

# SOUTHWEST SENIOR ACTIVITY CENTER

Heleyne Trent, Center Director

## AUGUST

(201) 935-8920

### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

<p>147 Hackensack Street East Rutherford, NJ 07073</p> <p>Center Hours: 8:00 - 3:30</p> <p>Suggested Lunch Donation ~ \$ 1.25 ~</p>			<p>1 8:45 ZUMBA GOLD 9:00 BEAUTY SALON 9:00 KOREAN CITIZENSHIP CLASS 10:00 BINGO 10:00 KOREAN CONSULTATION 12:30 ESL CLASS 1:00 TAI CHI <b>11:30 CHICKEN SCAMPI</b></p>	<p>2 9:00 AEROBIC FUN FITNESS 9:00 BEAUTY SALON 9:00 ESL CLASS 10:00 BINGO 12:30 FOOD SHOPPING 1:00 SOUTHWEST CHOIR</p> <p><b>11:30 OMELET &amp; SAUSAGE</b></p>
<p>5 9:00 ESL CLASS 9:00 BEAUTY SALON 9:30 YOGA 10:30 BINGO 12:30 ESL CLASS 1:00 BEGINNER LINE DANCING</p> <p><b>12:00 VEGETABLE LASAGNA</b></p>	<p>6 8:45 ZUMBA GOLD 9:00 ESL CLASS 9:30 BINGO 10:00 KOREAN CONSULTATION 12:30 ESL CLASS 1:00 STRENGTH TRAINING</p> <p><b>11:30 BEEF TERIYAKI</b></p> 	<p>7 8:45 STRETCH &amp; FLEX 9:00 ESL CLASS 9:30 BINGO 10:00 KOREAN CONSULTATION 12:30 ESL CLASS 1:00 ADVANCED LINE DANCING</p> <p><b>11:30 FISH</b></p>	<p>8 8:45 ZUMBA GOLD 9:00 BEAUTY SALON 9:00 KOREAN CITIZENSHIP CLASS 10:00 BINGO 10:00 KOREAN CONSULTATION 12:30 ESL CLASS 1:00 TAI CHI</p> <p><b>11:30 ROAST PORK</b></p>	<p>9 9:00 AEROBIC FUN FITNESS 9:00 BEAUTY SALON 9:00 ESL CLASS 10:00 BINGO 12:30 FOOD SHOPPING 1:00 SOUTHWEST CHOIR</p> <p><b>11:30 CHICKEN MILANESE</b></p>
<p>12 9:00 ESL CLASS 9:00 BEAUTY SALON 9:30 YOGA 10:30 BINGO 12:30 ESL CLASS 1:00 BEGINNER LINE DANCING</p> <p><b>12:00 FISH</b></p>	<p>13 8:45 ZUMBA GOLD 9:00 ESL CLASS 9:30 BINGO 10:00 KOREAN CONSULTATION 12:30 ESL CLASS 1:00 PIZZA PARTY !!</p> <p><b>11:30 STUFFED CHICKEN</b></p> 	<p>14 8:45 STRETCH &amp; FLEX 9:00 ESL CLASS 9:30 BINGO 10:00 KOREAN CONSULTATION 12:30 ESL CLASS 1:00 ADVANCED LINE DANCING</p> <p><b>11:30 CHILI</b></p>	<p>15 8:45 ZUMBA GOLD 9:00 BEAUTY SALON 9:00 KOREAN CITIZENSHIP CLASS <b>10:00 BINGO/ "HYDRATE FOODS"</b> 10:00 KOREAN CONSULTATION 12:30 ESL CLASS 1:00 TAI CHI</p> <p><b>11:30 EGGPLANT ROLLATINI</b></p>	<p>16 9:00 AEROBIC FUN FITNESS 9:00 BEAUTY SALON 9:00 ESL CLASS 10:00 BINGO 12:30 FOOD SHOPPING 1:00 SOUTHWEST CHOIR</p> <p><b>11:30 MEATLOAF</b></p>
<p>19 9:00 ESL CLASS 9:00 BEAUTY SALON 9:30 YOGA 10:30 BINGO 12:30 ESL CLASS 1:00 BEGINNER LINE DANCING</p> <p><b>12:00 CHICKEN &amp; BROCCOLI</b></p>	<p>20 8:45 ZUMBA GOLD 9:00 ESL CLASS 9:30 BINGO 10:00 KOREAN CONSULTATION 12:30 ESL CLASS 1:00 STRENGTH TRAINING</p> <p><b>11:30 RIGATONI &amp; MEAT SAUCE</b></p>	<p>21 8:45 STRETCH &amp; FLEX 9:00 ESL CLASS 9:30 BINGO 10:00 KOREAN CONSULTATION 12:30 ESL CLASS 1:00 ADVANCED LINE DANCING</p> <p><b>11:30 SAUSAGE &amp; PEPPERS</b></p>	<p>22 8:45 ZUMBA GOLD 9:00 BEAUTY SALON 9:00 KOREAN CITIZENSHIP CLASS 10:00 BINGO 10:00 KOREAN CONSULTATION 12:30 ESL CLASS 1:00 TAI CHI</p> <p><b>11:30 ROAST TURKEY</b></p>	<p>23 9:00 AEROBIC FUN FITNESS 9:00 BEAUTY SALON 9:00 ESL CLASS 10:00 BINGO 12:30 FOOD SHOPPING 1:00 SOUTHWEST CHOIR</p> <p><b>11:30 FISH</b></p>
<p>26 9:00 ESL CLASS 9:00 BEAUTY SALON 9:30 YOGA 10:30 BINGO 12:30 ESL CLASS 1:00 BEGINNER LINE DANCING</p> <p><b>12:00 BEEF RIBLET</b></p>	<p>27 8:45 ZUMBA GOLD 9:00 ESL CLASS 9:30 BINGO 10:00 KOREAN CONSULTATION 12:30 ESL CLASS 1:00 STRENGTH TRAINING</p> <p><b>11:30 FLOUNDER</b></p>	<p>28 8:45 STRETCH &amp; FLEX 9:00 ESL CLASS 9:30 BINGO 10:00 KOREAN CONSULTATION <b>10:00 "MEDICATION"</b> 12:30 ESL CLASS 12:30 ADVANCED LINE DANCING</p> <p><b>11:30 CHICKEN PICCATA</b></p>	<p>29 8:45 ZUMBA GOLD 9:00 BEAUTY SALON 9:00 KOREAN CITIZENSHIP CLASS 10:00 BINGO 10:00 KOREAN CONSULTATION 12:30 ESL CLASS 1:00 TAI CHI</p> <p><b>11:30 SWEDISH MEATBALLS</b></p>	<p>30 9:00 AEROBIC FUN FITNESS 9:00 BEAUTY SALON 9:00 ESL CLASS 10:00 BINGO 12:30 FOOD SHOPPING 1:00 SOUTHWEST CHOIR</p> <p><b>11:30 BAKED ZITI</b></p> 

# BERGEN NEW JERSEY County

**James J. Tedesco III**  
Bergen County Executive

## Board of Chosen Freeholders

**Germaine M. Ortiz**  
Chairwoman  
**Mary J. Amoroso**  
Vice Chairwoman  
**Joan M. Voss**  
Chair Pro Tempore  
**David L. Ganz**  
**Thomas J. Sullivan**  
**Steven A. Tanelli**  
**Tracy Silna Zur**

## Department of Human Services

**Melissa DeBartolo, Esq.**  
Acting Department 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 on Disability Services**  
201-336-6500

**Bergen County**  
**Board of Social Services**  
201-368-4200

# BERGEN NEW JERSEY County

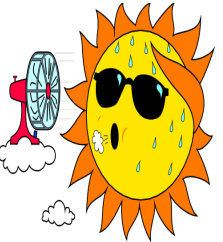
James J. Tedesco III, County Executive

## SOUTHWEST SENIOR ACTIVITY CENTER

Bergen County Department of Human Services  
Division of Senior Services/ADRC

**AUGUST ~ 2019**

Wishing all of our Participants a very  
Happy, Healthy and Safe Summer!!



### INTRODUCING A NEW CLASS!! TAI CHI ~ Every Thursday!!

\*\*Known for health benefits, meditation,  
relieving stress & balance ~ Instructor Adele Harris



- |              |   |       |
|--------------|---|-------|
| AUGUST 13:   | Celebrate Summer!! ~ Pizza and Bingo Party!!<br>~ Southwest Senior Activity Center  | 1:00  |
| AUGUST 15:   | Foods that Hydrate You. . .by Shannon Gononsky, R.D.<br>~ CareOne at Wellington, Hackensack   | 10:00 |
| AUGUST 22:   | Staying Alert: Scams and Frauds Targeting Seniors . . .<br>~ by Denis Niland, Investigator<br>~ Bergen County Consumer Affairs, Paramus | 10:30 |
| AUGUST 28:   | Medication Management for Seniors . .<br>~ by Mike Silverman ~ B.C. Prevention Coalition  | 10:00 |
| ~ UPCOMING ~ |   |       |
|              | Annual Senior Citizens Picnic ~ Sign Up Early!!<br>Thursday, September 5 ~ Van Saun County Park   | 10:00 |



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

## SOUTHWEST SENIOR ACTIVITY CENTER

147 Hackensack Street  
East Rutherford, NJ 07073  
Phone: (201) 935-8920 • Fax: (201) 935-8851  
Open: Monday - Friday, 8:00 AM - 3:30 PM  
SouthWestCenter@co.bergen.nj.us



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