

# 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](mailto: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 DECEMBER 2022










December 1	HOLIDAY CRAFTS with Bozena	12:30PM
December 5	 HOLIDAY SHOW	10:30AM
December 8	BCSCD GROUP (Deaf Group)	11:00AM
December 15		3:00PM
December 12	BLOOD PRESSURE SCREENINGS with Valley Health	9:30AM 11:30AM
December 14	MOVIE: "A CHRISTMAS STORY CHRISTMAS" w/ Cookies & Cocoa 	12:30PM
December 16	SNAP APPOINTMENTS (Supplemental Nutrition Assistance Program)	9:00AM 12:00PM
December 16	HOLIDAY BINGO 	12:30PM
December 18	HAPPY HANUKKHAH!	
December 25	MERRY CHRISTMAS!  	
December 25	CHRISTMAS DAY DINNER GARFIELD SENIOR ACTIVITY CENTER UHVHUYDWIRQV#UH#JHTXIUHG#####973-478-0502	10:00AM 1:30PM
December 26	CENTER CLOSED HAPPY KWANZAA!	

*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. Meals have returned 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><b>CHRISTMAS DAY DINNER</b> GARFIELD SENIOR ACTIVITY CENTER Sunday, December 25, 2022 10:00am-1:30pm</p>  <p># UHVHUYDWIR QV## DUH#JHT X IJHG # 973-478-0502</p>	 <p><b>YWCA ZOOM</b> Exercise Classes <a href="https://www.ywcanj.org/seniors/">https://www.ywcanj.org/seniors/</a></p>	<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>1 9:15 CONNECTIONS BRIDGE 9:30 COUNTRY LINE DANCE 10:30 BEGINNER TAP DANCING <b>12:30 HOLIDAY CRAFTS</b> 1:00 GENTLE YOGA</p>  <p>11:45 Homestyle Meatloaf w/ Brown Gravy</p>	<p>2 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 Herb Roasted Chicken Leg</p>
<p>5  <b>HOLIDAY SHOW</b> 10:30AM Zumba Cancelled Social / Ballroom Cancelled</p>	<p>6 10:00 MAHJONGG 10:00 GENTLE YOGA 12:00 DUPLICATE BRIDGE 12:30 BINGO</p> <p>11:45 Tuna Salad</p>	<p>7 8:30 TAP DANCING 10:00 WATERCOLOR (waiting list) 10:00 POST STROKE SUPPORT GROUP 10:00 MAHJONGG 12:30 EXERCISE VIDEO (YOUTUBE) 12:30 CONNECTIONS MAHJONGG 1:30 LINE DANCING 11:45 Pulled BBQ Pork</p> 	<p>8 9:15 CONNECTIONS BRIDGE 9:30 COUNTRY LINE DANCE 10:30 BEGINNER TAP DANCING <b>11:30 TRANSITIONS GROUP</b> <b>11:30 BCSCD GROUP</b> (Deaf Group) 1:00 GENTLE YOGA 11:45 Sliced Roast Beef with Gravy</p>	<p>9 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 Tortellini and Chicken Alfredo</p>
<p>12 8:30 TAP DANCING <b>9:30-11:30 BLOOD PRESSURE SCREENINGS</b> 10:45 ZUMBA GOLD W/ LOURDES 2:00 SOCIAL/BALLROOM DANCE</p> <p>11:45 Egg Salad on Romaine Lettuce</p>	<p>13 10:00 MAHJONGG 10:00 GENTLE YOGA 12:00 DUPLICATE BRIDGE 12:30 BINGO</p> <p>11:45 Cheese Ravioli w/ Meatballs and Marinara Sauce</p>	<p>14 8:30 TAP DANCING 10:00 MAHJONGG 10:00 WATERCOLOR (waiting list) 10:00 POST STROKE SUPPORT GROUP 12:30 MAHJONGG <b>12:30 MOVIE: "A CHRISTMAS STORY CHRISTMAS"</b> 1:30 LINE DANCING 11:45 Sliced Turkey Ww/ Gravy</p>  	<p>15 9:15 CONNECTIONS BRIDGE 9:30 COUNTRY LINE DANCE 10:30 BEGINNER TAP DANCING <b>11:30 BCSCD GROUP</b> (Deaf Group) 1:00 GENTLE YOGA</p> <p>11:45 Stuffed Cabbage</p>	<p>16 <b>9-12 SNAP APPOINTMENTS</b> 10:00 COMPUTER WORKSHOP 12:00 MEDITATION &amp; MINDFULNESS <b>12:30 HOLIDAY BINGO</b> 12:30 CONNECTIONS MAHJONGG 2:00 CARDIO WITH COLLEEN 11:45 Unbreaded Chicken Marsala</p> 
<p>19 8:30 TAP DANCING 10:45 ZUMBA GOLD W/ LOURDES 2:00 SOCIAL/BALLROOM DANCE</p> <p>11:45 Turkey and Red Kidney Bean Chili</p>	<p>20 10:00 MAHJONGG 10:00 GENTLE YOGA 12:00 DUPLICATE BRIDGE 12:30 BINGO</p> <p>11:45 Beef Goulash</p>	<p>21 8:30 TAP DANCING 10:00 MAHJONGG 10:00 WATERCOLOR (waiting list) 10:00 POST STROKE SUPPORT GROUP 12:30 CONNECTIONS MAHJONGG 12:30 EXERCISE VIDEO (YOUTUBE) 1:30 LINE DANCING 11:45 Baked Fish w/ Dill Sauce</p>	<p>22 9:15 CONNECTIONS BRIDGE 9:30 COUNTRY LINE DANCE 10:30 BEGINNER TAP DANCING 1:00 GENTLE YOGA 1:30 CONNECTIONS BOOK CLUB</p> <p>11:45 BBQ Chicken Quarter</p>	<p>23 10:00 COMPUTER WORKSHOP 12:00 MEDITATION &amp; MINDFULNESS 12:30 BINGO <b>NO CONNECTIONS MAHJONGG</b> <b>NO CARDIO WITH COLLEEN</b> 11:45 Salisbury Steak w/ Gravy and Sautéed Onions</p>
<p>26 </p>	<p>27 10:00 MAHJONGG 10:00 GENTLE YOGA 12:00 DUPLICATE BRIDGE 12:30 BINGO</p> <p>11:45 Broccoli Stuffed Fish</p>	<p>28 8:30 TAP DANCING 10:00 WATERCOLOR (waiting list) 10:00 POST STROKE SUPPORT GROUP 10:00 MAHJONGG 12:30 CONNECTIONS MAHJONGG 12:30 EXERCISE VIDEO (YOUTUBE) 1:30 LINE DANCING 11:45 Sloppy Joe</p>	<p>29 9:15 CONNECTIONS BRIDGE 9:30 COUNTRY LINE DANCE 10:30 BEGINNER TAP DANCING 1:00 GENTLE YOGA 1:30 CONNECTIONS BOOK CLUB</p> <p>11:45 Chicken Parmesan</p>	<p>30 10:00 COMPUTER WORKSHOP 12:00 MEDITATION &amp; MINDFULNESS 12:30 BINGO <b>NO CONNECTIONS MAHJONGG</b> <b>NO CARDIO WITH COLLEEN</b></p> <p>11:45 Pork Tenderloin w/ Gravy</p>