

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



December ~ 2021

*Wishing all of our Participants and their Families
a Joyous & Peaceful Holiday Season and
a very Happy & Healthy New Year!!*



*Join us for our Exercise Classes !
**ALL NEW CLASSES ~ Monday through Friday
** Please check inside calendar for all
new exercise classes and times!!*

December 7	Beauty Salon Grand Re-Opening!! ... ~ Meet & Greet our new Hairdresser ~ Southwest Senior Center	9:30
December 15	Holiday Drive—By!! ... ~ Pick-up your Holiday Goody bag from Santa! ~ Southwest Senior Center	9:00 
December 24	Christmas Day Observance ... Merry Christmas To All ~ Southwest Senior Center Closed	
December 26	Kwanzaa Begins ... Joyous Kwanzaa!!	
December 31	New Year's Day Observance ... Happy New Year !! ~ Southwest Senior Center Closed	

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.

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.







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><i>Lunches are "Grab & Go"</i></u></p> <p>** Pick -up Lunch or Drive By & Staff will bring to your car</p>	<p>1 9:00 ESL CLASS (ZOOM CLASS) 9:00 CABANICS 10:30 BINGO 12:30 ESL CLASS (ZOOM CLASS) 1:00 BINGO</p> <p>11:30 BAKED PENNE PASTA</p>	<p>2 9:00 BEAUTY SALON 9:00 KOREAN CITIZENSHIP CLASS (ZOOM CLASS) 9:00 CHAIR AEROBICS 10:00 BINGO 12:30 ESL CLASS (ZOOM CLASS) 1:30 TAI CHI</p> <p>11:30 STUFFED CABBAGE</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 ROAST TURKEY</p> 
<p>6 9:00 ESL CLASS (ZOOM CLASS) 9:00 BEAUTY SALON 9:00 CHAIR AEROBICS 10:00 BINGO 12:30 ESL CLASS (ZOOM CLASS) 1:00 BINGO</p> <p>11:30 GRILLED CHICKEN SANDWICH</p>	<p>7 9:30 "HAIR SALON RE-OPENING"</p> <p>10:00 CHAIR ZUMBA 11:00 BINGO 12:30 ESL CLASS (ZOOM CLASS) 1:00 BINGO</p> <p>11:30 RIGATONI BOLOGNESE</p>	<p>8 9:00 ESL CLASS (ZOOM CLASS) 9:00 CABANICS 10:30 BINGO 12:30 ESL CLASS (ZOOM CLASS) 1:00 BINGO</p> <p>11:30 BARBEQUE CHICKEN SANDWICH</p>	<p>9 9:00 BEAUTY SALON 9:00 KOREAN CITIZENSHIP CLASS (ZOOM CLASS) 9:00 CHAIR AEROBICS 10:00 BINGO 12:30 ESL CLASS (ZOOM CLASS) 1:30 TAI CHI</p> <p>11:30 HAM STEAK</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 MEATLOAF</p>
<p>13 9:00 ESL CLASS (ZOOM CLASS) 9:00 BEAUTY SALON 9:00 CHAIR AEROBICS 10:00 BINGO 12:30 ESL CLASS (ZOOM CLASS) 1:00 BINGO</p> <p>11:30 EGG SALAD SANDWICH</p>	<p>14 9:00 ESL CLASS (ZOOM CLASS) 9:00 BEAUTY SALON 10:00 CHAIR ZUMBA 11:00 BINGO 12:30 ESL CLASS (ZOOM CLASS) 1:00 BINGO</p> <p>11:30 PORK TENDERLOIN</p>	<p>15 "HOLIDAY DRIVE-BY"</p> 	<p>16 9:00 BEAUTY SALON 9:00 KOREAN CITIZENSHIP CLASS (ZOOM CLASS) 9:00 CHAIR AEROBICS 10:00 BINGO 12:30 ESL CLASS (ZOOM CLASS) 1:30 TAI CHI</p> <p>11:30 SWEET & SOUR MEATBALLS</p>	<p>17 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 PEPPER STEAK</p> 
<p>20 9:00 ESL CLASS (ZOOM CLASS) 9:00 BEAUTY SALON 9:00 CHAIR AEROBICS 10:00 BINGO 12:30 ESL CLASS (ZOOM CLASS) 1:00 BINGO</p> <p>11:30 TUNA SALAD SANDWICH</p>	<p>21 9:00 ESL CLASS (ZOOM CLASS) 9:00 BEAUTY SALON 10:00 CHAIR ZUMBA 11:00 BINGO 12:30 ESL CLASS (ZOOM CLASS) 1:00 BINGO</p> <p>11:30 TURKEY CHILI</p>	<p>22 9:00 ESL CLASS (ZOOM CLASS) 9:00 CABANICS 10:30 BINGO 12:30 ESL CLASS (ZOOM CLASS) 1:00 BINGO</p> <p>11:30 ROAST BEEF</p>	<p>23 9:00 BEAUTY SALON 9:00 KOREAN CITIZENSHIP CLASS (ZOOM CLASS) 9:00 CHAIR AEROBICS 10:00 BINGO 12:30 ESL CLASS (ZOOM CLASS) 1:30 TAI CHI</p> <p>11:30 CHICKEN FLORENTINE</p>	<p>24 Merry Christmas To All</p> 
<p>27 9:00 ESL CLASS (ZOOM CLASS) 9:00 BEAUTY SALON 9:00 CHAIR AEROBICS 10:00 BINGO 12:30 ESL CLASS (ZOOM CLASS) 1:00 BINGO</p> <p>11:30 BREADED CHICKEN SANDWICH</p>	<p>28 9:00 ESL CLASS (ZOOM CLASS) 9:00 BEAUTY SALON 10:00 CHAIR ZUMBA 11:00 BINGO 12:30 ESL CLASS (ZOOM CLASS) 1:00 BINGO</p> <p>11:30 FRIED FISH</p>	<p>29 9:00 ESL CLASS (ZOOM CLASS) 9:00 CABANICS 10:30 BINGO 12:30 ESL CLASS (ZOOM CLASS) 1:00 BINGO</p> <p>11:30 MACARONI & CHEESE</p>	<p>30 9:00 BEAUTY SALON 9:00 KOREAN CITIZENSHIP CLASS (ZOOM CLASS) 9:00 CHAIR AEROBICS 10:00 BINGO 12:30 ESL CLASS (ZOOM CLASS) 1:30 TAI CHI</p> <p>11:30 BROCCOLI STUFFED CHICKEN</p>	<p>31 Bring on the NEW YEAR!</p> 