

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



JULY ~ 2022

"National Ice Cream Month"
Wishing all of our participants a
very happy and Healthy Summer!!



		<i>ALL Korean ESL Classes resume in full capacity on Tuesday, July 5th !!</i>		
JULY	4	JULY 4th . . . Happy Birthday America!! ~ Southwest Senior Activity Center Closed		
JULY	13	Social Services Assistance . . . Snap Applications ~ Bergen County Social Services		9:00AM
JULY	20	"Hawaiian Luau" . . . All Day Party!! ~ Lunch, D.J and Dancing ~ Southwest Senior Activity Center		
JULY	27	Blood Pressure Screenings. . . Nurse's Office ~ Southwest Senior Activity Center		9:30AM
JULY	28	Heart Healthy Snacks Beyond Fruits & Vegetables ~ by Nicholas Vessichelli, MS, RD, Lyndhurst Shop-Rite ~ Southwest Senior Activity Center		10:00AM

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.



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.

On behalf of the County of Bergen, we thank you for your patience during the Covid-19 pandemic. At this time, the County has lifted most restrictions related to Covid-19, but will continue to require health screenings upon entrance to the centers. Masks are now optional throughout the centers. Masks are still required on the bus for those who are unvaccinated, although it is preferable for all to wear a mask when on the bus. Meals will return to congregate setting, and there will no longer be a Grab & Go option. We look forward to seeing you again as we resume all regular activities. If you have any questions, kindly contact your center directly at (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>"Hawaiian Luau" Wednesday, July 20 ~ All Day Party Lunch, Desserts, D.J, Dancing, Hawaiian Luau Dancers, Free Raffles Reservations ~ (201) 935-8920</p> 		<p>7 8:00 COFFEE TIME 9:00 BEAUTY SALON 9:30 ESL CLASS 9:30 AEROBICS 10:30 BINGO 12:30 CHOIR</p> <p>11:30 STUFFED SHELLS</p> 
<p>4 </p>	<p>5 8:00 COFFEE TIME 9:00 BEAUTY SALON 9:30 ESL CLASS 9:30 CHAIR ZUMBA 10:30 BINGO 12:15 ESL CLASS 1:30 LINE DANCING</p> <p>11:30 HAMBURGER (Beef)</p>	<p>6 8:00 COFFEE TIME 9:30 CABANICS 9:30 ESL CLASS 10:30 BINGO 12:30 KOREAN CONSULTATION 1:00 DANCE AEROBICS</p> <p>11:30 SPINACH SALAD W/ GRILLED CHICKEN</p>	<p>7 8:00 COFFEE TIME 9:00 BEAUTY SALON 9:30 KOREAN CITIZENSHIP CLASS 9:00 ZUMBA GOLD 10:00 BINGO 12:15 ESL CLASS 1:30 TAI CHI</p> <p>11:30 MEAT LASAGNA</p>	<p>8 8:00 COFFEE TIME 9:00 BEAUTY SALON 9:30 ESL CLASS 9:30 AEROBICS 10:30 BINGO 12:30 CHOIR</p> <p>11:30 BARBEQUE PULLED PORK</p>
<p>11 8:00 COFFEE TIME 9:00 BEAUTY SALON 9:00 ZUMBA GOLD 9:30 ESL CLASS 10:00 BINGO 12:30 LINE DANCING</p> <p>11:30 TUNA SALAD W/ LETTUCE LEAF</p>	<p>12 8:00 COFFEE TIME 9:00 BEAUTY SALON 9:30 ESL CLASS 9:30 CHAIR ZUMBA 10:30 BINGO 12:15 ESL CLASS 1:30 LINE DANCING</p> <p>11:30 ITALIAN MEATBALLS W/ TOMATO BASID SAUCE</p>	<p>13 9:00 ~ "SOCIAL SERVICES" 8:00 COFFEE TIME 9:30 CABANICS 9:30 ESL CLASS 10:30 BINGO 12:30 KOREAN CONSULTATION 1:00 DANCE AEROBICS</p> <p>11:30 OVEN ROASTED PORK LOIN</p>	<p>14 8:00 COFFEE TIME 9:00 BEAUTY SALON 9:30 KOREAN CITIZENSHIP CLASS 9:00 ZUMBA GOLD 10:00 BINGO 12:15 ESL CLASS 1:30 TAI CHI</p> <p>11:30 SALISBURY STEAK W/ BROWN GRAVY</p>	<p>15 8:00 COFFEE TIME 9:00 BEAUTY SALON 9:30 ESL CLASS 9:30 AEROBICS 10:30 BINGO 12:30 CHOIR</p> <p>11:30 CHICKEN FLORENTINE</p>
<p>18 8:00 COFFEE TIME 9:00 BEAUTY SALON 9:00 ZUMBA GOLD 9:30 ESL CLASS 10:00 BINGO 12:30 LINE DANCING</p> <p>11:30 TURKEY & SWISS CHEESE SANDWICH</p>	<p>19 8:00 COFFEE TIME 9:00 BEAUTY SALON 9:30 ESL CLASS 9:30 CHAIR ZUMBA 10:30 BINGO 12:15 ESL CLASS 1:30 LINE DANCING</p> <p>11:30 LEMON PEPPER BAKED TILAPIA</p>	<p>20</p> <p><u>HAWAIIAN LUAU</u></p> <p>11:30 HAWAIIAN CHICKEN BREAST W/ PINEAPPLE CHUNKS</p>	<p>21 8:00 COFFEE TIME 9:00 BEAUTY SALON 9:30 KOREAN CITIZENSHIP CLASS 9:00 ZUMBA GOLD 10:00 BINGO 12:15 ESL CLASS 1:30 TAI CHI</p> <p>11:30 WHOLE WHEAT CHEESE LASAGNA</p>	<p>22 8:00 COFFEE TIME 9:00 BEAUTY SALON 9:30 ESL CLASS 9:30 AEROBICS 10:30 BINGO 12:30 CHOIR</p> <p>11:30 HOME STYLE MEATLOAF & MUSHROOM GRAVY</p>
<p>25 8:00 COFFEE TIME 9:00 BEAUTY SALON 9:00 ZUMBA GOLD 9:30 ESL CLASS 10:00 BINGO 12:30 LINE DANCING</p> <p>11:30 CHICKEN CORDON BLUE</p>	<p>26 8:00 COFFEE TIME 9:00 BEAUTY SALON 9:30 ESL CLASS 9:30 CHAIR ZUMBA 10:30 BINGO 12:15 ESL CLASS 1:30 LINE DANCING</p> <p>11:30 EGG SALAD W/ ROMAINE LETTUCE</p>	<p>27 9:00 ~ "NURSE VISIT" 8:00 COFFEE TIME 9:30 CABANICS 9:30 ESL CLASS 10:30 BINGO 12:30 KOREAN CONSULTATION 1:00 DANCE AEROBICS</p> <p>11:30 BAKED PORK CHOP</p>	<p>28 8:00 COFFEE TIME 9:00 BEAUTY SALON 9:30 KOREAN CITIZENSHIP CLASS 9:00 ZUMBA GOLD 10:00 BINGO "HEALTHY SNACKS" 12:15 ESL CLASS 1:30 TAI CHI</p> <p>11:30 TURKEY BURGER</p>	<p>29 8:00 COFFEE TIME 9:00 BEAUTY SALON 9:30 ESL CLASS 9:30 AEROBICS 10:30 BINGO 12:30 CHOIR</p> <p>11:30 PORK SAUSAGE, PEPPERS & ONIONS</p>