

# BERGEN NEW JERSEY *County*

James J. Tedesco III  
County Executive

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DIVISION OF SENIOR SERVICES  
Lorraine Joewono  
Director



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 a 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) 445-5690.

## 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

# 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 2022

Tuesdays August 2-30	WISE PROGRAM ( <i>Wellness Initiative for Senior Education</i> ) "ALTERNATIVE APPROACHES TO PAIN MANAGEMENT"	12:00PM- 1:30PM
August 3	MOVIE: "JERRY & MARGE GO LARGE," 	12:30PM
August 8	BLOOD PRESSURE SCREENINGS w/ <i>Valley Health</i>	9:30AM- 11:30PM
August 10	Dr. DeFeo from Osteopathic Family Medicine presents, "OSTEOPATHIC MANIPULATIVE THERAPY"	12:30PM
August 15, 22, & 29	"THE FIRST LADY" ORIGINAL SERIES 	12:30PM
August 19	SNAP APPOINTMENTS ( <i>Supplemental Nutrition Assistance Program</i> )	9:00AM- 12:00PM
August 31	MARLENE DIETRICH PRESENTATION	12:30PM



SAVE THE DATE  
SENIOR CITIZENS  
FESTIVAL  
BERGEN COUNTY  
VAN SAUN PARK  
Tuesday,  
September 13th,



HEALTH FAIR  
Monday, September 19th  
11:00AM-2:00PM

*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.

# AUGUST 2022

# NORTHWEST SENIOR ACTIVITY CENTER

Melissa Parente, Center Director

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p><b>1</b> 8:30 TAP DANCING 11:00 ZUMBA GOLD W/ LOURDES 12:30 Qi GONG (mind-body ex.)</p> <p>11:45 Chicken Rotini Salad</p>	<p><b>2</b> 10:00 MAHJONGG 10:00 GENTLE YOGA 12:00 DUPLICATE BRIDGE <b>12:00 WISE PROGRAM</b> 12:30 BINGO</p> <p>11:45 Sliced Turkey w/ Turkey Gravy</p>	<p><b>3</b> 8:30 TAP DANCING 10:00 WATERCOLOR (waiting list) 10:00 POST STROKE SUPPORT GROUP 10:00 MAHJONGG <b>12:30 MOVIE: "JERRY &amp; MARGE GO LARGE"</b>  12:30 CABANICS 12:30 CONNECTIONS MAHJONGG 1:30 LINE DANCING 11:45 Baked Fish Florentine</p>	<p><b>4</b> 9:15 CONNECTIONS MAHJONGG 9:30 COUNTRY LINE DANCE 10:30 BEGINNER TAP DANCING <b>NO TRANSITIONS GROUP</b> 1:00 GENTLE YOGA</p> <p>11:45 Homestyle Meatloaf w/ Brown Gravy</p>	<p><b>5</b> 10:00 TAI CHI 10:00 COMPUTER WORKSHOP 12:00 MEDITATION &amp; MINDFULNESS 12:30 BINGO 12:30 CONNECTIONS MAHJONGG 2:00 CARDIO W/ COLLEEN</p> <p>11:45 Chicken Parmesan</p>
<p><b>8</b> 8:30 TAP DANCING <b>9:30-11:30 BLOOD PRESSURE SCREENINGS</b> 11:00 ZUMBA GOLD W/ LOURDES 12:30 Qi GONG (mind-body ex.)</p> <p>11:45 Chicken Salad w/ Lettuce Leaf</p>	<p><b>9</b> 10:00 MAHJONGG 10:00 GENTLE YOGA 12:00 DUPLICATE BRIDGE <b>12:00 WISE PROGRAM</b> 12:30 BINGO</p> <p>11:45 Penne with Crumbled Pork Sausage w/ Garlic &amp; Olive Oil</p>	<p><b>10</b> 8:30 TAP DANCING 10:00 WATERCOLOR (waiting list) 10:00 POST STROKE SUPPORT GROUP 10:00 MAHJONGG <b>12:30 TALK: "OSTEOPATHIC MANIPULATIVE THERAPY"</b> 12:30 CABANICS 12:30 CONNECTIONS MAHJONGG 1:30 LINE DANCING 11:45 Chicken Chow Mein</p>	<p><b>11</b> 9:15 CONNECTIONS MAHJONGG 9:30 COUNTRY LINE DANCE 10:30 BEGINNER TAP DANCING <b>NO TRANSITIONS GROUP</b> 1:00 GENTLE YOGA</p> <p>11:45 Sweet &amp; Sour Meatballs</p>	<p><b>12</b> 10:00 TAI CHI 10:00 COMPUTER WORKSHOP 12:00 MEDITATION &amp; MINDFULNESS 12:30 BINGO 12:30 CONNECTIONS MAHJONGG 2:00 CARDIO WITH COLLEEN 11:45 Chicken Filet w/ Honey Dijon Sauce</p>
<p><b>15</b>  8:30 TAP DANCING 11:00 ZUMBA GOLD W/ LOURDES 12:30 Qi GONG (mind-body ex.) <b>12:30 "THE FIRST LADY"</b></p> <p>11:45 Tuna &amp; Bowtie Pasta Salad</p>	<p><b>16</b> 10:00 MAHJONGG 10:00 GENTLE YOGA 12:00 DUPLICATE BRIDGE <b>12:00 WISE PROGRAM</b> 12:30 BINGO 11:45 Turkey Burger</p>	<p><b>17</b> 8:30 TAP DANCING 10:00 MAHJONGG 10:00 WATERCOLOR (waiting list) 10:00 POST STROKE SUPPORT GROUP 12:30 MAHJONGG / CABANICS 1:30 LINE DANCING 11:45 Unbreaded Chicken Piccata</p>	<p><b>18</b> 9:15 CONNECT. MAHJONGG 9:30 COUNTRY LINE DANCE 10:30 BEGINNER TAP DANCING <b>NO TRANSITIONS GROUP</b> 1:00 GENTLE YOGA 1:00 CONNECTIONS BOOK CLUB 11:45 Homestyle Salisbury Steak w/ Gravy</p>	<p><b>19 9-12 SNAP APPOINTMENTS</b> 10:00 TAI CHI 10:00 COMPUTER WORKSHOP 12:00 MEDITATION &amp; MINDFULNESS 12:30 BINGO / MAHJONGG 2:00 CARDIO WITH COLLEEN 11:45 Rosemary Roasted Pork w/ Gravy</p>
<p><b>22</b>  8:30 TAP DANCING 11:00 ZUMBA GOLD W/ LOURDES 12:30 Qi GONG (mind-body ex.) <b>12:30 "THE FIRST LADY"</b></p> <p>11:45 Egg Salad w/ Romaine Lettuce</p>	<p><b>23</b> 10:00 MAHJONGG 10:00 GENTLE YOGA 12:00 DUPLICATE BRIDGE <b>12:00 WISE PROGRAM</b> 12:30 BINGO</p> <p>11:45 Boneless Chicken Scampi</p>	<p><b>24</b> 8:30 TAP DANCING 10:00 MAHJONGG 10:00 WATERCOLOR (waiting list) 10:00 POST STROKE SUPPORT GROUP 12:30 CABANICS 12:30 CONNECTIONS MAHJONGG 1:30 LINE DANCING 11:45 Pork Chop with Applesauce</p>	<p><b>25</b> 9:15 CONNECTIONS MAHJONGG 9:30 COUNTRY LINE DANCE 10:30 BEGINNER TAP DANCING <b>NO TRANSITIONS GROUP</b> 1:00 GENTLE YOGA 1:00 CONNECTIONS BOOK CLUB 11:45 Turkey Chili w/ Beans</p>	<p><b>26</b> 10:00 TAI CHI 10:00 COMPUTER WORKSHOP 12:00 MEDITATION &amp; MINDFULNESS 12:30 BINGO 12:30 CONNECTIONS MAHJONGG 2:00 CARDIO WITH COLLEEN</p> <p>11:45 Chicken Marsala</p>
<p><b>29</b>  8:30 TAP DANCING 11:00 ZUMBA GOLD W/ LOURDES 12:30 Qi GONG (mind-body ex.) <b>12:30 "THE FIRST LADY"</b></p> <p>11:45 Pulled BBQ Pork</p>	<p><b>30</b> 10:00 MAHJONGG 10:00 GENTLE YOGA 12:00 DUPLICATE BRIDGE <b>12:00 WISE PROGRAM</b> 12:30 BINGO</p> <p>11:45 Korean BBQ Chicken Leg Quarter</p>	<p><b>31</b> 8:30 TAP DANCING 10:00 MAHJONGG 10:00 WATERCOLOR (waiting list) 10:00 POST STROKE SUPPORT GROUP 12:30 CABANICS /CONNEC. MAHJONGG <b>12:30 MARLENE DIETRICH PRESENTATION</b> 1:30 LINE DANCING 11:45 Pepper Steak</p>	<p><b>46-50 Center Street Midland Park, NJ 07432 Mon. - Fri. 8:00am - 3:30pm Phone: 201-445-5690 Fax: 201-493-8911 Email: northwestcenter@co.bergen.nj.us</b></p> <div data-bbox="2099 1323 2233 1463" data-label="Image"> </div> <p><b>YWCA ZOOM</b> Exercise Classes</p> <p><a href="https://www.ywcannj.org/seniors/">https://www.ywcannj.org/seniors/</a></p>	