

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 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

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

March 6	Nutrition & Food Safety Presentation <i>w/ Melissa Dawson, Registered Dietician Nutritionist from Inserra Supermarkets</i>	12:30PM
March 7	St. Patrick's Day Crafts <i>w/ Bozena</i>	12:30PM
March 11	Blood Pressure Screenings <i>w/ Valley Health</i>	9:30AM
March 13	Music & Drum Circle <i>w/ Agata & Zrinka</i>	1:30PM
March 14 & 21	BCDSC (Deaf Group)	11:00AM
March 20	Senior Planet Protecting Your Personal Information Online w/ Sheila <small>SENIOR PLANET FROM AARP</small>	12:30PM
March 21	Aromatherapy & Hand Massage <i>w/ Aggie & Dorene</i>	9:30AM
March 27	Movie: "The Miracle Club"	12:30PM
March 29	Center Closed- Good Friday	ALL DAY
	AARP Income Tax Assistance Mondays & Tuesdays by appointment	






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.

March 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Suggested Lunch Donation: \$1.25 Per Meal Please reserve lunch by 11:30 AM the day before</p> <p>Lunch Served Daily at 11:30AM</p>	 <p>Continental Breakfast Daily 8:00AM-11:00AM</p>	<p>AARP Income Tax Assistance Mondays & Tuesdays by appointment</p> 	<p>Billiards Room Open Monday– Friday 8:30AM - 3:00PM iPads are available to use at the center</p>  	<p>1 10:00 Tai Chi 12:30 Meditation & Mindfulness 12:30 Bingo 12:30 Connections Mahjongg 2:00 Cardio w/ Colleen</p> <p>Eggplant Rollatini</p>
<p>4 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>Swedish Meatballs</p>	<p>5 10:00 Gentle Yoga 12:00 Duplicate Bridge 12:30 Bingo</p> <p>Grilled Chicken w/ Roasted Pepper</p>	<p>6 8:30 Tap Dancing 10:00 Watercolor (waiting list) 10:45 Songs of the Decades 12:30 Connections Mahjongg 12:30 Nutrition & Food Safety Presentation 1:30 Line Dancing</p> <p>Homestyle Meatloaf w/ Gravy</p>	<p>7 9:30 Country Line Dance 10:00 Connections Bridge 10:30 Beginner Tap Dancing 12:30 St. Patrick's Day Crafts 1:00 Gentle Yoga</p> <p>LS Ham Steak</p>	<p>8 10:00 Tai Chi 12:30 Meditation & Mindfulness 12:30 Bingo 12:30 Connections Mahjongg 2:00 Cardio w/ Colleen</p> <p>Beer Battered Fish</p>
<p>11 8:30 Tap Dancing 9:30 Blood Pressure Screenings 10:00 Connections Pinochle 10:45 Safe & Fit 12:30 Mahjongg 12:30 Qi Gong 2:00 Social / Ballroom Dance</p> <p>Sweet Chicken Sausage</p>	<p>12 10:00 Gentle Yoga 12:00 Duplicate Bridge 12:30 Bingo</p> <p>Stuffed Cabbage</p>	<p>13 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 1:30 Music & Drum Circle 2:00 Line Dancing</p>  <p>Korean BBQ Chicken Leg</p>	<p>14 9:30 Country Line Dance 10:00 Connections Bridge 10:00 BCDSC (Deaf Group) 10:30 Beginner Tap Dancing 1:00 Gentle Yoga</p> <p>Hamburger</p>	<p>15 10:00 Tai Chi 12:30 Meditation & Mindfulness 12:30 Bingo 12:30 Connections Mahjongg 2:00 Cardio w/ Colleen</p> <p>Tuna Salad on Romaine Lettuce</p>
<p>18 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>Corned Beef</p>	<p>19 10:00 Gentle Yoga 12:00 Duplicate Bridge 12:30 Bingo</p> <p>Pork Tenderloin w/ Gravy</p>	<p>20 8:30 Tap Dancing 10:00 Watercolor (waiting list) 10:45 Songs of the Decades 12:30 Connections Mahjongg 12:30 Senior Planet 1:30 Line Dancing</p> <p>Roast Turkey w/ Gravy</p>	<p>21 9:30 Aromatherapy & Hand Massage 9:30 Country Line Dance 10:00 Connections Bridge 10:00 BCDSC (Deaf Group) 10:30 Beginner Tap Dancing 1:00 Gentle Yoga 1:00 Connections Book Club 1:00 Connections Stitch & Chat Shepherd's Pie w/ Mashed Potatoes</p>	<p>22 10:00 Tai Chi 12:30 Meditation & Mindfulness 12:30 Bingo 12:30 Connections Mahjongg 2:00 Cardio w/ Colleen</p> <p>Egg Salad</p>
<p>25 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 Peppers</p>	<p>26 10:00 Gentle Yoga 12:00 Duplicate Bridge 12:30 Bingo</p> <p>Herbed Roasted Chicken Leg</p>	<p>27 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 Movie: "The Miracle Club" 1:30 Line Dancing Baked Ziti & Meatballs</p>	<p>28 9:30 Country Line Dance 10:00 Connections Bridge 10:30 Beginner Tap Dancing 1:00 Gentle Yoga 1:00 Connections Book Club</p> <p>Chicken Sausage w/ Onions & Peppers</p>	<p>29</p> <p>CENTER CLOSED</p>