

SOUTHWEST SENIOR ACTIVITY CENTER

Heleyne Trent, Center Director

SEPTEMBER

(201) 935-8920

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>All Lunches are "Grab & Go" Pick-up or drive by & Staff will deliver to your car!</p> <p>**All participants are required to show proof of Vaccination upon your 1st visit to the Center</p>		<p>1 9:00 ESL CLASS (ZOOM CLASS) 9:30 CHAIR YOGA 10:30 BINGO 12:30 ESL CLASS (ZOOM CLASS) 1:00 BINGO</p> <p>11:30 CHICKEN CUTLET</p>	<p>2 9:00 BEAUTY SALON 9:00 KOREAN CITIZENSHIP CLASS (ZOOM CLASS) 10:00 BINGO 12:30 ESL CLASS (ZOOM CLASS) 1:30 TAI CHI</p> <p>11:30 BEEF STROGANOFF</p>	<p>3 9:00 BEAUTY SALON 9:00 ESL CLASS (ZOOM CLASS) 9:30 LOW IMPACT AEROBICS 10:30 BINGO 12:30 CHOIR (ZOOM CLASS) 1:00 BINGO</p> <p>11:30 STUFFED CHICKEN</p> 
<p>6</p> 	<p>7 9:00 ESL CLASS (ZOOM CLASS) 9:00 BEAUTY SALON 10:00 CHAIR AEROBICS 11:00 BINGO 12:30 ESL CLASS (ZOOM CLASS) 1:00 BINGO</p> <p>11:30 PULLED PORK</p>	<p>8 9:00 ESL CLASS (ZOOM CLASS) 9:30 CHAIR YOGA 10:30 BINGO 12:30 ESL CLASS (ZOOM CLASS) 1:00 BINGO</p> <p>11:30 HAMBURGER</p> 	<p>9 9:00 BEAUTY SALON 9:00 KOREAN CITIZENSHIP CLASS (ZOOM CLASS) 10:00 BINGO 12:30 ESL CLASS (ZOOM CLASS) 1:30 TAI CHI</p> <p>11:30 CHICKEN FLORENTINE</p>	<p>10 9:00 BEAUTY SALON 9:00 ESL CLASS (ZOOM CLASS) 9:30 LOW IMPACT AEROBICS 10:30 BINGO 12:30 CHOIR (ZOOM CLASS) 1:00 BINGO</p> <p>11:30 RIGATONI BOLOGNESE</p>
<p>13 9:00 ESL CLASS (ZOOM CLASS) 9:00 BEAUTY SALON 10:00 BINGO 12:30 ESL CLASS (ZOOM CLASS) 1:00 BINGO</p> <p>11:30 HAM & SWISS SANDWICH</p> 	<p>14 9:00 ESL CLASS (ZOOM CLASS) 9:00 BEAUTY SALON 10:00 CHAIR AEROBICS 11:00 BINGO 12:30 ESL CLASS (ZOOM CLASS) 1:00 BINGO</p> <p>11:30 CHICKEN TERIYAKI</p>	<p>15</p> <p>Southwest Senior Center Autumn Picnic!! Hot Dogs, Sauerkraut, Baked Beans Potato Chips & Ice Cream</p> <p>11:30</p> 	<p>16 9:00 BEAUTY SALON 9:00 KOREAN CITIZENSHIP CLASS (ZOOM CLASS) 10:00 BINGO 12:30 ESL CLASS (ZOOM CLASS) 1:30 TAI CHI</p> <p>11:30 ITALIAN MEATBALLS</p>	<p>17</p> <p>Korean Chuseok Celebration!!</p> 
<p>20 9:00 ESL CLASS (ZOOM CLASS) 9:00 BEAUTY SALON 10:00 BINGO 12:30 ESL CLASS (ZOOM CLASS) 1:00 BINGO</p> <p>11:30 TURKEY & CHEESE SANDWICH</p>	<p>21 9:00 ESL CLASS (ZOOM CLASS) 9:00 BEAUTY SALON 10:00 CHAIR AEROBICS 11:00 BINGO 12:30 ESL CLASS (ZOOM CLASS) 1:00 BINGO</p> <p>11:30 BARBEQUE CHICKEN</p>	<p>22 9:00 ESL CLASS (ZOOM CLASS) 9:30 CHAIR YOGA 10:30 BINGO 12:30 ESL CLASS (ZOOM CLASS) 1:00 BINGO</p> <p>11:30 STUFFED CABBAGE</p>	<p>23 9:00 BEAUTY SALON 9:00 KOREAN CITIZENSHIP CLASS (ZOOM CLASS) 10:00 BINGO 12:30 ESL CLASS (ZOOM CLASS) 1:30 TAI CHI</p> <p>11:30 CHICKEN DIJON</p> 	<p>24 9:00 BEAUTY SALON 9:00 ESL CLASS (ZOOM CLASS) 9:30 LOW IMPACT AEROBICS 10:30 BINGO 12:30 CHOIR (ZOOM CLASS) 1:00 BINGO</p> <p>11:30 MEATBALLS MARSALA</p>
<p>27 9:00 ESL CLASS (ZOOM CLASS) 9:00 BEAUTY SALON 10:00 BINGO 12:30 ESL CLASS (ZOOM CLASS) 1:00 BINGO</p> <p>11:30 SALAMI & CHEESE SANDWICH</p>	<p>28 9:00 ESL CLASS (ZOOM CLASS) 9:00 BEAUTY SALON 10:00 CHAIR AEROBICS 11:00 BINGO 12:30 ESL CLASS (ZOOM CLASS) 1:00 BINGO</p> <p>11:30 MEATLOAF</p>	<p>29 9:00 ESL CLASS (ZOOM CLASS) 9:30 CHAIR YOGA 10:30 BINGO 12:30 ESL CLASS (ZOOM CLASS) 1:00 BINGO</p> <p>11:30 PENNE & RICOTTA</p>	<p>30 9:00 BEAUTY SALON 9:00 KOREAN CITIZENSHIP CLASS (ZOOM CLASS) 10:00 BINGO 12:30 ESL CLASS (ZOOM CLASS) 1:30 TAI CHI</p> <p>11:30 ORANGE CHICKEN</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> 

BERGEN NEW JERSEY County

James J. Tedesco III
County Executive

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DEPARTMENT OF HUMAN SERVICES

Melissa H. DeBartolo, Esq.
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

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

The Southwest Senior Center activities & programs are funded by BC Senior Services through the Older Americans Act & are available at no charge for BC Residents 60 years & over



September ~ 2021
Southwest Senior Center Autumn Picnic!!
Wednesday, Sept 15 ~ 11:30 ~ Reservations Required



Thank you for your patience and understanding as we continue to navigate necessary COVID-19 protocols and preventative measures at our Senior Activity Centers.

These protocols are intended to further ensure the health and safety of everyone at the center.

Our Senior Activity Center Staff are diligently working to bring safe, but fun and enjoyable activities and programming to our centers.

At this time, we ask that you please continue to pre-register for morning or afternoon sessions, as well as, for to-go lunches.

Please know that your cooperation during these challenging times is very much appreciated.

If you have any questions, kindly contact your center directly at

(201) 935-8920

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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