

BERGEN NEW JERSEY *County*

James J. Tedesco III
County Executive

And the
BOARD OF CHOSEN FREEHOLDERS

Germaine M. Ortiz
Chairwoman
Mary J. Amoroso
Vice Chairwoman
Joan M. Voss
Chair Pro Tempore

David L. Ganz
Thomas J. Sullivan
Steven A. Tanelli
Tracey Silna Zur

DEPARTMENT OF HUMAN SERVICES
Melissa 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 on Disability Services
201-336-6500

Bergen County
Board of Social Services
201-368-4200

**Bergen County Department of Human
Services Division of Senior Services**
is having an **ADULT BRIEF DRIVE**
The NW Senior Center is a drop-off location

BERGEN NEW JERSEY *County*

James J. Tedesco III, County Executive

NORTHWEST SENIOR ACTIVITY CENTER

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

AUGUST 2019

August 7	Birthday Party & Karaoke with Bob	12:30pm
August 12	Blood Pressure Screenings—Valley Health	9:30am
August 12	Crafts with Ethel Toth	12:30pm
August 14	Talk: Litter & Recycling with Joan Wilkensen from Bergen County Clean Communities	12:30pm
August 21	Talk: CaptionCall Phone System with Rick Sousa	12:30pm
August 28	Talk: Downsizing with Talene Baklajian from Coldwell Banker	12:30pm
August	S.N.A.P. Outreach-Board of Social Services**	9:30-12:30

**** Pre-registration Required : Sign Up in Office**

INFORMATION CENTER: On wall near elevator / lower level

NORTHWEST SENIOR ACTIVITY CENTER

50 Center Street
Midland Park, NJ 07432
Phone: (201) 445-5690 • Fax (201) 493-8911

northwestcenter@co.bergen.nj.us



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.

NORTHWEST SENIOR ACTIVITY CENTER

Andrée Cobb, Center Director

AUGUST 2019

(201) 445-5690



Monday

Tuesday

Wednesday

Thursday

Friday

<p style="text-align: center;">50 Center Street Midland Park, NJ 07432 Center Hours: Mon. - Fri. 8:00am - 3:30pm Phone: 201-445-5690 Fax: 201-493-8911</p>	<p style="text-align: center;"> LUNCH Served Daily at 11:45 Suggested Lunch Donation - \$1.25 Please reserve your lunch one day in advance before 12 noon. Phone, Fax or in-person</p>		<p>1 9:00 TAP DANCE 9:00 WOODCARVING 10:00 INTERMEDIATE BRIDGE 10:30 COUNTRY LINE DANCING 12:30 BEGIN/ INTERMEDIATE MAHJONGG 1:00 GENTLE YOGA BERGEN COUNTY DEAF CLUB</p> <p style="text-align: center;">CHICKEN SCAMPI</p>	<p>2 9:00 BEGINNER TAP 10:00 COMPUTER DROP-IN 10:30 SUN YOGA 12:30 BINGO 12:30 POKER 12:45 CORE TONE & STRENGTHEN 1:00 BRIDGE 1:40 ZUMBA GOLD EGG OMELET & SAUSAGE</p>
<p>5 9:00 TAP DANCE 10:00 COMPUTING FOR SENIORS 10:30 SOCIAL DANCE 12:30 ARTHRITIS EXERCISE 12:30 TRANSITIONS 1:30 CHINESE MAHJONGG 2:15 BALLROOM DANCE VEGETABLE LASAGNA</p>	<p>6 9:00 MASSAGE* by appointment 10:00 SAFE & FIT 10:00 CAREGIVERS 10:00 MAHJONGG 12:15 DUPLICATE BRIDGE 12:30 BINGO 12:30 MEDITATION & MINDFULNESS BEEF TERIYAKI</p>	<p>7 9:00 MASSAGE* by appointment 9:00 TAP DANCE 9:30 WATERCOLOR COURSE 10:00 SILVERFIT EXERCISE 10:50 ARTHRITIS EXERCISE 12:30 MAHJONGG 1:30 CHINESE MAHJONGG 12:30 BIRTHDAY PARTY & KARAOKE 1:00 LINE DANCE PARMESAN CRUSTED FISH</p>	<p>8 9:00 TAP DANCE 9:00 WOODCARVING 10:00 INTERMEDIATE BRIDGE 10:30 COUNTRY LINE DANCING 12:30 BEGIN, INT & CHINESE MAHJONGG 1:00 GENTLE YOGA BERGEN COUNTY DEAF CLUB ROAST PORK WITH GRAVY</p>	<p>9 9:00 BEGINNER TAP 10:00 COMPUTER DROP-IN 10:30 SUN YOGA 12:30 BINGO / POKER 12:45 CORE TONE & STRENGTHEN 1:00 BRIDGE 1:40 ZUMBA GOLD BREADED CHICKEN MILANESE</p>
<p>12 9:00 TAP DANCE 9:30 BLOOD PRESSURE SCREENINGS 10:00 COMPUTING FOR SENIORS 10:30 SOCIAL DANCE 12:30 ARTHRITIS EXERCISE 12:30 TRANSITIONS / CRAFTS 1:30 CHINESE MAHJONGG 2:15 BALLROOM DANCE BEER-BATTERED FISH</p>	<p>13 9:00 MASSAGE* by appointment 10:00 SAFE & FIT 10:00 CAREGIVERS 10:00 MAHJONGG 12:15 DUPLICATE BRIDGE 12:30 BINGO 12:30 MEDITATION & MINDFULNESS CHICKEN STUFFED WITH BROCCOLI</p>	<p>14 9:00 MASSAGE* by appointment 9:00 TAP DANCE 9:30 WATERCOLOR COURSE 10:00 SILVERFIT EXERCISE 10:50 ARTHRITIS EXERCISE 12:30 TALK: LITTER & RECYCLING 12:30 MAHJONGG 1:30 CHINESE MAHJONGG 1:00 LINE DANCE TURKEY & BEAN CHILI</p>	<p>15 9:00 TAP DANCE 9:00 WOODCARVING 10:00 INTERMEDIATE BRIDGE 10:30 COUNTRY LINE DANCING 12:30 BEGIN, INT & CHINESE MAHJONGG 1:00 GENTLE YOGA BERGEN COUNTY DEAF CLUB EGGPLANT ROLLATINI</p>	<p>16 9:00 BEGINNER TAP 9:30-12:30 S.N.A.P APPOINTMENTS 10:00 COMPUTER DROP-IN 10:30 SUN YOGA 12:30 BINGO / POKER 12:45 CORE TONE & STRENGTHEN 1:00 BRIDGE 1:40 ZUMBA GOLD HOME-STYLE MEATLOAF W/ GRAVY</p>
<p>19 9:00 TAP DANCE 10:00 COMPUTING FOR SENIORS 10:30 SOCIAL DANCE 12:30 ARTHRITIS EXERCISE 12:30 TRANSITIONS 1:30 CHINESE MAHJONGG 2:15 BALLROOM DANCE CHINESE CHICKEN & BROCCOLI</p>	<p>20 9:00 MASSAGE* by appointment 10:00 SAFE & FIT 10:00 CAREGIVERS 10:00 MAHJONGG 12:15 DUPLICATE BRIDGE 12:30 BINGO 12:30 MEDITATION & MINDFULNESS RIGATONI W/ TURKEY BOLOGNESE</p>	<p>21 9:00 MASSAGE* by appointment 9:00 TAP DANCE 9:30 WATERCOLOR COURSE 10:00 SILVERFIT EXERCISE 10:50 ARTHRITIS EXERCISE 12:30 TALK: CAPTIONCALL 12:30 MAHJONGG 1:30 CHINESE MAHJONGG 1:00 LINE DANCE SWEET ITALIAN SAUSAGE SANDWICH</p>	<p>22 9:00 TAP DANCE 9:00 WOODCARVING 10:00 INTERMEDIATE BRIDGE 10:30 COUNTRY LINE DANCING 12:30 BEGIN, INT & CHINESE MAHJONGG 1:00 GENTLE YOGA BERGEN COUNTY DEAF CLUB ROAST TURKEY W/ GRAVY</p>	<p>23 9:00 BEGINNER TAP 10:00 COMPUTER DROP-IN 10:30 SUN YOGA 12:30 BINGO / POKER 12:45 CORE TONE & STRENGTHEN 1:00 BRIDGE 1:40 ZUMBA GOLD COCONUT CRUSTED HADDOCK</p>
<p>26 9:00 TAP DANCE 10:00 COMPUTING FOR SENIORS 10:30 SOCIAL DANCE 12:30 ARTHRITIS EXERCISE 12:30 TRANSITIONS 1:30 CHINESE MAHJONGG 2:15 BALLROOM DANCE BBQ BEEF RIB</p>	<p>27 9:00 MASSAGE* by appointment 10:00 SAFE & FIT 10:00 CAREGIVERS 10:00 MAHJONGG 12:15 DUPLICATE BRIDGE 12:30 BINGO 12:30 MEDITATION & MINDFULNESS BREADED FLOUNDER</p>	<p>28 9:00 MASSAGE* by appointment 9:00 TAP DANCE 9:30 WATERCOLOR COURSE 10:00 SILVERFIT EXERCISE 10:50 ARTHRITIS EXERCISE 12:30 TALK: DOWNSIZING 12:30 MAHJONGG 1:30 CHINESE MAHJONGG 1:00 LINE DANCE CHICKEN PICCATA</p>	<p>29 9:00 TAP DANCE 9:00 WOODCARVING 10:00 INTERMEDIATE BRIDGE 10:30 COUNTRY LINE DANCING 12:30 BEGIN, INT & CHINESE MAHJONGG 1:00 GENTLE YOGA BERGEN COUNTY DEAF CLUB SWEDISH MEATBALLS</p>	<p>30 9:00 BEGINNER TAP 10:00 COMPUTER DROP-IN 10:30 SUN YOGA 12:30 BINGO / POKER 12:45 CORE TONE & STRENGTHEN 1:00 BRIDGE 1:40 ZUMBA GOLD BAKED ZITI W/ RICOTTA</p>