

# 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](mailto:SouthwestCenter@co.bergen.nj.us)

Open: Monday - Friday, 8:00 AM - 3:30 PM

# BERGEN NEW JERSEY *County*

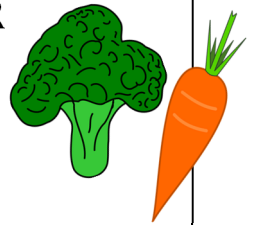
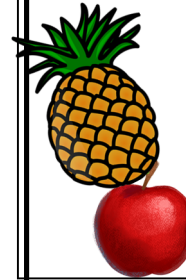
James J. Tedesco III, County Executive

## SOUTHWEST SENIOR ACTIVITY CENTER

**Bergen County Department of Human Services**  
**Division of Senior Services/ADRC**

March is . . .

**National Nutrition Month**



MARCH 7	CBD, Medical Marijuana & Pain Management . . . ~ by <i>Cassandra Colaizzi, MPH</i> ~ <i>Center for Alcohol &amp; Drug Resources</i>	10:30AM
MARCH 9	Craft Day at the Senior Center . . . <i>Reservations required</i> ~ <i>Join us for our delicious Hot Chocolate Bar</i> ~ <i>Southwest Senior Activity Center</i>	12:30AM
MARCH 13	Social Service Outreach . . . <i>10:00 am until 2:00 pm</i> ~ <i>Bergen County Social Services</i> ~ <i>Southwest Senior Activity Center</i>	10:00AM
MARCH 16	Shop-Rite Field Trip!! . . . <i>Reservations required</i> ~ <i>Refreshments will be served</i> ~ <i>Visit the new Care Rite Center in Shop-Rite of Wallington</i>	10:00AM
MARCH 22	Blood Pressure Screenings. . . <i>Nurse's Office</i> ~ <i>Southwest Senior Activity Center</i>	9:30AM
MARCH 30	Resources & Skills to Help You Stop Smoking . . . ~ by <i>Albert Ferrara, Jr.</i> ~ <i>Bergen County Dept. of Health Services</i>	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. Meals are now optional throughout the centers. 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><b>147 Hackensack Street East Rutherford, NJ 07073</b></p> <p><b>Center Hours: 8:00 - 3:30</b></p> <p><b>Suggested Lunch Donation ~ \$ 1.25 ~</b></p>		<p>1 8:00 CONTINENTAL BREAKFAST 9:00 BALANCE &amp; CARDIO 9:30 ESL CLASS 10:00 BINGO 12:30 KOREAN CONSULTATION 1:00 DANCE</p> <p>11:30 BARBEQUE PULLED PORK</p>	<p>2 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 ROASTED CHICKEN LEG</p>	<p>3 8:00 CONTINENTAL BREAKFAST 9:00 BEAUTY SALON 9:00 CHAIR YOGA 9:30 ESL CLASS 10:00 BINGO 12:30 CHOIR</p>  <p>11:30 EGGPLANT ROLLATINI</p>
<p>6 8:00 CONTINENTAL BREAKFAST 9:00 BEAUTY SALON 9:00 ZUMBA GOLD 9:30 ESL CLASS 10:00 BINGO 12:30 LINE DANCING 12:30 THE KNITTING CLUB</p> <p>11:30 SWEET &amp; SOUR MEATBALLS</p>	<p>7 8:00 CONTINENTAL BREAKFAST 9:00 BEAUTY SALON 9:00 ZUMBA GOLD 9:30 ESL CLASS 10:00 BINGO / "CBD &amp; PAIN" 12:15 ESL CLASS 1:30 LINE DANCING</p> <p>11:30 BAKED FISH W/ DILL SAUCE</p>	<p>8 8:00 CONTINENTAL BREAKFAST 9:00 BALANCE &amp; CARDIO 9:30 ESL CLASS 10:00 BINGO 12:30 KOREAN CONSULTATION 1:00 DANCE</p> <p>11:30 CHICKEN FLORENTINE</p>	<p>9 8:00 CONTINENTAL BREAKFAST 9:00 BEAUTY SALON 9:30 KOREAN CITIZENSHIP CLASS 9:00 ZUMBA GOLD 10:00 BINGO 12:15 ESL CLASS 12:30 "CRAFT &amp; HOT CHOCOLATE" 1:30 TAI CHI</p> <p>11:30 CHEESEBURGER</p>	<p>10 8:00 CONTINENTAL BREAKFAST 9:00 BEAUTY SALON 9:00 CHAIR YOGA 9:30 ESL CLASS 10:00 BINGO 12:30 CHOIR</p> <p>11:30 TUNA &amp; BOWTIE PASTA SALAD</p>
<p>13 8:00 CONTINENTAL BREAKFAST 9:00 BEAUTY SALON 9:00 ZUMBA GOLD 9:30 ESL CLASS 10:00 BINGO / "SOCIAL SERVICES" 12:30 LINE DANCING 12:30 THE KNITTING CLUB</p> <p>11:30 PORK TENDERLOIN</p>	<p>14 8:00 CONTINENTAL BREAKFAST 9:00 BEAUTY SALON 9:00 ZUMBA GOLD 9:30 ESL CLASS 10:00 BINGO 12:15 ESL CLASS 1:30 LINE DANCING</p>  <p>11:30 SALISBURY STEAK W/ GRAVY</p>	<p>15 8:00 CONTINENTAL BREAKFAST 9:00 BALANCE &amp; CARDIO 9:30 ESL CLASS 10:00 BINGO 12:30 KOREAN CONSULTATION 1:00 DANCE</p> <p>11:30 CHICKEN PARMESAN</p>	<p>16 8:00 CONTINENTAL BREAKFAST 9:00 BEAUTY SALON 9:30 KOREAN CITIZENSHIP CLASS 9:00 ZUMBA GOLD 10:00 BINGO / "SHOP-RITE TRIP" 12:15 ESL CLASS 1:30 TAI CHI</p> <p>11:30 CORNED BEEF</p>	<p>17 <b>Happy St. Patrick's Day!!</b> 8:00 CONTINENTAL BREAKFAST 9:00 BEAUTY SALON 9:00 CHAIR YOGA 9:30 ESL CLASS 10:00 BINGO 12:30 CHOIR</p>  <p>11:30 BAKED FISH W/ GARLIC &amp; LEMON</p>
<p>20 8:00 CONTINENTAL BREAKFAST 9:00 BEAUTY SALON 9:00 ZUMBA GOLD 9:30 ESL CLASS 10:00 BINGO 12:30 LINE DANCING 12:30 THE KNITTING CLUB</p> <p>11:30 TURKEY &amp; SWISS SANDWICH</p>	<p>21 8:00 CONTINENTAL BREAKFAST 9:00 BEAUTY SALON 9:00 ZUMBA GOLD 9:30 ESL CLASS 10:00 BINGO 12:15 ESL CLASS 1:30 LINE DANCING</p> <p>11:30 HOT TUNA CASSEROLE</p>	<p>22 <b>"BLOOD PRESSURE~NURSE"</b> 8:00 CONTINENTAL BREAKFAST 9:00 BALANCE &amp; CARDIO 9:30 ESL CLASS 10:00 BINGO 12:30 KOREAN CONSULTATION 1:00 DANCE</p> <p>11:30 CHICKEN CORDON BLEU</p>	<p>23 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 SLOPPY JOE</p>	<p>24 8:00 CONTINENTAL BREAKFAST 9:00 BEAUTY SALON 9:00 CHAIR YOGA 9:30 ESL CLASS 10:00 BINGO 12:30 CHOIR</p> <p>11:30 EGG SALAD</p>
<p>27 8:00 CONTINENTAL BREAKFAST 9:00 BEAUTY SALON 9:00 ZUMBA GOLD 9:30 ESL CLASS 10:00 BINGO 12:30 LINE DANCING 12:30 THE KNITTING CLUB</p>  <p>11:30 SWEDISH MEATBALLS</p>	<p>28 8:00 CONTINENTAL BREAKFAST 9:00 BEAUTY SALON 9:00 ZUMBA GOLD 9:30 ESL CLASS 10:00 BINGO 12:15 ESL CLASS 1:30 LINE DANCING</p> <p>11:30 MEATLOAF w/ GRAVY</p>	<p>29 8:00 CONTINENTAL BREAKFAST 9:00 BALANCE &amp; CARDIO 9:30 ESL CLASS 10:00 BINGO 12:30 KOREAN CONSULTATION 1:00 DANCE</p> <p>11:30 PHILLY BEEF SANDWICH</p>	<p>30 8:00 CONTINENTAL BREAKFAST 9:00 BEAUTY SALON 9:30 KOREAN CITIZENSHIP CLASS 9:00 ZUMBA GOLD 10:00 BINGO / "STOP SMOKING" 12:15 ESL CLASS 1:30 TAI CHI</p> <p>11:30 BARBEQUE CHICKEN LEG</p>	<p>31 8:00 CONTINENTAL BREAKFAST 9:00 BEAUTY SALON 9:00 CHAIR YOGA 9:30 ESL CLASS 10:00 BINGO 12:30 CHOIR</p>  <p>11:30 BAKED FISH W/ DILL SAUCE</p>