

BERGEN NEW JERSEY *County*

James J. Tedesco III
County Executive

BOARD OF COUNTY COMMISSIONERS

Thomas J. Sullivan
Chairman

Germaine M. Ortiz
Vice Chairwoman

Dr. Joan M. Voss
Chair Pro Tempore

Mary J. Amoroso

Rafael Marte

Steven A. Tanelli

Tracy Silna Zur

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

MAY 2023



May 1	AARP DEFENSIVE DRIVING COURSE	8:30 AM
May 3	ALL ABILITIES ADULT SUPPORT GROUP (Virtual)	10:00 AM
May 3	PRESENTATION: HOARDING	12:30 PM
May 4 & 18	"GET TO KNOW THE IPADS"	10:00 AM
May 8	BLOOD PRESSURE SCREENINGS with Valley Health	9:30 AM 11:30 AM
May 11 May 25	BCSCD GROUP (Deaf Group)	11:00 AM 3:00 PM
May 15 - June 26	TAKE CONTROL OF YOUR HEALTH WORKSHOP (Registration required. Meets Mondays for 6 weeks)	10:30 AM 12:30 PM
May 16	 OPEN HOUSE <div style="background-color: #e0b0ff; padding: 5px; text-align: center;"> OPEN HOUSE Call (201) 445-5690 for Reservations Bring a Friend! </div>  OPEN HOUSE	10:00 AM -2:00 PM
May 17	PRESENTATION: SCAMS with Sheila Brogan	12:30 PM
May 19	SNAP APPOINTMENTS (Supplemental Nutrition Assistance Program)	10:00 AM -2:00 PM
May 24	BRAIN GAMES with Sheila Brogan	1:30 PM
May 29	MEMORIAL DAY CENTER CLOSED	
May 31	MOVIE: "TICKET TO PARADISE" 	12:30 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.

MAY 2023

NORTHWEST SENIOR ACTIVITY CENTER

Melissa Parente, Center Director








MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>1 8:30-3:00 AARP DEFENSIVE DRIVING COURSE 8:30 TAP DANCING 10:45 SAFE & FIT W/ LOURDES 12:30 MAHJONGG / QI GONG 2:00 SOCIAL/BALLROOM DANCE</p> <p>11:45 Italian Meatballs with Tomato Basil Sauce</p>	<p>2 10:00 GENTLE YOGA 12:00 DUPLICATE BRIDGE 12:30 BINGO</p> <p>11:30 Tuna and Bowtie Pasta Salad</p>	<p>3  8:30 TAP DANCING 10:00 WATERCOLOR (waiting list) 12:30 CONNECTIONS MAHJONGG 12:30 PRESENTATION: HOARDING 1:30 LINE DANCING</p> <p>11:45 Pork Chop in Garlic Sauce</p>	<p>4 9:30 COUNTRY LINE DANCE 10:00 CONNECTIONS BRIDGE 10:00 GET TO KNOW THE IPADS 10:30 BEGINNER TAP DANCING 1:00 GENTLE YOGA</p> <p>11:45 Balsamic Breaded Chicken Breast</p>	<p>5 10:00 TAI CHI 10:00 COMPUTER WORKSHOP 12:00 MEDITATION & MINDFULNESS 12:30 BINGO 12:30 CONNECTIONS MAHJONGG 2:00 CARDIO WITH COLLEEN</p> <p>11:45 Mexican Chicken Breast</p>
<p>8 8:30 TAP DANCING 9:30-11:30 BLOOD PRESSURE SCREENINGS 10:45 SAFE & FIT W/ LOURDES 12:30 MAHJONGG 12:30 QI GONG 2:00 SOCIAL/BALLROOM DANCE 11:45 Baked Fish w/ Lemon</p>	<p>9 10:00 GENTLE YOGA 12:00 DUPLICATE BRIDGE 12:30 BINGO 11:30 Korean BBQ Chicken Leg Quarter</p> <p> REGISTRATION REQUIRED</p>	<p>10 8:30 TAP DANCING 10:00 WATERCOLOR (waiting list) 12:30 CONNECTIONS MAHJONGG 12:30 BODY & BRAIN Holistic Movement 1:30 LINE DANCING 11:45 Stuffed Peppers (Turkey)</p>	<p>11 9:30 COUNTRY LINE DANCE 10:00 CONNECTIONS BRIDGE 10:30 BEGINNER TAP DANCING 11:00 BCSCD GROUP (Deaf Group) 1:00 GENTLE YOGA</p> <p>11:45 LS Ham Steak</p>	<p>12 10:00 TAI CHI 10:00 COMPUTER WORKSHOP 12:00 MEDITATION & MINDFULNESS 12:30 BINGO 12:30 CONNECTIONS MAHJONGG 2:00 CARDIO WITH COLLEEN</p> <p>11:45 Boneless Chicken Scampi</p>
<p>15 8:30 TAP DANCING 10:30 TAKE CONTROL OF YOUR HEALTH WORKSHOP 10:45 SAFE & FIT W/ LOURDES 12:30 QI GONG / MAHJONGG 2:00 SOCIAL/BALLROOM DANCE 11:45 Tuna Salad on Romaine</p>	<p>16  REGISTRATION REQUIRED Invite a friend. Enjoy lunch & ice cream.  10:00 GENTLE YOGA 10:30 NUTRITION PRESENTATION 12:00 DUPLICATE BRIDGE 12:30 BINGO 11:30 Chicken Marsala</p>	<p>17 8:30 TAP DANCING 10:00 WATERCOLOR (waiting list) 10:30 STRETCH, LIFT & SPIN 12:30 CONNECTIONS MAHJONGG 12:30 PRESENTATION: SCAMS 1:30 LINE DANCING 11:45 Sweet Pork Sausage Sandwich on Italian Bread</p>	<p>18 9:30 COUNTRY LINE DANCE 10:00 CONNECTIONS BRIDGE 10:00 GET TO KNOW THE IPADS 10:30 BEGINNER TAP DANCING 1:00 GENTLE YOGA 1:30 CONNECTIONS BOOK CLUB 11:45 Salisbury Steak w/ Brown Gravy</p>	<p>19 10-2 SNAP APPOINTMENTS 10:00 TAI CHI 10:00 COMPUTER WORKSHOP 12:00 MEDITATION & MINDFULNESS 12:30 BINGO / CONNECT. MAHJONGG 2:00 CARDIO WITH COLLEEN 11:45 Eggplant Rollatini w/ Italian Meatballs</p>
<p>22 8:30 TAP DANCING 10:30 TAKE CONTROL OF YOUR HEALTH WORKSHOP 10:45 SAFE & FIT W/ LOURDES 12:30 MAHJONGG / QI GONG 2:00 SOCIAL/BALLROOM DANCE 11:45 Orange Chicken</p>	<p>23 10:00 GENTLE YOGA 12:00 DUPLICATE BRIDGE 12:30 BINGO</p> <p>11:30 Roast Beef w/ Gravy</p>	<p>24 8:30 TAP DANCE 10:00 WATERCOLOR (waiting list) 12:30 CONNECTIONS MAHJONGG 12:30 BODY & BRAIN Holistic Movement 1:30 BRAIN GAMES with Sheila 1:30 LINE DANCING 11:45 Chicken Waldorf Salad on Lettuce</p>	<p>9:30 COUNTRY LINE DANCE 10:00 CONNECTIONS BRIDGE 10:30 BEGINNER TAP DANCING 11:00 BCSCD GROUP (Deaf Group) 1:00 GENTLE YOGA 1:30 CONNECTIONS BOOK CLUB 11:45 Pork Tenderloin with Gravy</p>	<p>26 10:00 TAI CHI 10:00 COMPUTER WORKSHOP 12:00 MEDITATION & MINDFULNESS 12:15 BINGO NO CONNECTIONS MAHJONGG NO CARDIO WITH COLLEEN 11:45 Swedish Meatballs</p>
<p>29  MEMORIAL DAY REMEMBER AND HONOR  CENTER CLOSED</p>	<p>30 10:00 GENTLE YOGA 12:00 DUPLICATE BRIDGE 12:30 BINGO</p> <p>11:30 Beef Hamburger</p>	<p>31 8:30 TAP DANCING 10:00 WATERCOLOR (waiting list) 12:30 CONNECTIONS MAHJONGG 12:30 MOVIE: "TICKET TO PARADISE" 1:30 LINE DANCING 11:45 Chicken Florentine</p>  	<p>YWCA ZOOM Exercise Classes https://www.ywcannj.org/seniors/ 8:30 to 3:00 Billiards Available Daily</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>	