

# BERGEN NEW JERSEY *County*

James J. Tedesco III  
County Executive

and the

BOARD OF COUNTY COMMISSIONERS

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  
**JANUARY 2023**



January 2	HAPPY NEW YEAR! CENTER CLOSED	
January 9	BLOOD PRESSURE SCREENINGS with Valley Health	9:30 AM 11:30 AM
January 11	 <b>PRESENTATION:</b>  <b>“MEDICAL MARIJUANA &amp; PAIN MANAGEMENT”</b>	12:30 PM
January 12 January 26	BCSCD GROUP (Deaf Group)	11:00 AM 3:00 PM
January 16	MARTIN LUTHER KING, Jr. DAY CENTER CLOSED	
January 18	MOVIE: “ELVIS”	12:15 PM
January 20	SNAP APPOINTMENTS (Supplemental Nutrition Assistance Program)	9:00 AM 12:00 PM
January 25	BRAIN GAMES with Sheila Brogan	1:15 PM

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.

*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>2</p>  <p><b>CENTER CLOSED</b></p>	<p>3</p> <p>10:00 MAHJONGG 10:00 GENTLE YOGA 12:00 DUPLICATE BRIDGE 12:30 BINGO</p> <p>11:45 Meatloaf w/ Gravy</p>	<p>4</p> <p>8:30 TAP DANCING 10:00 WATERCOLOR (waiting list) 10:00 POST STROKE SUPPORT GROUP 10:00 MAHJONGG 12:30 CONNECTIONS MAHJONGG 12:30 CABANICS 1:30 LINE DANCING 11:45 Baked Fish w/ Garlic Lemon Sauce</p>	<p>5</p> <p>9:15 CONNECTIONS BRIDGE 9:30 COUNTRY LINE DANCE 10:30 BEGINNER TAP DANCING 1:00 GENTLE YOGA</p> <p>11:45 BBQ Pulled Pork w/ Sauce</p>	<p>6</p> <p>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 Roasted Chicken Leg w/ Cacciatore Sauce</p>
<p>9</p> <p>8:30 TAP DANCING <b>9:30-11:30 BLOOD PRESSURE SCREENINGS</b> 10:45 ZUMBA GOLD W/ LOURDES 12:30 QI GONG 2:00 SOCIAL/BALLROOM DANCE</p> <p>11:45 Tuna and Bowtie Salad</p>	<p>10</p> <p>10:00 MAHJONGG 10:00 GENTLE YOGA 12:00 DUPLICATE BRIDGE 12:30 BINGO</p> <p>11:45 Balsamic Breaded Chicken Breast</p>	<p>11</p> <p>8:30 TAP DANCING 10:00 WATERCOLOR (waiting list) 10:00 POST STROKE SUPPORT GROUP 10:00 MAHJONGG 12:30 CONNECTIONS MAHJONGG 12:30 CABANICS <b>12:30 PRESENTATION: "MEDICAL MARIJUANA &amp; PAIN MANAGEMENT"</b> 1:30 LINE DANCING 11:45 Hamburger</p> 	<p>12</p> <p>9:15 CONNECTIONS BRIDGE 9:30 COUNTRY LINE DANCE 10:30 BEGINNER TAP DANCING <b>11:30 BCSCD GROUP (Deaf Group)</b> 1:00 GENTLE YOGA</p> <p>11:45 Sliced Turkey w/ Turkey Gravy</p>	<p>13</p> <p>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</p> <p>11:45 Italian Meatballs</p>
<p>16</p>  <p><b>CENTER CLOSED</b></p>	<p>17</p> <p>10:00 MAHJONGG 10:00 GENTLE YOGA 12:00 DUPLICATE BRIDGE 12:30 BINGO</p> <p>11:45 Pork Chop w/ Cinnamon Apple Glaze</p>	<p>18</p> <p>8:30 TAP DANCING 10:00 MAHJONGG 10:00 WATERCOLOR (waiting list) 10:00 POST STROKE SUPPORT GROUP 12:30 CONNECTIONS MAHJONGG 12:30 CABANICS <b>12:15 MOVIE: "ELVIS"</b> 1:30 LINE DANCING 11:45 Orange Chicken</p> 	<p>19</p> <p>9:15 CONNECTIONS BRIDGE 9:30 COUNTRY LINE DANCE 10:30 BEGINNER TAP DANCING 1:00 GENTLE YOGA <b>11:45 Whole Wheat Rotini w/ Crumbled Italian Turkey Sausage, Green &amp; Red Peppers, Onions w/ Marinara Sauce &amp; Grated Cheese</b></p>	<p>20</p> <p><b>9-12 SNAP APPOINTMENTS</b> 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>23</p> <p>8:30 TAP DANCING 10:45 ZUMBA GOLD W/ LOURDES 12:30 QI GONG 2:00 SOCIAL/BALLROOM DANCE</p> <p>11:45 Chicken Chow Mein</p>	<p>24</p> <p>10:00 MAHJONGG 10:00 GENTLE YOGA 12:00 DUPLICATE BRIDGE 12:30 BINGO</p> <p>11:45 Salisbury Steak w/ Gravy</p>	<p>25</p> <p>8:30 TAP DANCING 10:00 MAHJONGG 10:00 WATERCOLOR (waiting list) 10:00 POST STROKE SUPPORT GROUP 12:30 CONNECTIONS MAHJONGG 12:30 CABANICS <b>1:15 BRAIN GAMES with Sheila</b> 1:30 LINE DANCING 11:45 Tuna Salad w/ Lettuce Leaf</p>	<p>26</p> <p>9:15 CONNECTIONS BRIDGE 9:30 COUNTRY LINE DANCE 10:30 BEGINNER TAP DANCING <b>11:30 BCSCD GROUP (Deaf Group)</b> 1:00 GENTLE YOGA 1:30 CONNECTIONS BOOK CLUB</p> <p>11:45 Cheese &amp; Spinach Lasagna</p>	<p>27</p> <p>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</p> <p>11:45 Chicken Marsala</p>
<p>30</p> <p>8:30 TAP DANCING 10:45 ZUMBA GOLD W/ LOURDES 12:30 QI GONG 2:00 SOCIAL/BALLROOM DANCE</p> <p>11:45 Egg Salad w/ Lettuce Leaf</p>	<p>31</p> <p>10:00 MAHJONGG 10:00 GENTLE YOGA 12:00 DUPLICATE BRIDGE 12:30 BINGO</p> <p>11:45 Korean BBQ Chicken Leg</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: northwesterncenter@co.bergen.nj.us</p>  <p><b>YWCA ZOOM</b> Exercise Classes <a href="https://www.ywcanj.org/seniors/">https://www.ywcanj.org/seniors/</a></p>	