

BERGEN NEW JERSEY *County*

James J. Tedesco III
County Executive

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DIVISION OF SENIOR SERVICES
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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 have returned to a congregate setting, and there is 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.

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*

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SOUTHWEST SENIOR ACTIVITY CENTER

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



May is . . .
"Older Americans Month"



MAY 8th	Social Service Outreach ~ Bergen County Social Services ~ Southwest Senior Activity Center	10:00AM- 2:00PM
MAY 9th	Scams & Frauds Affecting Seniors . . . with Dennis Niland ~ by Office of Consumer Affairs, Paramus	10:00AM
MAY 16th	Bergen County Senior Center Open House !! ~ Reservations ~ (201) 935-8920 ~ Southwest Senior Activity Center	9:00AM
MAY 18th	The Role of Plants and Bees in our Environment ~ by Laura Jean Checki, Environmental Specialist ~ Bergen County Department of Health	10:00AM
MAY 24th	Blood Pressure Screenings. . . Nurse's Office ~ Southwest Senior Activity Center	9:30AM
MAY 29th	Memorial Day . . . ~ Southwest Senior Activity Center Closed	
MAY 30th	Eating Your Way To Health ~ with Josefina Santa Romana, Clinical Dietician ~ Bergen New Bridge Medical Center, Paramus	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.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>1 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 PASTA & MEATBALLS</p>	<p>2 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 TUNA & BOWTIE PASTA SALAD</p>	<p>3 8:00 CONTINENTAL BREAKFAST 9:00 BALANCE & CARDIO 9:30 ESL CLASS 10:00 BINGO 12:30 KOREAN CONSULTATION 1:00 DANCE</p> <p>11:30 PORK CHOP</p>	<p>4 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 BALSAMIC CHICKEN</p>	<p>5 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 MEXICAN CHICKEN</p> 
<p>8 "SOCIAL SERVICE OUTREACH" 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 LEMON FISH</p>	<p>9 8:00 CONTINENTAL BREAKFAST 9:00 BEAUTY SALON 9:00 ZUMBA GOLD 9:30 ESL CLASS 10:00 BINGO/SCAMS PRESENTATION 12:15 ESL CLASS 1:30 LINE DANCING</p> <p>11:30 BARBEQUE CHICKEN LEG</p>	<p>10 8:00 CONTINENTAL BREAKFAST 9:00 BALANCE & CARDIO 9:30 ESL CLASS 10:00 BINGO 12:30 KOREAN CONSULTATION 1:00 DANCE</p> <p>11:30 STUFFED PEPPERS</p>	<p>11 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 HAM STEAK</p>	<p>12 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 CHICKEN SCAMPI</p>
<p>15 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 TUNA SALAD</p>	<p>16 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>OPEN HOUSE 11:30 CHICKEN MARSALA</p>	<p>17 8:00 CONTINENTAL BREAKFAST 9:00 BALANCE & CARDIO 9:30 ESL CLASS 10:00 BINGO 12:30 KOREAN CONSULTATION 1:00 DANCE</p> <p>11:30 PORK SAUSAGE SANDWICH</p>	<p>18 8:00 CONTINENTAL BREAKFAST 9:00 BEAUTY SALON 9:30 KOREAN CITIZENSHIP CLASS 9:00 ZUMBA GOLD 10:00 BINGO/ PLANTS PRESENTATION 12:15 ESL CLASS 1:30 TAI CHI</p> <p>11:30 SALISBURY STEAK</p>	<p>19 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 w/ Meatballs</p>
<p>22 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 ORANGE CHICKEN</p>	<p>23 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 ROAST BEEF w/ Gravy</p>	<p>24 "BLOOD PRESSURE~SCREENING" 8:00 CONTINENTAL BREAKFAST 9:00 BALANCE & CARDIO 9:30 ESL CLASS 10:00 BINGO 12:30 KOREAN CONSULTATION 1:00 DANCE</p> <p>11:30 CHICKEN WALDORF SALAD</p>	<p>25 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 PORK TENDERLOIN W/ Gravy</p>	<p>26 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 SWEDISH MEATBALLS</p> 
<p>29</p> 	<p>30 8:00 CONTINENTAL BREAKFAST 9:00 BEAUTY SALON 9:00 ZUMBA GOLD 9:30 ESL CLASS 10:00 BINGO/ "EATING HEALTHY" 12:15 ESL CLASS 1:30 LINE DANCING</p> <p>11:30 HAMBURGER</p>	<p>31 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 CHICKEN FLORENTINE</p>	 <p>147 Hackensack Street East Rutherford, NJ 07073</p> <p>Center Hours: 8:00 - 3:30</p> <p>Suggested Lunch Donation ~ \$ 1.25 ~</p>	