

# 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](mailto: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**



*September ~ 2022 is . . .*  
**National Senior Center Month**

SEPT.	5	Labor Day - ~ <i>Southwest Senior Activity Center Closed</i>	
SEPT.	8	"Happy Chuseok" Celebration!! . . . <i>Korean Thanksgiving</i> ~ <i>Southwest Senior Activity Center</i>	11:30AM
SEPT.	13	Bergen County Annual Senior Citizens Festival ~ <i>Van Saun Park, Paramus</i> ~ <i>Rain Date—Tuesday, September 20</i>	10:00AM - 2:00PM
SEPT.	14	K-9 Demonstration ~ <i>Sheriff's Officers &amp; their "Canine Partners"</i> ~ <i>Bergen County Sheriff's Office</i>	10:30AM
SEPT.	21	Social Services Assistance . . . <i>Snap Applications</i> ~ <i>Bergen County Social Services</i>	9:00AM
SEPT.	22	"Surprise Party for Center Participants!!" ~ <i>Join us to find out what the surprise is!!</i> ~ <i>Southwest Senior Activity Center</i> ~ <i>Reservations required (201) 935-8920</i>	ALL DAY PARTY!!!
SEPT.	28	Blood Pressure Screenings. . . <i>Nurse's Office</i> ~ <i>Southwest Senior Activity Center</i>	9:30AM

***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><i>"Ssshhh—SURPRISE PARTY!!"</i> <b>FOR ALL CENTER PARTICIPANTS</b> <i>Thursday, September 22</i> <i>"All Day Party!!"</i> Reservations ~ (201) 935-8920</p> 		<p>1 8:00 CONTINENTAL BREAKFAST 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 SLICED TURKEY W/ GRAVY</p>	<p>2 8:00 CONTINENTAL BREAKFAST 9:00 BEAUTY SALON 9:30 ESL CLASS 9:30 AEROBICS 10:30 BINGO 12:30 CHOIR</p> <p>11:30 RIGATONI BOLOGNESE</p>
<p>5</p> 	<p>6 8:00 CONTINENTAL BREAKFAST 9:00 BEAUTY SALON 9:30 ESL CLASS 9:30 CHAIR ZUMBA 10:30 BINGO 12:15 ESL CLASS 1:30 LINE DANCING 11:30 HAMBURGER (Beef) W/ SAUSAGE &amp; OLIVE OIL</p>	<p>7 8:00 CONTINENTAL BREAKFAST 9:30 CABANICS 9:30 ESL CLASS 10:30 BINGO 12:30 KOREAN CONSULTATION 1:00 DANCE</p> <p>11:30 CHICKEN FLORENTINE</p>	<p>8 8:00 CONTINENTAL BREAKFAST 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 FISH STICKS W/ LEMON WEDGE &amp; TARTAR SAUCE</p>	<p>9 8:00 CONTINENTAL BREAKFAST 9:00 BEAUTY SALON 9:30 ESL CLASS 9:30 AEROBICS 10:30 BINGO 12:30 CHOIR</p> <p>11:30 BARBECUE PULLED PORK SANDWICH</p>
<p>12 8:00 CONTINENTAL BREAKFAST 9:00 BEAUTY SALON 9:00 ZUMBA GOLD 9:30 ESL CLASS 10:00 BINGO 12:30 LINE DANCING</p> <p>11:30 GRILLED CHICKEN CAESAR SALAD</p>	<p>13 8:00 CONTINENTAL BREAKFAST 9:00 BEAUTY SALON 9:30 ESL CLASS 9:30 CHAIR ZUMBA 10:30 BINGO 12:15 ESL CLASS 1:30 LINE DANCING 11:30 SALISBURY STEAK W/ BROWN GRAVY</p>	<p>14 8:00 CONTINENTAL BREAKFAST 9:30 CABANICS 9:30 ESL CLASS 10:30 BINGO/ "K-9 DEMO" 12:30 KOREAN CONSULTATION 1:00 DANCE</p> <p>11:30 ITALIAN MEATBALLS W/ TOMATO BASIL SAUCE</p>	<p>15 8:00 CONTINENTAL BREAKFAST 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 TURKEY BURGER</p>	<p>16 8:00 CONTINENTAL BREAKFAST 9:00 BEAUTY SALON 9:30 ESL CLASS 9:30 AEROBICS 10:30 BINGO 12:30 CHOIR</p> <p>11:30 ORANGE CHICKEN</p> 
<p>19 8:00 CONTINENTAL BREAKFAST 9:00 BEAUTY SALON 9:00 ZUMBA GOLD 9:30 ESL CLASS 10:00 BINGO 12:30 LINE DANCING</p> <p>11:30 TURKEY &amp; SWISS W/ ARUGALA ON A WW ROLL</p>	<p>20 8:00 CONTINENTAL BREAKFAST 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 STUFFED CABBAGE</p>	<p>21 "SOCIAL SERVICES" 8:00 CONTINENTAL BREAKFAST 9:30 CABANICS 9:30 ESL CLASS 10:30 BINGO 12:30 KOREAN CONSULTATION 1:00 DANCE</p> <p>11:30 LEMON PEPPER BAKED FISH</p>	<p>22 SURPRISE PARTY !! ALL DAY EVENT</p> 	<p>23 8:00 CONTINENTAL BREAKFAST 9:00 BEAUTY SALON 9:30 ESL CLASS 9:30 AEROBICS 10:30 BINGO 12:30 CHOIR</p> <p>11:30 EGG SALAD ON ROMAINE LETTUCE</p>
<p>26 8:00 CONTINENTAL BREAKFAST 9:00 BEAUTY SALON 9:00 ZUMBA GOLD 9:30 ESL CLASS 10:00 BINGO 12:30 LINE DANCING</p> <p>11:30 TUNA NOODLE SALAD</p>	<p>27 8:00 CONTINENTAL BREAKFAST 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 PORK TENDERLOIN W/ GRAVY</p>	<p>28 "BLOOD PRESSURE- NURSE" 8:00 CONTINENTAL BREAKFAST 9:30 CABANICS 9:30 ESL CLASS 10:30 BINGO 12:30 KOREAN CONSULTATION 1:00 DANCE</p> <p>11:30 BARBEQUE CHICKEN LEG QUARTER</p>	<p>29 8:00 CONTINENTAL BREAKFAST 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 CHEESE RAVIOLI IN A HEARTY SPINACH SAUCE</p>	<p>30 8:00 CONTINENTAL BREAKFAST 9:00 BEAUTY SALON 9:30 ESL CLASS 9:30 AEROBICS 10:30 BINGO 12:30 CHOIR</p> <p>11:30 SHAVED CHICKEN SANDWICH</p> 