

BERGEN NEW JERSEY *County*

James J. Tedesco III
County Executive

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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

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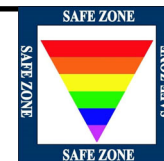
NORTHWEST SENIOR ACTIVITY CENTER
Bergen County Department of Human Services
Division of Senior Services/ADRC

SEPTEMBER 2022

National Senior Center Month

September 5	LABOR DAY—CENTER CLOSED	
September 12	BLOOD PRESSURE SCREENINGS w/ <i>Valley Health</i>	9:30AM-11:30PM
September 13	SENIOR FESTIVAL at Van Saun Park (Rain Date: September 20th)	10:00AM-2:00PM
September 14	FALL PREVENTION WORKSHOP PART 1	1:00PM
September 21	FALL PREVENTION WORKSHOP PART 2	1:00PM
September 16	SNAP APPOINTMENTS (Supplemental Nutrition Assistance Program)	9:00AM-12:00PM
September 19	HEALTH FAIR (All other activities are cancelled.)	11:00AM-2:00PM
September 8	BCSCD GROUP (Deaf Group)	11:00AM-3:00PM
September 22		
September 26	MOVIE: "DOG"	12:30PM
September 27	ALZHEIMER'S ASSOCIATION VIRTUAL SUPPORT GROUP Email: northwestcenter@co.bergen.nj.us for link to meeting	12:30PM

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.

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.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>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</p>	 <p>YWCA ZOOM Exercise Classes</p> <p>https://www.ywcannj.org/seniors/</p>		<p>1 9:00 CONNECTIONS BRIDGE 9:30 COUNTRY LINE DANCE 10:30 BEGINNER TAP DANCING NO TRANSITIONS GROUP 1:00 GENTLE YOGA</p> <p>11:45 Sliced Turkey w/ Gravy</p>	<p>2 10:00 TAI CHI 10:00 COMPUTER WORKSHOP NO MEDITATION & MINDFULNESS 12:30 BINGO 12:30 CONNECTIONS MAHJONGG 2:00 CARDIO W/ COLLEEN 11:45 Rigatoni Bolognese</p>
 <p>5 CENTER CLOSED</p>	<p>6 10:00 MAHJONGG 10:00 GENTLE YOGA 12:00 DUPLICATE BRIDGE 12:30 BINGO</p> <p>11:45 Hamburger (Beef) w/ Sausage & Garlic Olive Oil</p>	<p>7 8:30 TAP DANCING 10:00 WATERCOLOR (waiting list) 10:00 POST STROKE SUPPORT GROUP 10:00 MAHJONGG 12:30 CABANICS 12:30 CONNECTIONS MAHJONGG 1:30 LINE DANCING 11:45 Chicken Florentine</p>	<p>8 9:00 CONNECTIONS BRIDGE 9:30 COUNTRY LINE DANCE 10:30 BEGINNER TAP DANCING 11:00 BCSCD GROUP (Deaf Group) 11:30 TRANSITIONS GROUP 1:00 GENTLE YOGA 11:45 Fish Sticks w/ Lemon Wedge & Tartar Sauce</p>	<p>9 10:00 TAI CHI 10:00 COMPUTER WORKSHOP 12:00 MEDITATION & MINDFULNESS 12:30 BINGO 12:30 CONNECTIONS MAHJONGG 2:00 CARDIO WITH COLLEEN 11:45 BBQ Pulled Pork Sandwich</p>
<p>12 8:30 TAP DANCING 9:30-11:30 BLOOD PRESSURE SCREENINGS 11:00 ZUMBA GOLD W/ LOURDES 12:30 Qi GONG (mind-body ex.) 2:00 SOCIAL/BALLROOM DANCE 11:45 Grilled Chicken Caesar Salad</p>	<p>13 SENIOR FESTIVAL at Van Saun Park 10:00AM-2:00PM</p>  <p>10:00 MAHJONGG 10:00 GENTLE YOGA 12:00 DUPLICATE BRIDGE 12:30 BINGO 11:45 Salisbury Steak w/ Brown Gravy</p>	<p>14 8:30 TAP DANCING 10:00 MAHJONGG 10:00 WATERCOLOR (waiting list) 10:00 POST STROKE SUPPORT GROUP 12:30 MAHJONGG / CABANICS 1:00 FALL PREVENTION WKSHP. 1 1:30 LINE DANCING 11:45 Italian Meatballs w/ Tomato Basil Sauce</p> 	<p>15 9:00 CONNECTIONS BRIDGE 9:30 COUNTRY LINE DANCE 10:30 BEGINNER TAP DANCING NO TRANSITIONS GROUP 1:00 GENTLE YOGA 1:00 CONNECTIONS BOOK CLUB</p> <p>11:45 Turkey Burger</p>	<p>16 9-12 SNAP APPOINTMENTS 10:00 TAI CHI 10:00 COMPUTER WORKSHOP 12:00 MEDITATION & MINDFULNESS 12:30 BINGO / MAHJONGG 2:00 CARDIO WITH COLLEEN</p> <p>11:45 Orange Chicken</p>
<p>19 HEALTH FAIR 11:00AM-2:00PM (ALL CLASSES CANCELLED)</p> <p>BOX LUNCH Turkey & Swiss Cheese w/ Arugula on WW Roll</p> 	<p>20 10:00 MAHJONGG 10:00 GENTLE YOGA 12:00 DUPLICATE BRIDGE 12:30 BINGO</p> <p>11:45 Stuffed Cabbage</p>	<p>21 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 1:00 FALL PREVENTION WKSHP. 2 1:30 LINE DANCING 11:45 Lemon Pepper Baked Fish</p>	<p>22 9:00 CONNECTIONS BRIDGE 9:30 COUNTRY LINE DANCE 10:30 BEGINNER TAP DANCING 11:00 BCSCD GROUP (Deaf Group) NO TRANSITIONS GROUP 1:00 GENTLE YOGA 1:00 CONNECTIONS BOOK CLUB 11:45 Sloppy Joe on a Kaiser Roll</p>	<p>23 10:00 TAI CHI 10:00 COMPUTER WORKSHOP 12:00 MEDITATION & MINDFULNESS 12:30 BINGO 12:30 CONNECTIONS MAHJONGG 2:00 CARDIO WITH COLLEEN 11:45 Egg Salad on Romaine Lettuce</p>
<p>26 8:30 TAP DANCING 11:00 ZUMBA GOLD W/ LOURDES 12:30 Qi GONG (mind-body ex.) 12:30 MOVIE: "DOG" NO SOCIAL/BALLROOM DANCE</p> <p>11:45 Tuna Noodle Salad</p> 	<p>27 10:00 MAHJONGG 10:00 GENTLE YOGA 12:00 DUPLICATE BRIDGE 12:30 BINGO 12:30 ALZHEIMER'S ASSOCIATION VIRTUAL SUPPORT GROUP 11:45 Pork Tenderloin w/ Gravy</p>	<p>28 8:30 TAP DANCING 10:00 MAHJONGG 10:00 WATERCOLOR (waiting list) 10:00 POST STROKE SUPPORT GROUP 12:30 CABANICS /CONNEC. MAHJONGG 1:30 LINE DANCING 11:45 Korean BBQ Chicken Leg Qtr.</p>	<p>29 9:00 CONNECTIONS BRIDGE 9:30 COUNTRY LINE DANCE 10:30 BEGINNER TAP DANCING 11:30 TRANSITIONS GROUP 1:00 GENTLE YOGA 1:00 CONNECTIONS BOOK CLUB 11:45 Cheese Ravioli in a Hearty Spinach Sauce</p>	<p>30 10:00 TAI CHI 10:00 COMPUTER WORKSHOP 12:00 MEDITATION & MINDFULNESS 12:30 BINGO 12:30 CONNECTIONS MAHJONGG 2:00 CARDIO WITH COLLEEN 11:45 Shaved Chicken Sandwich</p>