

# 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

### NORTHWEST SENIOR ACTIVITY CENTER

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

[NorthwestCenter@co.bergen.nj.us](mailto:NorthwestCenter@co.bergen.nj.us)

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

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## NORTHWEST SENIOR ACTIVITY CENTER Bergen County Department of Human Services Division of Senior Services/ADRC NOVEMBER, 2021

Nov. 2	ELECTION DAY CENTER CLOSED	
Nov. 3	SENIOR SCAMS PRESENTATION w/ Prosecutor Mark Musella	12:30
Nov. 8	BLOOD PRESSURE SCREENINGS	9:30-11:30
Nov. 9	THANKSGIVING CRAFT with Bozena	10:00
Nov. 9	VETERAN'S HEALTHCARE PRESENTATION Bergen New Bridge Medical Center	12:30
Nov. 10	NUTRITION TALK: Kailey Napolitano, RDN	12:30
Nov. 11	VETERAN'S DAY CENTER CLOSED	
Nov. 17	THANKSGIVING TRIVIA	12:30
Nov. 18	BCSCD GROUP	12:00-3:00
Nov. 19	SNAP APPOINTMENTS (Supplemental Nutrition Assistance Program)	9-12
Nov. 25	THANKSGIVING DAY CENTER CLOSED	
Nov. 26	CENTER CLOSED	

*The NW 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.

Thank you for your patience and understanding as we continue to navigate necessary COVID-19 protocols and preventative measures at our Senior Activity Centers. These protocols are intended to further ensure the health and safety of everyone at the center. Our senior activity center staff are diligently working to bring safe, but fun and enjoyable activities and programming to our centers. At this time, we ask that you please continue to pre-register for morning or afternoon sessions, as well as, for to-go lunches. Please know that your cooperation during these challenging times is very much appreciated. If you have any questions, kindly contact your center directly at (201) 445-5690.


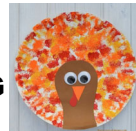



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>1 10:00 CHAIR ZUMBA w/ Lourdes 11:30 - 12:15 LUNCH PICK-UP <i>Turkey &amp; Swiss Cheese Sandwich</i> 12:30 SUN YOGA (YouTube video)</p>	<p>2  <b>CENTER CLOSED</b></p>	<p>3 10:00 WATERCOLOR PAINTING (waiting list only) 11:30 - 12:15 LUNCH PICK-UP <i>Breaded Chicken Cutlet</i> 12:00 Transitions Group 12:30 SENIOR SCAMS w/ Bergen County Prosecutor Mark Musella</p>	<p>4 10:00 CHAIR TAP DANCING 11:30 - 12:15 LUNCH PICK-UP <i>Shaved Beef Stroganoff</i> 1:00 GENTLE YOGA</p>	<p>5 10:00 TAI CHI 11:30 - 12:15 LUNCH PICK-UP <i>Broccoli Stuffed Chicken</i> 12:00 BINGO 12:00 MEDITATION &amp; MINDFULNESS</p>
<p>8 9:30-11:30 <b>BLOOD PRESSURE SCREENINGS</b> 10:00 CHAIR ZUMBA w/ Lourdes 11:30 - 12:15 LUNCH PICK-UP <i>Chicken Salad Sandwich</i> 12:30 SUN YOGA (YouTube video)</p>	<p>9 10:00 GENTLE YOGA  10:00 THANKSGIVING <b>CRAFT</b> 11:30 - 12:15 LUNCH PICK UP <i>BBQ Pulled Pork</i> 12:00 BINGO 12:30 VETERAN'S HEALTHCARE Bergen New Bridge Medical Center</p>	<p>10 10:00 WATERCOLOR PAINTING (waiting list only) 11:30 - 12:15 LUNCH PICK-UP <i>Hamburger Plate</i> 12:00 Transitions Group 12:30 NUTRITION TALK FIBER: Kailey Napolitano, RDN Inserra Shoprite of Wyckoff</p>	<p>11  <b>CENTER CLOSED</b></p>	<p>12 10:00 TAI CHI 11:30 - 12:15 LUNCH PICK-UP <i>Roast Turkey w/ Gravy</i> 12:00 BINGO 12:00 MEDITATION &amp; MINDFULNESS</p>
<p>15 10:00 CHAIR ZUMBA w/ Lourdes 11:30 - 12:15 LUNCH PICK-UP <i>Black Forest Ham &amp; Swiss Sandwich</i> 12:30 SUN YOGA (YouTube video)</p>	<p>16 10:00 GENTLE YOGA 11:30 - 12:15 LUNCH PICK-UP <i>Chicken Teriyaki</i> 12:00 BINGO</p>	<p>17 10:00 WATERCOLOR PAINTING (waiting list only) 11:30 - 12:15 LUNCH PICK-UP <i>Salisbury Steak</i> 12:00 Transitions Group 12:30 THANKSGIVING </p>	<p>18 10:00 CHAIR TAP DANCING 11:30 - 12:15 LUNCH PICK-UP <i>Italian Meatballs</i> 12:00 BCSCD GROUP 1:00 GENTLE YOGA</p>	<p>19 9-12 SNAP APPOINTMENTS 10:00 TAI CHI 11:30 - 12:15 LUNCH PICK-UP <i>Shaved Chicken</i> 12:00 BINGO 12:00 MEDITATION &amp; MINDFULNESS</p>
<p>22 10:00 CHAIR ZUMBA w/ Lourdes 11:30 - 12:15 LUNCH PICK-UP <i>Egg Salad Sandwich</i> 12:30 SUN YOGA (YouTube video)</p>	<p>23 10:00 GENTLE YOGA 11:30 - 12:15 LUNCH PICK-UP <i>Korean BBQ Chicken Leg Qtr.</i> 12:00 BINGO</p>	<p>24 10:00 WATERCOLOR PAINTING (waiting list only) 11:30 - 12:15 LUNCH PICK-UP <i>Stuffed Cabbage</i> 12:00 Transitions Group Please pick up your to-go lunch no later than 1pm today.</p>	<p>25  <b>CENTER CLOSED</b></p>	<p>26 <b>CENTER CLOSED</b></p>
<p>29 10:00 CHAIR ZUMBA w/ Lourdes 11:30 - 12:15 LUNCH PICK-UP <i>Breaded Chicken Cutlet &amp; Provolone Sandwich</i> 12:30 SUN YOGA (YouTube video)</p>	<p>30 10:00 GENTLE YOGA 11:30 - 12:15 LUNCH PICK-UP <i>Home-Style Meatloaf w/ Gravy</i> 12:00 BINGO</p>	<p><b>YWCA ZOOM exercise classes are still being offered.</b></p>	<p><i>11-7 Daylight Savings Time ends.</i> <i>11-24 Pick up your to-go lunch by 1pm.</i> <i>11-25 Happy Thanksgiving!</i> <i>11-28 Hanukkah begins at sundown</i></p>	<p>46-50 Center Street Midland Park, NJ 07432 Mon. - Fri. 8:00am - 3:30pm Phone: 201-445-5690 Fax: 201-493-8911</p>