

# BERGEN NEW JERSEY *County*

**James J. Tedesco III**  
*County Executive*

## BOARD OF COUNTY COMMISSIONERS

**Thomas J. Sullivan**  
*Chairman*

**Germaine M. Ortiz**  
*Vice Chairwoman*

**Dr. Joan M. Voss**  
*Chair Pro Tempore*

**Mary J. Amoroso**  
**Steven A. Tanelli**

**Tracy Silna Zur**

**Rafael Marte**

**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**



**SEPTEMBER 2023**

SEPT	4	Labor Day . . . ~ <i>Southwest Senior Activity Center Closed</i>	
SEPT	6	Services of the East Rutherford Library for Seniors. . . ~ by Christine Hartigan, Library Director	10:00 am
SEPT	11	Social Services Outreach . . . (New SNAP applications). . . ~ <i>Bergen County Social Services</i>	10:00 am
SEPT	12	Bergen County Annual Senior Festival. . . ~ Van Saun County Park, Paramus	10:00 am
SEPT	14	Identity Theft. . . Protect Your Finances & Credit Rating ~ w/ <i>Jamil Ahmed, Branch Manager, Freedom Bank</i>	10:00 am
SEPT	18	BC, Human Services, Division of Veteran Services POW/MIA Presentation	10:30am
SEPT	19	Cooking Demonstration~ Making Healthy Choices . . . ~ w/ <i>Bergen New Bridge Medical Center</i>	10:00 am
SEPT	21	Chuseok Celebration!! . . . <i>Korean Thanksgiving Celebration</i> ~ <i>Southwest Senior Activity Center</i>	11:30 am
SEPT	22	Aromatherapy & Hand Massages . . . <i>(Sign Up In Office)</i> ~ <i>Southwest Senior Activity Center</i>	9:00 am
SEPT	28	Better Movement & Flexibility . . . w/ Dr. Elliot Foster, D.C. ~ <i>Southwest Senior Activity Center</i>	10:00 pm

***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.

*Save the Date*

## **Senior Festival**

**September 12, 2023**

*Rain Date: Tuesday September 19, 2023*

**10AM - 2PM**

**Van Saun County Park, Paramus**

Registration Recommended: Call: 201-336-7416 or Email: [seniors@co.bergen.nj.us](mailto:seniors@co.bergen.nj.us)

Eventbrite Link: <https://www.eventbrite.com/e/bergen-county-senior-festival-tickets-660481015497?aff=oddtcreator>








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><u>Social Services Outreach</u></p> <p><u>Monday, Sept 11</u> <u>10:00 ~ 2:00</u></p>		<p><u>Blood Pressure Screenings</u> <u>Nurse's Office</u></p> <p><u>September 27</u> <u>9:30—12:30</u></p>	<p>1 8:00 CONTINENTAL BREAKFAST 9:00 BEAUTY SALON 9:00 CHAIR YOGA 9:30 ESL CLASS 10:00 BINGO 12:30 CHOIR 2:30 WALKING CLUB</p>  <p>11:30 RIGATONI BOLOGNESE</p>
<p>4</p> 	<p>5 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 HAMBURGER</p>	<p>6 8:00 CONTINENTAL BREAKFAST 9:00 BALANCE &amp; CARDIO 9:30 ESL CLASS 10:00 BINGO/ "LIBRARY SERVICES" 12:30 KOREAN CONSULTATION 1:00 DANCE 2:30 WALKING CLUB</p> <p>11:30 CHICKEN FLORENTINE</p>	<p>7 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</p>	<p>8 8:00 CONTINENTAL BREAKFAST 9:00 BEAUTY SALON 9:00 CHAIR YOGA 9:30 ESL CLASS 10:00 BINGO 12:30 CHOIR/"ARTS &amp; CRAFTS" 2:30 WALKING CLUB</p> <p>11:30 BARBEQUE PULLED PORK</p>
<p>11 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 CHICKEN CAESAR SALAD</p>	<p>12 SENIOR FESTIVAL</p> <p>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</p>	<p>13 8:00 CONTINENTAL BREAKFAST 9:00 BALANCE &amp; CARDIO 9:30 ESL CLASS 10:00 BINGO 12:30 KOREAN CONSULTATION 1:00 DANCE 2:30 WALKING CLUB</p> <p>11:30 ITALIAN MEATBALLS</p>	<p>14 8:00 CONTINENTAL BREAKFAST 9:00 BEAUTY SALON 9:30 KOREAN CITIZENSHIP CLASS 9:00 ZUMBA GOLD 10:00 BINGO/ "IDENTITY THEFT" 12:15 ESL CLASS 1:30 TAI CHI</p> <p>11:30 TURKEY BURGER</p>	<p>15 8:00 CONTINENTAL BREAKFAST 9:00 BEAUTY SALON 9:00 CHAIR YOGA 9:30 ESL CLASS 10:00 BINGO 12:30 CHOIR 2:30 WALKING CLUB</p>  <p>11:30 HAWAIIAN CHICKEN &amp; PINEAPPLE</p>
<p>18 8:00 CONTINENTAL BREAKFAST 9:00 BEAUTY SALON 9:00 ZUMBA GOLD 9:30 ESL CLASS 10:00 BINGO 10:30 POW/MIA PRESENTATION 12:30 LINE DANCING 12:30 THE KNITTING CLUB</p> <p>11:30 TURKEY &amp; SWISS SANDWICH</p>	<p>19 8:00 CONTINENTAL BREAKFAST 9:00 BEAUTY SALON 9:00 ZUMBA GOLD 9:30 ESL CLASS 10:00 BINGO/ "COOKING DEMO" 12:15 ESL CLASS 1:30 LINE DANCING</p> <p>11:30 STUFFED CABBAGE</p>	<p>20 8:00 CONTINENTAL BREAKFAST 9:00 BALANCE &amp; CARDIO 9:30 ESL CLASS 10:00 BINGO 12:30 KOREAN CONSULTATION 1:00 DANCE 2:30 WALKING CLUB</p> <p>11:30 CHICKEN CORDON BLEU</p>	<p>21 8:00 CONTINENTAL BREAKFAST 9:00 BEAUTY SALON 9:30 KOREAN CITIZENSHIP CLASS 9:00 ZUMBA GOLD 10:00 BINGO 11:30 KOREAN THANKSGIVING FEST 12:15 ESL CLASS 1:30 TAI CHI</p> <p>11:30 CHILI &amp; BEANS/ "CHUSEOK!!"</p>	<p>22 8:00 CONTINENTAL BREAKFAST 9:00 BEAUTY SALON 9:00 CHAIR YOGA / "HAND MASSAGES" 9:30 ESL CLASS 10:00 BINGO 12:30 CHOIR 2:30 WALKING CLUB</p> <p>11:30 PORK TENDERLOIN</p>
<p>25 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 EGG SALAD PLATTER</p>	<p>26 8:00 CONTINENTAL BREAKFAST 9:00 BEAUTY SALON 9:00 ZUMBA GOLD 9:30 ESL CLASS 10:00 BINGO 12:15 SL CLASS 1:30 LINE DANCING</p>  <p>11:30 PEPPER STEAK</p>	<p>27 8:00 CONTINENTAL BREAKFAST 9:00 BALANCE &amp; CARDIO 9:30 ESL CLASS 10:00 BINGO 12:30 KOREAN CONSULTATION 1:00 DANCE 2:30 WALKING CLUB</p> <p>11:30 BARBEQUE CHICKEN LEG</p>	<p>28 8:00 CONTINENTAL BREAKFAST 9:00 BEAUTY SALON 9:30 KOREAN CITIZENSHIP CLASS 9:00 ZUMBA GOLD 10:00 BINGO/ "FLEXIBILITY" 12:15 ESL CLASS 1:30 TAI CHI</p> <p>11:30 EGGPLANT ROLLATINI</p>	<p>29 8:00 CONTINENTAL BREAKFAST 9:00 BEAUTY SALON 9:00 CHAIR YOGA 9:30 ESL CLASS 10:00 BINGO 12:30 CHOIR 2:30 WALKING CLUB</p>  <p>11:30 SHAVED CHICKEN SANDWICH</p>