

# BERGEN NEW JERSEY *County*

James J. Tedesco III  
County Executive

and the

BOARD OF COUNTY COMMISSIONERS

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

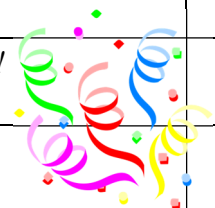
Bergen County Department of Human Services  
Division of Senior Services/ADRC



*Wishing all of our Participants a  
Happy & Healthy New Year !!*



JANUARY 2	New Year's Day Observance . . . <i>Happy New Year!!</i> ~ Southwest Senior Activity Center Closed	
JANUARY 10	The Role of Fiber in Your Diet . . . By Julianna Gallo MS,RD ~ Shop-Rite of Lodi ~ Southwest Senior Activity Center	10:30AM
JANUARY 12 19 26	The Get Connected Program . . . ~ Life Transitions associated with Aging ~ Southwest Senior Activity Center	12:30PM
JANUARY 16	Martin Luther King Jr., Day . . . ~ Southwest Senior Activity Center Closed	
JANUARY 20	Korean New Year Party . . . <i>Featuring Yut Play!!</i> ~ Southwest Senior Activity Center	1:30PM
JANUARY 25	Blood Pressure Screenings. . . <i>Nurse's Office</i> ~ Southwest Senior Activity Center	9:30PM
JANUARY 26	Korean Healthcare Services at Bergen New Bridge . . . ~ By Rosa Kim, Executive Director of Korean Admissions ~ Southwest Senior Activity Center	10:00PM



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.

*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>2</p>  <p><b>HAPPY NEW YEAR</b></p>	<p>3</p> <p>8:00 CONTINENTAL BREAKFAST 9:00 BEAUTY SALON 9:30 ESL CLASS 9:30 SENIOR FITNESS 10:30 BINGO 12:15 ESL CLASS 1:30 LINE DANCING</p> <p>11:30 MEATLOAF W/ GRAVY</p> 	<p>4</p> <p>8:00 CONTINENTAL BREAKFAST 9:30 ESL CLASS 9:30 ZUMBA GOLD 10:30 BINGO 12:30 KOREAN CONSULTATION 1:00 DANCE</p> <p>11:30 BAKED FISH W/ GARLIC LEMON SAUCE</p>	<p>5</p> <p>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 BARBEQUE PULLED PORK W/ SAUCE</p>	<p>6</p> <p>8:00 CONTINENTAL BREAKFAST 9:00 BEAUTY SALON 9:00 CHAIR YOGA 9:30 ESL CLASS 10:30 BINGO 12:30 CHOIR</p> <p>11:30 CHICKEN CACCIATORE</p> 
<p>9</p> <p>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 &amp; BOWTIE SALAD</p>	<p>10</p> <p>8:00 CONTINENTAL BREAKFAST 9:00 BEAUTY SALON 9:30 ESL CLASS 9:30 SENIOR FITNESS 10:30 BINGO/ "FIBER" 12:15 ESL CLASS 1:30 LINE DANCING</p> <p>11:30 BALSAMIC CHICKEN</p>	<p>11</p> <p>8:00 CONTINENTAL BREAKFAST 9:30 ESL CLASS 9:30 ZUMBA GOLD 10:30 BINGO 12:30 KOREAN CONSULTATION 1:00 DANCE</p> <p>11:30 HAMBURGER</p>	<p>12</p> <p>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 "GET CONNECTED" 1:30 TAI CHI</p> <p>11:30 TURKEY W/ GRAVY</p>	<p>13</p> <p>8:00 CONTINENTAL BREAKFAST 9:00 BEAUTY SALON 9:00 CHAIR YOGA 9:30 ESL CLASS 10:30 BINGO 12:30 CHOIR</p> <p>11:30 ITALIAN MEATBALLS</p> 
<p>16</p>  <p><b>MARTIN LUTHER KING DAY</b> I HAVE A DREAM</p>	<p>17</p> <p>8:00 CONTINENTAL BREAKFAST 9:00 BEAUTY SALON 9:30 ESL CLASS 9:30 SENIOR FITNESS 10:30 BINGO 12:15 ESL CLASS 1:30 LINE DANCING</p> <p>11:30 PORK CHOP</p>	<p>18</p> <p>8:00 CONTINENTAL BREAKFAST 9:30 ESL CLASS 9:30 ZUMBA GOLD 10:30 BINGO 12:30 KOREAN CONSULTATION 1:00 DANCE</p> <p>11:30 ORANGE CHICKEN</p>	<p>19</p> <p>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 "GET CONNECTED" 1:30 TAI CHI</p> <p>11:30 ROTINI &amp; TURKEY SAUSAGE</p>	<p>20</p> <p>8:00 CONTINENTAL BREAKFAST 9:00 BEAUTY SALON 9:00 CHAIR YOGA 9:30 ESL CLASS 10:30 BINGO 12:30 CHOIR 1:30 "KOREAN NEW YEAR PARTY!"</p> <p>11:30 PEPPER STEAK</p> 
<p>23</p> <p>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 CHOW MEIN</p>	<p>24</p> <p>8:00 CONTINENTAL BREAKFAST 9:00 BEAUTY SALON 9:30 ESL CLASS 9:30 SENIOR FITNESS 10:30 BINGO 12:15 ESL CLASS 1:30 LINE DANCING</p> <p>11:30 SALISBURY STEAK W/ GRAVY</p>	<p>25</p> <p><b>NURSE ~ BLOOD PRESSUE</b></p> <p>8:00 CONTINENTAL BREAKFAST 9:30 ESL CLASS 9:30 ZUMBA GOLD 10:30 BINGO 12:30 KOREAN CONSULTATION 1:00 DANCE</p> <p>11:30 TUNA SALAD</p>	<p>26</p> <p>8:00 CONTINENTAL BREAKFAST 9:00 BEAUTY SALON 9:30 KOREAN CITIZENSHIP CLASS 9:00 ZUMBA GOLD 10:00 BINGO/ "KOREAN SERVICES" 12:15 ESL CLASS 12:30 "GET CONNECTED" 1:30 TAI CHI</p> <p>11:30 CHEESE &amp; SPINACH LASAGNA</p>	<p>27</p> <p>8:00 CONTINENTAL BREAKFAST 9:00 BEAUTY SALON 9:00 CHAIR YOGA 9:30 ESL CLASS 10:30 BINGO 12:30 CHOIR</p> <p>11:30 CHICKEN MARSALA</p> 
<p>30</p> <p>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 PLATE</p>	<p>31</p> <p>8:00 CONTINENTAL BREAKFAST 9:00 BEAUTY SALON 9:30 ESL CLASS 9:30 SENIOR FITNESS 10:30 BINGO 12:15 ESL CLASS 1:30 LINE DANCING</p> <p>11:30 KOREAN BBQ CHICKEN LEG</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>