

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
JUNE 2023



May 15 June 26	TAKE CONTROL OF YOUR HEALTH WORKSHOP (Meets Mondays for 6 weeks)	10:30 AM 12:30 PM
May 30 June 13	"GET CONNECTED PROGRAM," 3 week program provided by The Center for Alcohol and Drug Resources A program of Children's Aid & Family Services.	12:30 PM 1:30 PM
June 7	ALL ABILITIES ADULT SUPPORT GROUP (Virtual)	10:00 AM
June 7	MOVIE: "I WANNA DANCE WITH SOMEBODY"	12:30 PM
June 8 June 15	BCSCD GROUP (Deaf Group)	11:00 AM 3:00 PM
June 9	SNAP APPOINTMENTS (Supplemental Nutrition Assistance Program)	10:00 AM 2:00 PM
June 12	BLOOD PRESSURE SCREENINGS with Valley Health	9:30 AM 11:30 AM
June 16	JUNETEENTH HOLIDAY OBSERVED	CLOSED
June 20	FARMER'S MARKET COUPON REGISTRATION	9:00 AM 12:00 PM
June 28	BRAIN GAMES with Sheila Brogan	1:30 PM
June 29	IPAD CLASS	12:30 PM



Bergen County Elder Abuse Awareness Walk
Saturday, June 3, 2023
Overpeck County Park Amphitheater
One Challenger Road, Ridgefield Park
Rain Date Sunday, June 22, 2023
9:00am-12:00pm



Register today using the link below or call 201-336-7416

<https://www.eventbrite.com/e/2nd-annual-bergen-county-elder-abuse-awareness-walk-tickets-635453868627>

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.




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 https://www.ywcanj.org/seniors/</p>	<p>8:30 to 3:00 Billiards Available Daily</p> 	<p>1 9:30 COUNTRY LINE DANCE 10:00 CONNECTIONS BRIDGE 10:30 BEGINNER TAP DANCING 1:00 GENTLE YOGA 11:45 Pork Chop in Garlic Sauce</p>	<p>2 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 Creamed Spinach Stuffed Fish</p>
<p>5 8:30 TAP DANCING 10:30 TAKE CONTROL OF YOUR HEALTH WORKSHOP 10:45 SAFE & FIT W/ LOURDES 12:30 MAHJONGG 12:30 QI GONG NO SOCIAL/BALLROOM DANCE 11:45 Shaved Philly Beef and Cheese Sandwich (Club Roll)</p>	<p>6 10:00 GENTLE YOGA 12:00 DUPLICATE BRIDGE 12:30 BINGO 12:30 "GET CONNECTED PROGRAM" 11:30 Hawaiian Chicken</p>	<p>7 8:30 TAP DANCING 10:00 ALL ABILITIES ADULT SUPPORT GROUP (virtual)  10:00 WATERCOLOR (waiting list) 12:30 CONNECTIONS MAHJONGG 12:30 MOVIE: " I WANNA DANCE WITH SOMEBODY" 1:30 LINE DANCING 11:45 Whole Wheat Ziti with Crumbled Italian Turkey, Sausage, Peppers, Onions w/ Marinara Sauce and Cheese</p>	<p>8 9:30 COUNTRY LINE DANCE 10:00 CONNECTIONS BRIDGE 10:30 BEGINNER TAP DANCING 11:00 BCSCD GROUP (Deaf Group) 1:00 GENTLE YOGA 11:45 Baked Fish w/ Lemon Dill Sauce</p>	<p>9 10:00 TAI CHI 10:00 COMPUTER WORKSHOP 10-2 SNAP APPOINTMENTS 12:00 MEDITATION & MINDFULNESS 12:30 BINGO 12:30 CONNECTIONS MAHJONGG 2:00 CARDIO WITH COLLEEN 11:45 Swedish Meatballs</p>
<p>12 8:30 TAP DANCING 9:30-11:30 BLOOD PRESSURE SCREENINGS 10:30 TAKE CONTROL OF YOUR HEALTH WORKSHOP 10:45 SAFE & FIT W/ LOURDES 12:30 QI GONG / MAHJONGG NO SOCIAL/BALLROOM DANCE 11:45 Meatloaf with Brown Gravy</p>	<p>13 10:00 GENTLE YOGA 12:00 DUPLICATE BRIDGE 12:30 BINGO 12:30 "GET CONNECTED PROGRAM" 11:30 Herb Roasted Chicken Leg</p>	<p>14 8:30 TAP DANCING 10:00 WATERCOLOR 12:30 CONNECTIONS MAHJONGG 12:30 BRAIN & BODY Holistic Movement 1:30 LINE DANCING 11:45 Egg Salad on Romaine Lettuce</p>	<p>15 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 Stuffed Peppers (Turkey)</p>	 <p>CENTER CLOSED</p>
<p>19 8:30 TAP DANCING 10:30 TAKE CONTROL OF YOUR HEALTH WORKSHOP 10:45 SAFE & FIT W/ LOURDES 12:30 MAHJONGG / QI GONG NO SOCIAL/BALLROOM DANCE 11:45 Lemon-Pepper Baked Fish</p>	<p>20 9:00-12:00 SENIOR FARMER'S MARKET NUTRITION Program  10:00 GENTLE YOGA 12:00 DUPLICATE BRIDGE 12:30 BINGO 11:30 Chicken Filet with Honey Dijon</p>	<p>21 8:30 TAP DANCE 10:00 WATERCOLOR (waiting list) 12:30 CONNECTIONS MAHJONGG 1:30 LINE DANCING 11:45 Honey Glazed Pork Chop</p>	<p>22 9:30 COUNTRY LINE DANCE 10:00 CONNECTIONS BRIDGE 10:30 BEGINNER TAP DANCING 1:00 GENTLE YOGA 1:30 CONNECTIONS BOOK CLUB 11:45 Sliced Turkey and Swiss Cheese w/ Arugula on Whole Wheat Roll</p>	<p>23 10:00 TAI CHI 10:00 COMPUTER WORKSHOP 12:00 MEDITATION & MINDFULNESS 12:15 BINGO 12:30 CONNECTIONS MAHJONGG 2:00 CARDIO WITH COLLEEN 11:45 Hamburger (Beef)</p>
<p>26 8:30 TAP DANCING 10:30 TAKE CONTROL OF YOUR HEALTH WORKSHOP 10:45 SAFE & FIT W/ LOURDES 12:30 MAHJONGG / QI GONG NO SOCIAL/BALLROOM DANCE 11:45 Chicken Cordon Bleu</p>	<p>27 10:00 GENTLE YOGA 12:00 DUPLICATE BRIDGE 12:30 BINGO 11:30 Ham Steak with Pineapple</p>	<p>28 8:30 TAP DANCING 10:00 WATERCOLOR (waiting list) 12:30 CONNECTIONS MAHJONGG 12:30 BRAIN & BODY Holistic Movement 1:30 BRAIN GAMES with Sheila 1:30 LINE DANCING 11:45 Potato Crusted Baked Fish</p>	<p>29 9:30 COUNTRY LINE DANCE 10:00 CONNECTIONS BRIDGE 10:30 BEGINNER TAP DANCING 1:00 GENTLE YOGA 12:30 IPAD CLASS 11:45 Mini Cheese Ravioli with Meatballs</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 Korean BBQ Chicken Leg Qtr.</p>