

# 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](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 APRIL 2023



April 5	ALL ABILITIES ADULT SUPPORT GROUP (Virtual)	10:00AM
April 5	MOVIE: "David Attenborough, A LIFE ON OUR PLANET"	12:30 PM
Mon. & Tues. through 4/11	AARP INCOME TAX ASSISTANCE Mondays & Tuesdays, by appointment	
April 7	GOOD FRIDAY CENTER CLOSED	
April 10	BLOOD PRESSURE SCREENINGS with Valley Health	9:30 AM 11:30 AM
April 12	"HEALTHCARE 101: Women in Senior Care OPTIONS & RESOURCES"	1:30 PM
April 13 April 27	BCSCD GROUP (Deaf Group)	11:00 AM 3:00 PM
April 19	PRESENTATION & MOVIE: "BAG IT," with Dianne Daniele	12:30 PM
April 26	BRAIN GAMES with Sheila Brogan	1:30PM
April 28	SNAP APPOINTMENTS (Supplemental Nutrition Assistance Program)	10:00 AM 2:00 PM
May 16	OPEN HOUSE <b>OPEN HOUSE</b> Invite a friend. Enjoy lunch & ice cream.	10:00 AM 2:00 PM

*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>YWCA ZOOM</b> Exercise Classes <a href="https://www.ywcannj.org/seniors/">https://www.ywcannj.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><b>NEW EXERCISE CLASS</b> <b>BODY &amp; BRAIN Holistic Movement</b> Wednesday, April 12th at 12:30pm Wednesday, April 26th at 12:30pm</p>	 <p><b>OPEN HOUSE</b> TUESDAY, MAY 16 10:00AM-2:00PM</p>	 <p>10:00 Yoga 10:30 Nutrition Presentation 11:30 Lunch 12:30 Bingo Invite a friend. Enjoy lunch &amp; ice cream. <b>REGISTRATION REQUIRED</b></p>
<p><b>3 AARP INCOME TAX ASSISTANCE</b> 8:30-3:00 BILLIARDS 8:30 TAP DANCING 10:45 SAFE &amp; FIT W/ LOURDES 12:30 MAHJONGG 12:30 QI GONG 2:00 SOCIAL/BALLROOM DANCE 11:45 Tuna Noodle Salad w/ Peas and Dill</p>	<p><b>4 AARP INCOME TAX ASSISTANCE</b> 8:30-3:00 BILLIARDS 10:00 GENTLE YOGA 12:00 DUPLICATE BRIDGE 12:30 BINGO 11:30 Breaded Chicken Piccata</p>	<p><b>5</b> 8:30-3:00 BILLIARDS 8:30 TAP DANCING 10:00 WATERCOLOR (waiting list) <b>10:30 STRETCH, LIFT &amp; SPIN</b> 12:30 CONNECTIONS MAHJONGG <b>12:30 MOVIE: "David Attenborough A LIFE ON OUR PLANET"</b> 1:30 LINE DANCING 11:45 Boneless BBQ Beef Rib</p>  	<p><b>6</b> 8:30-3:00 BILLIARDS 10:00 CONNECTIONS BRIDGE 9:30 COUNTRY LINE DANCE 10:30 BEGINNER TAP DANCING 1:00 GENTLE YOGA 11:45 Salisbury Steak with Gravy</p>	<p><b>7</b>  Good Friday <b>CENTER CLOSED</b></p>
<p><b>10</b> 8:30-3:00 BILLIARDS <b>AARP INCOME TAX ASSISTANCE</b> 8:30 TAP DANCING <b>9:30-11:30 BLOOD PRESSURE SCREENINGS</b> 10:45 SAFE &amp; FIT W/ LOURDES 12:30 QI GONG / MAHJONGG 2:00 SOCIAL/BALLROOM DANCE 11:45 Stuffed Cabbage</p>	<p><b>11 AARP INCOME TAX ASSISTANCE</b> 8:30-3:00 BILLIARDS 10:00 GENTLE YOGA 12:00 DUPLICATE BRIDGE 12:30 BINGO 11:30 Korean BBQ Chicken Leg</p>	<p><b>12</b> 8:30-3:00 BILLIARDS 8:30 TAP DANCING 10:00 WATERCOLOR (waiting list) 12:30 CONNECTIONS MAHJONGG <b>12:30 BODY &amp; BRAIN Holistic Movement</b> <b>1:30 HEALTHCARE 101: OPTIONS &amp; RESOURCES</b> 1:30 LINE DANCING 11:45 Ham w/ Pineapple Ring</p> 	<p><b>13</b> 8:30-3:00 BILLIARDS 9:30 COUNTRY LINE DANCE 10:00 CONNECTIONS BRIDGE 10:30 BEGINNER TAP DANCING <b>11:00 BCSD GROUP (Deaf Group)</b> 1:00 GENTLE YOGA 1:30 CONNECTIONS BOOK CLUB <b>11:45 Hot Sliced Roast Beef w/ Gravy</b></p>	<p><b>14</b> 8:30-3:00 BILLIARDS 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 Garlic Roasted Sliced Pork</p>
<p><b>17</b> 8:30-3:00 BILLIARDS 8:30 TAP DANCING 10:45 SAFE &amp; FIT W/ LOURDES 12:30 MAHJONGG 12:30 QI GONG 2:00 SOCIAL/BALLROOM DANCE 11:45 Chicken Cordon Bleu</p>	<p><b>18</b> 8:30-3:00 BILLIARDS 10:00 GENTLE YOGA 12:00 DUPLICATE BRIDGE 12:30 BINGO <b>11:30 Sliced Turkey and Swiss Cheese, Romaine Lettuce on a Whole Wheat Kaiser Roll</b></p>	<p><b>19</b> 8:30-3:00 BILLIARDS/TAP DANCING 10:00 WATERCOLOR (waiting list) <b>10:30 STRETCH, LIFT &amp; SPIN</b> 12:30 CONNECTIONS MAHJONGG <b>12:30 PRESENTATION &amp; MOVIE, "BAG IT," with Dianne Daniele</b> 1:30 LINE DANCING 11:45 Lemon-Pepper Baked Fish</p> 	<p><b>20</b> 8:30-3:00 BILLIARDS 9:30 COUNTRY LINE DANCE 10:00 CONNECTIONS BRIDGE 10:30 BEGINNER TAP DANCING 1:00 GENTLE YOGA 1:30 CONNECTIONS BOOK CLUB <b>11:45 Chicken Marsala</b></p>	<p><b>21</b> 8:30-3:00 BILLIARDS 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 Pepper Steak</p>
<p><b>24</b> 8:30-3:00 BILLIARDS 8:30 TAP DANCING 10:45 SAFE &amp; FIT W/ LOURDES 12:30 MAHJONGG 12:30 QI GONG 2:00 SOCIAL/BALLROOM DANCE 11:45 Eggplant Parmesan</p>	<p><b>25</b> 8:30-3:00 BILLIARDS 10:00 GENTLE YOGA 12:00 DUPLICATE BRIDGE 12:30 BINGO 11:30 Meatloaf w/ Brown Gravy</p>	<p><b>26</b> 8:30-3:00 BILLIARDS 8:30 TAP DANCING 10:00 WATERCOLOR (waiting list) 12:30 CONNECTIONS MAHJONGG <b>12:30 BODY &amp; BRAIN Holistic Movement</b> <b>1:30 BRAIN GAMES</b> 1:30 LINE DANCING 11:45 Chef Salad</p> 	<p><b>27</b> 8:30-3:00 BILLIARDS 9:30 COUNTRY LINE DANCE 10:00 CONNECTIONS BRIDGE 10:30 BEGINNER TAP DANCING <b>11:00 BCSD GROUP (Deaf Group)</b> 1:00 GENTLE YOGA 1:30 CONNECTIONS BOOK CLUB <b>11:45 Pork Tenderloin w/ Gravy</b></p>	<p><b>28</b> 8:30-3:00 BILLIARDS/10:00 TAI CHI <b>10-2 SNAP APPOINTMENTS</b> 10:00 COMPUTER WORKSHOP 12:00 MEDITATION &amp; MINDFULNESS 12:30 BINGO 12:30 CONNECTIONS MAHJONGG 2:00 CARDIO WITH COLLEEN 11:45 Swedish Meatballs</p>