

BERGEN NEW JERSEY *County*

James J. Tedesco III
County Executive

BOARD OF COUNTY COMMISSIONERS

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DEPARTMENT OF HUMAN SERVICES
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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

Heleyne Trent, Director
147 Hackensack Street
East Rutherford, NJ, 07073
Phone: (201) 935-8920 • Fax (201) 935-8851

southwest@bergencountynj.gov

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

BERGEN NEW JERSEY *County*

James J. Tedesco III, County Executive



**HAPPY
NEW
YEAR!**

SOUTHWEST SENIOR ACTIVITY CENTER
Bergen County Department of Human Services
Division of Senior Services/ADRC

January 2025

*Wishing our Participants & their Families
a Very Happy & Healthy New Year!!*

**HAPPY
NEW
YEAR!**












JAN	2	"Welcome 2025" Bagel Breakfast! . . . ~ Southwest Senior Activity Center		9:00AM
JAN	6	Total Brain Health . . . <i>Building Better Brains!</i> ~ Aggie Halat, Division of Senior Services		10:00AM
JAN JAN JAN	7 14 28	Mobility Workshop . . . ~ focus on Flexibility, Range of Motion & Joint Health ~ Chris Carroll, YWCA		12:30 PM
JAN	21	Still Going Strong! . . . <i>Tips for Healthy Aging!</i> ~ Bergen County Health Department		10:00AM
JAN	22	Blood Pressure Screenings . . . ~ Southwest Senior Center Health Office ~ Bergen County Health Department		9:30AM
JAN	24	Korean New Year's Day Celebration!! . . . ~ Featuring Yut Play and Hanbok Picture Taking ~ Southwest Senior Activity Center		12:30PM
JAN	28	SNAP Assistance . . . <i>Walk-Ins welcome!</i> ~ Bergen County Board of Social Services		10:00PM

The 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>Suggested Lunch Donation: \$1.25 Per Meal Please reserve lunch by 11:30 AM the day before</p> <p>Lunch will Be Served at 11:30 Daily</p>	<p>Continental Breakfast</p> <p>Served Daily Monday through Friday 8:00—10:00</p> 	<p>HAPPY New Year</p> <p>Center Closed</p>	<p>2 9:00 ~ Bagel Breakfast 9:00 BEAUTY SALON 9:30 KOREAN CITIZENSHIP CLASS 9:00 ZUMBA GOLD 10:00 BINGO 12:15 ESL CLASS 1:15 TAI CHI</p>  <p>Chicken Cordon Bleu</p>	<p>3 9:00 BEAUTY SALON 9:00 CHAIR YOGA 9:30 ESL CLASS 10:00 BINGO 12:30 CHOIR 1:30 KOREAN SOCIAL CIRCLE</p>  <p>Stuffed Cabbage</p>
<p>6 9:00 ZUMBA GOLD TONING 9:30 ESL CLASS 10:00 BINGO 10:00 "Total Brain Health" 10:00 MANICURES BY CINDY 12:30 LINE DANCING 2:00 DIAMOND ART</p> <p>Roast Turkey w/ Gravy</p>	<p>7 9:00 BEAUTY SALON 9:00 ZUMBA GOLD 9:30 ESL CLASS 10:00 BINGO 12:15 ESL CLASS 12:30 MOBILITY WORKSHOP 1:30 LINE DANCING</p> <p>Salisbury Steak w/ Gravy</p>	<p>8 9:00 STRENGTH TRAINING 9:30 ESL CLASS 10:00 BINGO 12:30 KOREAN CONSULTATION 1:00 WATERCOLOR CLASS</p> <p>Chicken Marsala</p>	<p>9 9:00 BEAUTY SALON 9:30 KOREAN CITIZENSHIP CLASS 9:00 ZUMBA GOLD 10:00 BINGO 12:15 ESL CLASS 1:15 TAI CHI</p>  <p>Tuna Salad on Spinach</p>	<p>10 9:00 BEAUTY SALON 9:00 CHAIR YOGA 9:30 ESL CLASS 10:00 BINGO 12:30 CHOIR 1:30 KOREAN SOCIAL CIRCLE</p> <p>Turkey Chili</p>
<p>13 9:00 ZUMBA GOLD TONING 9:30 ESL CLASS 10:00 BINGO 10:00 MANICURES BY CINDY 12:30 LINE DANCING 2:00 DIAMOND ART</p>  <p>Cheese Omelet</p>	<p>14 9:00 BEAUTY SALON 9:00 ZUMBA GOLD 9:30 ESL CLASS 10:00 BINGO 12:15 ESL CLASS 12:30 MOBILITY WORKSHOP 1:30 LINE DANCING</p>  <p>Roast Pork</p>	<p>15 9:00 STRENGTH TRAINING 9:30 ESL CLASS 10:00 BINGO 12:30 KOREAN CONSULTATION 1:00 WATERCOLOR CLASS</p> <p>Pot Roast w/ Gravy</p>	<p>16 9:00 BEAUTY SALON 9:30 KOREAN CITIZENSHIP CLASS 9:00 ZUMBA GOLD 10:00 BINGO 12:15 ESL CLASS 1:15 TAI CHI</p> <p>Fish w/ Lemon Pepper Sauce</p>	<p>17 9:00 BEAUTY SALON 9:00 CHAIR YOGA 9:30 ESL CLASS 10:00 BINGO 12:30 CHOIR 1:30 KOREAN SOCIAL CIRCLE</p>  <p>Chicken Parmesan</p>
<p>20</p>  <p>Center Closed</p>	<p>21 9:00 BEAUTY SALON 9:00 ZUMBA GOLD 9:30 ESL CLASS 10:00 BINGO 10:00 Presentation: "Still Going Strong" 12:15 ESL CLASS 1:30 LINE DANCING</p> <p>Stewed Beef Tips</p>	<p>22 9:00 BEAUTY SALON 9:30 "Blood Pressure Screenings" 9:30 KOREAN CITIZENSHIP CLASS 9:00 ZUMBA GOLD 10:00 BINGO 12:15 ESL CLASS 1:15 TAI CHI</p> <p>Baked Ziti w/ Meatballs</p>	<p>23 9:00 BEAUTY SALON 9:30 KOREAN CITIZENSHIP CLASS 9:00 ZUMBA GOLD 10:00 BINGO 12:15 ESL CLASS 1:15 TAI CHI</p> <p>Ham Steak</p>	<p>24 9:00 BEAUTY SALON 9:00 CHAIR YOGA 9:30 ESL CLASS 10:00 BINGO</p> <p>"Korean New Year's Celebration!"</p> <p>Meatloaf w/ Gravy</p> 
<p>27 9:00 ZUMBA GOLD TONING 9:30 ESL CLASS 10:00 BINGO 10:00 MANICURES BY CINDY 12:30 LINE DANCING 2:00 DIAMOND ART</p> <p>Cheeseburger</p>	<p>28 9:00 BEAUTY SALON 9:00 ZUMBA GOLD 9:30 ESL CLASS 10:00 "SNAP Assistance" 10:00 BINGO 12:15 ESL CLASS 12:30 MOBILITY WORKSHOP 1:30 LINE DANCING</p>  <p>Chicken Salad on Romaine</p>	<p>29 9:00 STRENGTH TRAINING 9:30 ESL CLASS 10:00 BINGO 12:30 KOREAN CONSULTATION 1:00 WATERCOLOR CLASS</p>  <p>Sesame Chicken</p>	<p>30 9:00 BEAUTY SALON 9:30 KOREAN CITIZENSHIP CLASS 9:00 ZUMBA GOLD 10:00 BINGO 12:15 ESL CLASS 1:15 TAI CHI</p> <p>Vegetable Lasagna</p>	<p>31 9:00 BEAUTY SALON 9:00 CHAIR YOGA 9:30 ESL CLASS 10:00 BINGO 12:30 CHOIR 1:30 KOREAN SOCIAL CIRCLE</p> <p>Chicken Kiev</p>