Center	10:00AM
JULY	23	Talking With Your Doctor . . . (Korean Program) ~ Hackensack Medical Center, HARP Program	10:00AM
JULY	24	Blood Pressure Screenings . . . (Health Office) ~ Southwest Senior Activity Center	9:30AM
JULY	25	Ice Cream Party!! . . . Entertainment by DJ Scott ~ Southwest Senior Activity Center	9:00AM

The 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.

Save the Date

Senior Festival

September 12, 2024

Rain Date: Tuesday September 17, 2024

10AM - 2PM

Van Saun County Park, Paramus

Registration Recommended: Call: 201-336-7417 or Email: seniors@co.bergen.nj.us

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>9:00 ZUMBA GOLD TONING 9:30 ESL CLASS 10:00 BINGO 10:00 MANICURES BY CINDY 12:30 LINE DANCING 2:00 DIAMOND ART</p>  <p>Stuffed Peppers</p>	<p>2</p> <p>9:00 BEAUTY SALON 9:00 ZUMBA GOLD 9:30 ESL CLASS 10:00 BINGO 10:00 Presentation: "Medication Safety" 12:15 ESL CLASS 1:30 LINE DANCING</p>  <p>Meatloaf</p>	<p>3</p> <p>9:00 BALANCE & CARDIO 9:30 ESL CLASS 10:00 BINGO 12:30 KOREAN CONSULTATION 1:00 LINE DANCING</p> <p>Hawaiian Chicken</p>	<p>4</p>  <p>Center Closed</p>	<p>5</p> <p>9:00 BEAUTY SALON 9:00 CHAIR YOGA 9:30 ESL CLASS 10:00 BINGO 12:30 CHOIR 1:30 KOREAN SOCIAL CIRCLE</p>  <p>Turkey & Swiss on a Roll</p>
<p>8</p> <p>9:00 ZUMBA GOLD TONING 9:30 ESL CLASS 10:00 BINGO 10:00 MANICURES BY CINDY 12:30 LINE DANCING 2:00 DIAMOND ART</p> <p>Chicken Marsala</p>	<p>9</p> <p>9:00 BEAUTY SALON 9:00 ZUMBA GOLD 9:30 ESL CLASS 10:00 BINGO 10:00 Presentation "When Antibiotics Work" 12:15 ESL CLASS 1:30 LINE DANCING</p> <p>Pork Loin</p>	<p>10</p> <p>9:00 BALANCE & CARDIO 9:30 ESL CLASS 10:00 BINGO 12:30 KOREAN CONSULTATION 1:00 LINE DANCING</p>  <p>Roast Beef</p>	<p>11</p> <p>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>"SUMMER LUNCHEON" Barbeque Chicken Leg</p>	<p>12</p> <p>9:00 BEAUTY SALON 9:00 CHAIR YOGA 9:30 ESL CLASS 10:00 BINGO 12:30 CHOIR 1:30 KOREAN SOCIAL CIRCLE</p>  <p>Cheeseburger</p>
<p>15</p> <p>9:00 ZUMBA GOLD TONING 9:30 ESL CLASS 10:00 BINGO 10:00 MANICURES BY CINDY 12:30 LINE DANCING 2:00 DIAMOND ART</p> <p>Chicken Sausage</p>	<p>16</p> <p>9:00 BEAUTY SALON 9:00 ZUMBA GOLD 9:30 ESL CLASS 10:00 BINGO 10:00 Presentation: "RSV in Older Adults" 12:15 ESL CLASS 1:30 LINE DANCING</p> <p>Stuffed Cabbage</p>	<p>17</p> <p>9:00 BALANCE & CARDIO 9:30 ESL CLASS 10:00 BINGO 12:30 KOREAN CONSULTATION 1:00 LINE DANCING</p> <p>Ziti and Meatballs</p>	<p>18</p> <p>9:00 BEAUTY SALON 9:30 KOREAN CITIZENSHIP CLASS 9:00 ZUMBA GOLD 10:00 BINGO 10:00 Special Class: "Making Mozzarella Cheese!" 12:15 ESL CLASS 1:30 TAI CHI</p> <p>Chef's Salad</p>	<p>19</p> <p>9:00 BEAUTY SALON 9:00 CHAIR YOGA 9:30 ESL CLASS 10:00 BINGO 12:30 CHOIR 1:30 KOREAN SOCIAL CIRCLE</p> <p>Chicken Cordon Bleu</p>
<p>22</p> <p>9:00 ZUMBA GOLD TONING 9:30 ESL CLASS 10:00 BINGO 10:00 MANICURES BY CINDY 12:30 LINE DANCING 2:00 DIAMOND ART</p> <p>Roast Turkey</p>	<p>23</p> <p>9:00 BEAUTY SALON 9:00 ZUMBA GOLD 9:30 ESL CLASS 10:00 BINGO 12:15 ESL CLASS 1:30 LINE DANCING</p>  <p>Swedish Meatballs</p>	<p>24</p> <p><u>BLOOD PRESSURE SCREENINGS</u></p> <p>9:00 BALANCE & CARDIO 9:30 ESL CLASS 10:00 BINGO 12:30 KOREAN CONSULTATION 1:00 LINE DANCING</p> <p>Beef and Cheese Lasagna</p>	<p>25</p> <p>"ICE CREAM PARTY!! Entertainment by DJ Scott!!</p>  <p>Balsamic Chicken</p>	<p>26</p> <p>9:00 BEAUTY SALON 9:00 CHAIR YOGA 9:30 ESL CLASS 10:00 BINGO 12:30 CHOIR 1:30 KOREAN SOCIAL CIRCLE</p>  <p>Egg Salad Platter</p>
<p>29</p> <p>9:00 ZUMBA GOLD TONING 9:30 ESL CLASS 10:00 BINGO 10:00 MANICURES BY CINDY 12:30 LINE DANCING 2:00 DIAMOND ART</p> <p>Chicken Leg</p>	<p>30</p> <p>9:00 BEAUTY SALON 9:00 ZUMBA GOLD 9:30 ESL CLASS 10:00 BINGO 12:15 ESL CLASS 1:30 LINE DANCING</p>  <p>Cheese Omelet</p>	<p>31</p> <p>9:00 BALANCE & CARDIO 9:30 ESL CLASS 10:00 BINGO 12:30 KOREAN CONSULTATION 1:00 LINE DANCING</p> <p>Salisbury Steak</p>	<p>Suggested Lunch Donation: \$1.25 Per Meal Please reserve lunch by 11:30 AM the day before</p> <p>Lunch will Be Served at 11:30 Daily</p>	<p>Continental Breakfast served daily</p> <p>Monday through Friday 8:00 am –10:00 am</p>