

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

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

Tuesdays	Chair Zumba	10:00am
Wednesdays	Cabanics	9:00am
Thursdays	Tai Chi	1:30pm
Fridays	Chair Fitness	9:30am

The Southwest 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.

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 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.

OCTOBER

SOUTHWEST SENIOR ACTIVITY CENTER

2021


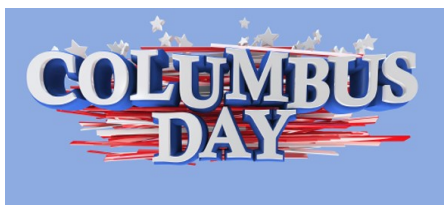
MONDAY

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><u>Lunches are "Grab & Go"</u></p> <p><i>Pick-up or drive by & Staff will deliver to your car!</i></p>			<p>1 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 ROAST TURKEY</p>
<p>4 9:00 ESL Class (Zoom Class) 9:00 Beauty Salon 10:00 Chair Aerobics 12:30 ESL Class (Zoom Class) 1:00 Bingo</p> <p>11:30 GRILLED CHICKEN</p>	<p>5 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 RIGATONI BOLOGNESE</p>	<p>6 9:00 ESL Class (Zoom Class) 9:30 Cabanics 10:30 BINGO 12:30 ESL Class (Zoom Class) 1:00 Bingo</p> <p>11:30 BARBEQUE CHICKEN SANDWICH</p>	<p>7 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 HAM STEAK</p>	<p>8 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 MEATLOAF</p>
<p>11</p> 	<p>12 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 SALAD</p>	<p>13 9:00 ESL Class (Zoom Class) 9:30 Cabanics 10:30 BINGO 12:30 ESL Class (Zoom Class) 1:00 Bingo</p> <p>11:30 CHICKEN CORDON BLEU</p>	<p>14 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 SWEET & SOUR MEATBALLS</p>	<p>15 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 CHICKEN CHOW MEIN</p>
<p>18 9:00 ESL Class (Zoom Class) 9:00 Beauty Salon 10:00 Chair Aerobics 12:30 ESL Class (Zoom Class) 1:00 Bingo</p> <p>11:30 CRAB SALAD</p>	<p>19 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 PICCATA</p>	<p>20 9:00 ESL Class (Zoom Class) 9:30 Cabanics 10:30 BINGO 12:30 ESL Class (Zoom Class) 1:00 Bingo</p> <p>11:30 ROAST BEEF</p>	<p>21 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 & GRAVY</p>	<p>22 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 LASAGNA WITH SPINACH</p>
<p>25 9:00 ESL Class (Zoom Class) 9:00 Beauty Salon 10:00 Chair Aerobics 12:30 ESL Class (Zoom Class) 1:00 Bingo</p> <p>11:30 CHICKEN SANDWICH</p>	<p>26 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 FISH FILET</p>	<p>27 9:00 ESL Class (Zoom Class) 9:30 Cabanics 10:30 BINGO 12:30 ESL Class (Zoom Class) 1:00 Bingo</p> <p>11:30 GENERAL TAOS CHICKEN</p>	<p>28 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 PORK CUTLET MARSALA</p>	<p>29 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 CHICKEN PARMESAN</p>