

BERGEN NEW JERSEY County

James J. Tedesco III
County Executive

and the

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DEPARTMENT OF HUMAN SERVICES
Melissa H. DeBartolo, Esq.
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

James J. Tedesco III, County Executive



NORTHWEST SENIOR ACTIVITY CENTER Bergen County Department of Human Services Division of Senior Services/ADRC MARCH 2023



March 2	SPRING CRAFTS w/ Bozena	12:30 PM
February 6- April 11	AARP INCOME TAX ASSISTANCE Mondays & Tuesdays, by appointment	
March 8	MOVIE: "HAMPSTEAD"	12:30 PM
March 9 March 30	BCSCD GROUP (Deaf Group)	11:00 AM 3:00 PM
March 13	BLOOD PRESSURE SCREENINGS w/ Valley Health	9:30 AM 11:30 AM
March 15	INTRODUCTION TO FREE VIRTUAL CLASSES "Provided by The NJ Division of Aging Services & GetSetUp"	12:30 PM
March 17	SNAP APPOINTMENTS (Supplemental Nutrition Assistance Program)	10:00 AM 2:00 PM
March 17	ST. PATRICK'S DAY BINGO	12:30 PM
March 22	BRAIN GAMES w/ Sheila Brogan	12:30 PM
March 31	HEALTH SCREENINGS (Cholesterol & Glucose) Pre-Registration Required	9:30 AM- 11:30 AM

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>YWCA ZOOM Exercise Classes https://www.ywcannj.org/seniors/</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 8:30 TAP DANCING 10:00 WATERCOLOR (waiting list) 10:00 POST STROKE SUPPORT GROUP (Virtual Only. Call to register) 12:30 CONNECTIONS MAHJONGG 1:30 LINE DANCING 11:45 Korean BBQ Pulled Pork</p>	<p>2 9:15 CONNECTIONS BRIDGE 9:30 COUNTRY LINE DANCE 10:30 BEGINNER TAP DANCING 12:30 SPRING CRAFTS with Bozena  1:00 GENTLE YOGA 11:45 Herb Roasted Chicken Leg</p>	<p>3 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 Eggplant Rollatini</p>
<p>6 AARP INCOME TAX ASSISTANCE 8:30 TAP DANCING 10:45 ZUMBA GOLD W/ LOURDES 12:30 MAHJONGG 12:30 QI GONG 2:00 SOCIAL/BALLROOM DANCE 11:45 Sweet and Sour Meatballs</p>	<p>7 AARP INCOME TAX ASSISTANCE 10:00 GENTLE YOGA 12:00 DUPLICATE BRIDGE 12:30 BINGO 11:30 Baked Fish w/ Dill Sauce</p>	<p>8 8:30 TAP DANCING 10:00 WATERCOLOR (waiting list) 12:30 CONNECTIONS MAHJONGG 12:30 MOVIE: "HAMPSTEAD" 1:30 LINE DANCING 11:45 Chicken Florentine </p>	<p>9 9:15 CONNECTIONS BRIDGE 9:30 COUNTRY LINE DANCE 10:30 BEGINNER TAP DANCING 11:00 BCSCD GROUP (Deaf Group) 1:00 GENTLE YOGA 11:45 Hamburger (Beef)</p>	<p>10 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 Tuna and Bowtie Pasta Salad</p>
<p>13 AARP INCOME TAX ASSISTANCE 8:30 TAP DANCING 9:30-11:30 BLOOD PRESSURE SCREENINGS 10:45 ZUMBA GOLD W/ LOURDES 12:30 QI GONG / MAHJONGG 2:00 SOCIAL/BALLROOM DANCE 11:45 Pork Tenderloin w/ Applesauce</p>	<p>14 AARP INCOME TAX ASSISTANCE 10:00 GENTLE YOGA 12:00 DUPLICATE BRIDGE 12:30 BINGO 11:30 Salisbury Steak w/ Brown Gravy</p>	<p>15 8:30 TAP DANCING 10:00 WATERCOLOR (waiting list) 12:30 CONNECTIONS MAHJONGG 12:30 INTRODUCTION TO FREE VIRTUAL CLASSES 1:30 LINE DANCING 11:45 Chicken Cutlet Parmesan</p>	<p>16 9:15 CONNECTIONS BRIDGE 9:30 COUNTRY LINE DANCE 10:30 BEGINNER TAP DANCING 1:00 GENTLE YOGA 1:30 CONNECTIONS BOOK CLUB 11:45 Corned Beef</p>	<p>17 10-2 SNAP APPOINTMENTS 10:00 TAI CHI 10:00 COMPUTER WORKSHOP 12:00 MEDITATION & MINDFULNESS 12:30 ST. PATRICK'S DAY BINGO 12:30 CONNECTIONS MAHJONGG 2:00 CARDIO WITH COLLEEN 11:45 Baked Fish w/ Garlic & Lemon Sauce </p>
<p>20 AARP INCOME TAX ASSISTANCE 8:30 TAP DANCING 10:45 ZUMBA GOLD W/ LOURDES 12:30 MAHJONGG / 12:30 QI GONG 2:00 SOCIAL/BALLROOM DANCE 11:45 Turkey and Swiss Cheese w/ Arugula on Whole Wheat Roll</p>	<p>21 AARP INCOME TAX ASSISTANCE 10:00 GENTLE YOGA 12:00 DUPLICATE BRIDGE 12:30 BINGO 11:30 Hot Tuna Noodle Casserole</p>	<p>22 8:30 TAP DANCING 10:00 WATERCOLOR (waiting list) 12:30 CONNECTIONS MAHJONGG 12:30 BRAIN GAMES with Sheila  1:30 LINE DANCING 11:45 Chicken Cordon Bleu</p>	<p>23 9:15 CONNECTIONS BRIDGE 9:30 COUNTRY LINE DANCE 10:30 BEGINNER TAP DANCING 1:00 GENTLE YOGA 1:30 CONNECTIONS BOOK CLUB 11:45 Sloppy Joe on Whole Wheat Kaiser Roll</p>	<p>24 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>27 AARP INCOME TAX ASSISTANCE 8:30 TAP DANCING 10:45 ZUMBA GOLD W/ LOURDES 12:30 MAHJONGG 12:30 QI GONG 2:00 SOCIAL/BALLROOM DANCE 11:45 Swedish Meatballs</p>	<p>28 AARP INCOME TAX ASSISTANCE 10:00 GENTLE YOGA 12:00 DUPLICATE BRIDGE 12:30 BINGO 11:30 Meatloaf w/ Gravy</p>	<p>29 8:30 TAP DANCING 10:00 WATERCOLOR (waiting list) 12:30 CONNECTIONS MAHJONGG 1:30 LINE DANCING 11:45 Shave Philly Beef Sandwich</p>	<p>30 9:15 CONNECTIONS BRIDGE 9:30 COUNTRY LINE DANCE 10:30 BEGINNER TAP DANCING 11:00 BCSCD GROUP (Deaf Group) 1:00 GENTLE YOGA 1:30 CONNECTIONS BOOK CLUB 11:45 Korean BBQ Chicken Leg Qtr.</p>	<p>31 9:30-11:30 HEALTH SCREENINGS 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 Baked Fish w Dill Sauce</p>