

BERGEN NEW JERSEY *County*

James J. Tedesco III
County Executive

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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

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

BERGEN NEW JERSEY *County*

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NORTHWEST SENIOR ACTIVITY CENTER

Bergen County Department of Human Services

Division of Senior Services/ADRC

JANUARY 2022



Jan. 4	SNOWY BINGO with Agata & Doreen	12:00
Jan. 5	TALK: NUTRITION & HYDRATION Unicity Healthcare, Rita Grandelis, MSW	12:30
Jan. 10	BLOOD PRESSURE SCREENINGS w/ Valley Health	9:30-11:30
Jan. 12	TALK: UNDERSTANDING ALZHEIMERS & DEMENTIA Greater NJ Alzheimer's Association, Debby Montone	12:30
Jan. 13	WINTER CRAFT with Bozena	11:00
Jan. 14	SNAP APPOINTMENTS (Supplemental Nutrition Assistance Program)	9-12
Jan. 17	MARTIN LUTHER KING, JR. BIRTHDAY CENTER CLOSED	
Jan. 19	MUHAMMAD ALI PRESENTATION w/ Dianne Daniele	12:30
Jan. 26	BRAIN GAMES w/ Sheila Brogan	12:30
Jan. 13 & 27	BCSCD GROUP (B.C. Deaf Group)	12-3

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.

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.



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.

JANUARY 2022

NORTHWEST SENIOR ACTIVITY CENTER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 10:00 CHAIR ZUMBA w/ Lourdes 11:30 - 12:15 LUNCH PICK-UP <i>Tuna Salad</i> 12:30 Qi GONG	4 10:00 GENTLE YOGA 11:30 - 12:15 LUNCH PICK-UP <i>Cheese & Spinach Lasagna</i> 12:00 SNOWY BINGO  12:50 SAFE & FIT	5 10:00 WATERCOLOR PAINTING (waiting list only) 11:30 - 12:15 LUNCH PICK-UP <i>Meatloaf with Brown Gravy</i> 12:30 TALK: NUTRITION & HYDRATION	6 10:00 CHAIR TAP DANCING 10:00 DISCUSSION GROUP 11:30 - 12:15 LUNCH PICK-UP <i>Stuffed Flounder</i> 1:00 GENTLE YOGA	7 10:00 TAI CHI 11:30 - 12:15 LUNCH PICK-UP <i>Beef Stroganoff w/ Mushroom onion gravy</i> 12:00 BINGO 12:00 MEDITATION & MINDFULNESS
10 9:30-11:30 BLOOD PRESSURE SCREENINGS 10:00 CHAIR ZUMBA w/ Lourdes 11:30 - 12:15 LUNCH PICK-UP <i>Roast Beef w/ Provolone Sandwich</i> 12:30 Qi GONG	11 10:00 GENTLE YOGA 11:30 - 12:15 LUNCH PICK-UP <i>Chicken Teriyaki</i> 12:00 BINGO 12:50 SAFE & FIT	12 10:00 WATERCOLOR PAINTING (waiting list only) 11:30 - 12:15 LUNCH PICK-UP <i>Meat Lasagna</i> 12:30 TALK: UNDERSTANDING ALZHEIMERS & DEMENTIA	13 10:00 CHAIR TAP DANCING 10:00 DISCUSSION GROUP 11:00 WINTER CRAFT  11:30 - 12:15 LUNCH PICK-UP <i>Swedish Meatballs</i> 12:00 BCSCD GROUP 1:00 GENTLE YOGA	14 10:00 TAI CHI 11:30 - 12:15 LUNCH PICK-UP <i>Salisbury Steak w/ Mushroom Gravy</i> 12:00 BINGO 12:00 MEDITATION & MINDFULNESS
17 MARTIN LUTHER KING, JR. BIRTHDAY CENTER CLOSED	18 10:00 GENTLE YOGA 11:30 - 12:15 LUNCH PICK-UP <i>Sliced Turkey & Provolone Sandwich</i> 12:00 BINGO 12:50 SAFE & FIT	19 10:00 WATERCOLOR PAINTING (waiting list only) 11:30 - 12:15 LUNCH PICK UP <i>Baked Penne w/ Ricotta</i> 12:30 MUHAMMAD ALI PRESENTATION	20 10:00 CHAIR TAP DANCING 10:00 DISCUSSION GROUP 11:30 - 12:15 LUNCH PICK-UP <i>Orange Chicken</i> 1:00 GENTLE YOGA	21 9-12 SNAP APPOINTMENTS 10:00 TAI CHI 11:30 - 12:15 LUNCH PICK-UP <i>Beef & Macaroni Casserole</i> 12:00 BINGO 12:00 MEDITATION & MINDFULNESS
24 10:00 CHAIR ZUMBA w/ Lourdes 11:30 - 12:15 LUNCH PICK-UP <i>Breaded Chicken Cutlet w/ sliced Mozzarella Sandwich</i> 12:30 Qi GONG	25 10:00 GENTLE YOGA 11:30 - 12:15 LUNCH PICK-UP <i>Rotini w/ crumbled Italian Turkey Sausage</i> 12:00 BINGO 12:50 SAFE & FIT	26 10:00 WATERCOLOR PAINTING (waiting list only) 11:30 - 12:15 LUNCH PICK-UP <i>Marinated Pork Loin w/ Lemon Butter</i> 12:30 BRAIN GAMES	27 10:00 CHAIR TAP DANCING 10:00 DISCUSSION GROUP 11:30 - 12:15 LUNCH PICK-UP <i>Chicken Filet w/ Honey Dijon</i> 12:00-3:00 BCSCD GROUP 1:00 GENTLE YOGA	28 10:00 TAI CHI 11:30 - 12:15 LUNCH PICK-UP <i>Open Turkey Sandwich w/ gravy</i> 12:00 BINGO 12:00 MEDITATION & MINDFULNESS
31 10:00 CHAIR ZUMBA w/ Lourdes 11:30 - 12:15 LUNCH PICK-UP <i>Egg Salad Sandwich</i> 12:30 Qi GONG	Pre-registration required for all activities. Sign up in office. INFORMATION CENTER: On wall near elevator / lower level YWCA ZOOM exercise classes are still being offered.	46-50 Center Street Midland Park, NJ 07432 Mon. - Fri. 8:00am - 3:30pm Phone: 201-445-5690 Fax: 201-493-8911	AARP TAX ADVISORS will be available Mondays & Tuesdays by appointment, beginning February. INQUIRE IN OFFICE	