

BERGEN NEW JERSEY County

James J. Tedesco III
County Executive

BOARD OF COUNTY COMMISSIONERS

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DEPARTMENT OF HUMAN SERVICES
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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

Melissa Parente, Director
50 Center St.
Midland Park, NJ, 07432
Phone: (201) 445-5690 • Fax (201) 493-8911




northwestcenter@co.bergen.nj.us

Open: Monday - Friday, 8:00AM - 3:30PM

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NORTHWEST SENIOR ACTIVITY CENTER Bergen County Department of Human Services Division of Senior Services/ADRC February 2024

February 1	VALENTINE'S CRAFTS w/ Bozena	12:30PM
February 7	ARTIFICIAL INTELLIGENCE PRESENTATION w/ Pawel Maslag	12:30PM
February 8 February 29	BCDSC (Deaf Group)	10:00AM
February 12	BLOOD PRESSURE SCREENINGS w/ Valley Health	9:00AM
February 14	"HEART HEALTH AND AGING," National Institute on Aging video 	11:00AM
February 14	MOVIE: "Barbie"	12:30PM
February 15	AROMATHERAPY & HAND MASSAGE w/ Agata & Dorene	9:30AM
February 19	PRESIDENT'S DAY CENTER CLOSED	
February 21	BRAIN GAMES w/ Sheila Brogan	12:30PM
February 28	HEART HEALTH PRESENTATION Bergen County Health Department	12:30PM
	 AARP INCOME TAX ASSISTANCE Mondays & Tuesdays by appointment 	9:00AM 2:30PM

REGISTRATION FOR THE ABOVE EVENTS REQUIRED (201) 445-5690

The 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.

AMERICAN HEART MONTH FEATURING BERGEN COUNTY HEALTH SERVICES:

LIFE'S ESSENTIAL EIGHT HEART HEALTH PRESENTATION

For the month of February, Bergen County Health Services will present at all ten county-operated centers.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>AARP INCOME TAX ASSISTANCE</p> <p>MONDAYS & TUESDAYS by appointment</p>		<p>CELEBRATE HEART HEALTH AWARENESS MONTH on Wednesday, February 14th at 11:00AM</p> <p><i>Watch the National Institute on Aging video, "HEART HEALTH AND AGING"</i></p> <p>Visit the HEALTHY HEART Information Table.</p> <p>PLEASE SIGN UP FOR THIS EVENT.</p>	<p>1 9:30 COUNTRY LINE DANCE 10:00 CONNECTIONS BRIDGE 10:30 BEGINNER TAP DANCING 12:30 VALENTINE'S CRAFTS 1:00 GENTLE YOGA</p>  <p>Chicken Piccata</p>	<p>2 10:00 TAI CHI 12:00 MEDITATION & MINDFULNESS 12:30 BINGO 12:30 CONNECTIONS MAHJONGG 2:00 CARDIO w/ COLLEEN</p> <p>Ham Steak</p>
<p>5 8:30 TAP DANCING 10:00 CONNECTIONS PINOCHLE 10:45 SAFE & FIT 12:30 MAHJONGG 12:30 QI GONG 2:00 SOCIAL/BALLROOM DANCE</p> <p>Homestyle Meatloaf w/ Gravy</p>	<p>6 NO AARP TAX APPOINTMENTS 10:00 GENTLE YOGA 12:00 DUPLICATE BRIDGE 12:30 BINGO</p> <p>Turkey & Swiss</p>	<p>7 8:30 TAP DANCING 10:00 WATERCOLOR (waiting list) 10:45 SONGS OF THE DECADES 12:30 CONNECTIONS MAHJONGG 12:30 AI PRESENTATION w/ PAWEL MASLAG 1:30 LINE DANCING</p> <p>Korean BBQ Chicken Leg</p>	<p>8 9:30 COUNTRY LINE DANCE 10:00 CONNECTIONS BRIDGE 10:30 BEGINNER TAP DANCING 10:00 BCDSC (Deaf Group) 1:00 GENTLE YOGA</p> <p>Pulled Pork</p>	<p>9 10:00 TAI CHI 12:00 MEDITATION & MINDFULNESS 12:30 BINGO 12:30 CONNECTIONS MAHJONGG 2:00 CARDIO w/ COLLEEN</p> <p>Pepper Steak</p>
<p>12 8:30 TAP DANCING 10:00 CONNECTIONS PINOCHLE 10:45 SAFE & FIT 12:30 MAHJONGG 12:30 QI GONG 2:00 SOCIAL/BALLROOM DANCE</p> <p>Egg Salad on Pumpernickel</p>	<p>13 10:00 GENTLE YOGA 12:00 DUPLICATE BRIDGE 12:30 BINGO</p> <p>Chicken Marsala</p>	<p>14 8:30 TAP DANCING 10:00 WATERCOLOR (waiting list) 11:00 "HEART HEALTH AND AGING" 12:30 CONNECTIONS MAHJONGG 12:30 BRAIN & BODY Holistic Movement 12:30 MOVIE: "BARBIE" 1:30 LINE DANCING</p>  <p>Eggplant Rollatini</p>	<p>15 9:30 COUNTRY LINE DANCE 9:30 AROMATHERAPY & HAND MASSAGE 10:00 CONNECTIONS BRIDGE NO BEGINNER TAP DANCING 1:00 GENTLE YOGA 1:00 CONNECTIONS BOOK CLUB</p> <p>Cheeseburger</p>	<p>16 10:00 TAI CHI 12:00 MEDITATION & MINDFULNESS 12:30 BINGO 12:30 CONNECTIONS MAHJONGG 2:00 CARDIO w/ COLLEEN</p> <p>Beer Battered Fish</p>
<p>19</p>  <p>CENTER CLOSED</p> <p>President's Day</p>	<p>20 10:00 GENTLE YOGA 12:00 DUPLICATE BRIDGE 12:30 BINGO</p> <p>Roast Turkey Sandwich w/ Cheddar</p>	<p>21 8:30 TAP DANCING 10:00 WATERCOLOR (waiting list) 10:45 SONGS OF THE DECADES 12:30 CONNECTIONS MAHJONGG 12:30 BRAIN GAMES w/ Sheila Brogan 1:30 LINE DANCING</p> <p>Pork Loin w/ Gravy</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</p> <p>Sesame Chicken</p>	<p>23 10:00 TAI CHI 12:00 MEDITATION & MINDFULNESS 12:30 BINGO 12:30 CONNECTIONS MAHJONGG 2:00 CARDIO w/ COLLEEN</p> <p>Spinach Quiche</p>
<p>26 8:30 TAP DANCING 10:00 CONNECTIONS PINOCHLE 10:45 SAFE & FIT 12:30 MAHJONGG 12:30 QI GONG 2:00 SOCIAL/BALLROOM DANCE</p> <p>Stuffed Cabbage</p>	<p>27 10:00 GENTLE YOGA 12:00 DUPLICATE BRIDGE 12:30 BINGO</p> <p>Tuna Salad on Whole Wheat</p>	<p>28 8:30 TAP DANCING 10:00 WATERCOLOR (waiting list) 10:45 SONGS OF THE DECADES 12:30 CONNECTIONS MAHJONGG 12:30 BRAIN & BODY Holistic Movement 12:30 HEART HEALTH PRESENTATON 1:30 LINE DANCING</p> <p>Chicken Florentine</p>	<p>29 9:30 COUNTRY LINE DANCE 10:00 CONNECTIONS BRIDGE 10:30 BEGINNER TAP DANCING 10:00 BCDSC (Deaf Group) 1:00 GENTLE YOGA</p> <p>Cranberry Glazed Turkey Meatballs</p>	<p>Suggested Lunch Donation: \$1.25 Per Meal</p> <p>Please reserve lunch by 11:30 AM the day before</p>