

# 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

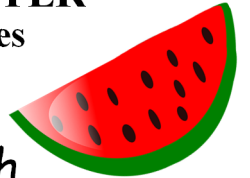
## SOUTHWEST SENIOR ACTIVITY CENTER

Bergen County Department of Human Services

Division of Senior Services/ADRC

June is . . .

National Fruit & Vegetable Month



JUNE	6	Pedestrian and Driving Safety. . . by E-Z Ride ~ Southwest Senior Activity Center	10:00 am
JUNE	10	Annual "Happy Days Concert!" . . . ~ by the Southwest Senior Center "Happy Days Choir" ~ Southwest Senior Activity Center	6:00 pm
JUNE	15	Scams & Frauds Affecting Seniors . . . By Dennis Niland ~ by Office of Consumer Affairs, Paramus ~ Southwest Senior Activity Center	10:00 am
JUNE	16	Juneteenth Observance . . . ~ Southwest Senior Activity Center Closed	
JUNE	14	Flag Day . . .	
JUNE	22	Visit to the new "CareRite Now" Clinic ~ located in the Shop-Rite of Wallington ~ sponsored by Bergen New Bridge Health	10:00 am
JUNE	28	Blood Pressure Screenings. . . Nurse's Office ~ Southwest Senior Activity Center	9:30 am
JUNE	28	Farmers' Market at the Southwest Senior Center!! . . . ~ Fruits and Vegetables will be available for shopping ~ Early registration- (201)935-8920	9:00 —12:00



**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.**

Bergen County Elder Abuse Awareness Walk

Saturday June 3, 2023

Overpeck County Park Amphitheater

One Challenger Road, Ridgefield Park

Rain Date Sunday, June 11, 2023

9:00am—12:00pm

Register today using the link below or calling 201-336-7416

<https://www.eventbrite.com/e/bergen-county-elder-abuse-awareness-walk-tickets635453868627>



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><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><b>Farmers' Market Day</b> at the Southwest Senior Center Wednesday, June 28 ~ 9:00—12:00 (201) 935-8920 for more information Vouchers &amp; Produce available that day!</p>  			<p><b>1</b> 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><b>11:30 PORK CHOP</b></p>	<p><b>2</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><b>11:30 SPINACH STUFFED FISH</b></p>
<p><b>5</b> 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><b>11:30 PHILLY CHEESESTEAK</b></p>	<p><b>6</b> 8:00 CONTINENTAL BREAKFAST 9:00 BEAUTY SALON 9:00 ZUMBA GOLD 9:30 ESL CLASS <b>10:00 BINGO/ "DRIVING SAFETY"</b> 12:15 ESL CLASS 1:30 LINE DANCING</p> <p><b>11:30 HAWAIIAN CHICKEN</b></p>	<p><b>7</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><b>11:30 TURKEY SAUSAGE, PEPPERS &amp; ONIONS</b></p>	<p><b>8</b> 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><b>11:30 LEMON BAKED FISH</b></p>	<p><b>9</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><b>11:30 SWEDISH MEATBALLS</b></p>	
<p><b>12</b> 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><b>11:30 MEATLOAF</b></p>	<p><b>13</b> 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><b>11:30 ROASTED CHICKEN LEG</b></p>	<p><b>14</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><b>11:30 EGG SALAD PLATE</b></p>	<p><b>15</b> 8:00 CONTINENTAL BREAKFAST 9:00 BEAUTY SALON 9:30 KOREAN CITIZENSHIP CLASS 9:00 ZUMBA GOLD <b>10:00 BINGO/ "SCAMS"</b> 12:15 ESL CLASS 1:30 TAI CHI</p> <p><b>11:30 STUFFED PEPPERS</b></p>	<p><b>16</b></p> <p><b>JUNETEENTH OBSERVANCE</b></p> <hr/> <p><b>CENTER CLOSED</b></p>	
<p><b>19</b> 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><b>11:30 LEMON FISH</b></p>	<p><b>20</b> 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><b>11:30 HONEY MUSTARD CHICKEN</b></p>	<p><b>21 "WELCOME SUMMER"</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><b>11:30 HONEY GLAZED PORK CHOP</b></p>	<p><b>22</b> 8:00 CONTINENTAL BREAKFAST 9:00 BEAUTY SALON 9:30 KOREAN CITIZENSHIP CLASS 9:00 ZUMBA GOLD <b>10:00 BINGO/ "SHOP-RITE VISIT"</b> 12:15 ESL CLASS 1:30 TAI CHI</p> <p><b>11:30 TURKEY &amp; SWISS ON A ROLL</b></p>	<p><b>23</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><b>11:30 HAMBURGER</b></p>	
<p><b>26</b> 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><b>11:30 CHICKEN CORDON BLEU</b></p>	<p><b>27</b> 8:00 CONTINENTAL BREAKFAST 9:00 BEAUTY SALON 9:00 FARMERS' MARKET 9:00 ZUMBA GOLD 9:30 ESL CLASS 10:00 BINGO 12:15 ESL CLASS 1:30 LINE DANCING</p> <p><b>11:30 HAM STEAK</b></p>	<p><b>28 "BLOOD PRESSURE~NURSE"</b> 8:00 CONTINENTAL BREAKFAST 9:00 BALANCE &amp; CARDIO 9:00 ZUMBA GOLD 9:30 ESL CLASS 10:00 BINGO 12:15 ESL CLASS 1:30 LINE DANCING FARMERS' MARKET 9:00—12:00 <b>11:30 POTATO CRUSTED FISH</b></p>	<p><b>29</b> 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><b>11:30 CHEESE RAVIOLI &amp; MEATBALLS</b></p>	<p><b>30</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><b>11:30 BARBEQUE CHICKEN LEG</b></p>	