

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

147 Hackensack Street
East Rutherford, NJ 07073

Phone: (201) 935-8920 • Fax: (201) 935-8851

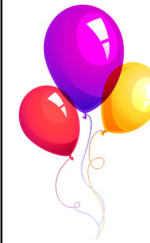
SouthwestCenter@co.bergen.nj.us

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



January ~ 2022

*Wishing all of our Participant's & their Families
a very Healthy and Happy New Year!!*



	Introducing our New Hairdresser ~ Lynn! Every Tuesday ~ walk-ins accepted Appointments ~ Call (201) 935-8920	
	<u>BINGO EVERY DAY!!</u> Morning & Afternoons Check inside calendar for daily times	
January 1	New Year's Day!! . . . <i>Happy New Year!!</i>	
January 17	Martin Luther King, Jr. Day . . . ~ <i>Southwest Senior Center Closed</i>	
January 19	Arts & Crafts Day!! ~ <i>Snowman Candy Dish</i> ~ <i>Southwest Senior Center ~ Reservations Required</i>	1:00
January 26	Blood Pressure Screenings. . . <i>Nurse's Office</i> ~ <i>Southwest Senior Activity Center</i>	9:00
January 26	Social Service Assistance . . . <i>SNAP Applications</i> ~ <i>Southwest Senior Activity Center</i>	9:00

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

3	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
11:30 TUNA SALAD	

4	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
11:30 LASAGNA	

5	9:00 ESL CLASS (ZOOM CLASS) 9:30 CABANICS 10:30 BINGO 12:30 ESL CLASS (ZOOM CLASS) 1:00 BINGO
11:30 MEATLOAF	

6	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
11:30 STUFFED FLOUNDER	

7	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
11:30 BEEF STROGANOFF	

10	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
11:30 ROAST BEEF SANDWICH	

11	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
11:30 CHICKEN TERIYAKI	

12	9:00 ESL CLASS (ZOOM CLASS) 9:30 CABANICS 10:30 BINGO 12:30 ESL CLASS (ZOOM CLASS) 1:00 BINGO
11:30 MEAT LASAGNA	

13	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
11:30 SWEDISH MEATBALLS	

14	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
11:30 SALISBURY STEAK	

17	MARTIN LUTHER KING, JR. BIRTHDAY
CENTER CLOSED	

18	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
11:30 TURKEY SANDWICH	

19	9:00 ESL CLASS (ZOOM CLASS) 9:30 CABANICS 10:30 BINGO 12:30 ESL CLASS (ZOOM CLASS) 1:00 "ARTS & CRAFTS"
11:30 PENNE PASTA & RICOTTA	

20	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
11:30 ORANGE CHICKEN	


21	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
11:30 BEEF & MACARONI CASSEROLE	

24	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
11:30 CHICKEN CUTLET SANDWICH	

25	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
11:30 PASTA & SAUSAGE	

26	9:00 ESL CLASS (ZOOM CLASS) 9:30 CABANICS 10:30 BINGO 12:30 ESL CLASS (ZOOM CLASS) 1:00 BINGO
11:30 PORK LOIN	
9:00 NURSE & SOCIAL SERVICES WILL BE AT CENTER!!	

27	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
11:30 HONEY DIJON CHICKEN	

28	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
11:30 OPEN TURKEY SANDWICH	

31	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
11:30 EGG SALAD SANDWICH	



HOT COCOA
SERVED HERE
come on in and warm up

Lunches are "Grab & Go"

**** Pick -up Lunch or Drive By & Staff will deliver to your car!**



HAPPY NEW YEAR

**147 Hackensack Street
East Rutherford, NJ 07073**

**Center Hours: 8:00 - 3:30
(201) 935-8920**

**Suggested Lunch Donation
~ \$ 1.25 ~**