

BERGEN NEW JERSEY *County*

James J. Tedesco III
County Executive

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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

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





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 2024



January 1	NEW YEAR'S DAY	CLOSED
January 3	 "THE LAWYER IS IN," a Question & Answer Session on Elder Law & Estate Planning presented by Rhonda M. Benjamin, Esq.	12:30PM
January 4	AROMATHERAPY & HAND MASSAGE w/ Agata & Dorene	9:30AM
January 4	WINTER CRAFTS w/ Bozena	12:30PM
January 8	BLOOD PRESSURE SCREENINGS w/ Valley Health	9:00AM
January 11 January 25	BCSCD GROUP (Deaf Group)	11:00AM
January 15	MARTIN LUTHER KING JR. DAY	CLOSED
January 17	 "MANAGING MONEY– A Guide to Finances," presented by Deb Montone Alzheimer's Association	12:30PM
January 31	BRAIN GAMES w/ Sheila Brogan 	12:30PM
	 AARP INCOME TAX APPOINTMENTS begin in February	

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.

BERGEN COUNTY

WISHES YOU A

Happy and Healthy
NEW YEAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>1</div> <div>CENTER CLOSED</div> <div></div>	<div>2</div> <div>10:00 GENTLE YOGA 12:00 DUPLICATE BRIDGE 12:30 BINGO</div> <div></div> <div>SWEET SAUSAGE (CHICKEN)</div>	<div>3</div> <div>8:30 TAP DANCING 10:00 WATERCOLOR (waiting list) 12:30 CONNECTIONS MAHJONGG 12:30 “THE LAWYER IS IN” PRESENTATION 1:30 LINE DANCING</div> <div></div> <div>CHEESEBURGER</div>	<div>4</div> <div>9:30 COUNTRY LINE DANCE 9:30 AROMATHERAPY & HAND MASSAGE 10:00 CONNECTIONS BRIDGE 10:30 BEGINNER TAP DANCING 12:30 WINTER CRAFTS 1:00 GENTLE YOGA</div> <div>KOREAN BBQ CHICKEN LEG</div>	<div>5</div> <div>10:00 TAI CHI NO COMPUTER WORKSHOP 12:00 MEDITATION & MINDFULNESS 12:30 BINGO 12:30 CONNECTIONS MAHJONGG 2:00 CARDIO w/ COLLEEN</div> <div>VEGAN MEATBALL MARSALA</div>
<div>8</div> <div>8:30 TAP DANCING 9:00 BLOOD PRESSURE SCREENINGS 10:00 CONNECTIONS PINOCHLE 10:45 SAFE & FIT 12:30 MAHJONGG 12:30 QI GONG 2:00 SOCIAL/BALLROOM DANCE BAKED CHICKEN CUTLET</div>	<div>9</div> <div>10:00 GENTLE YOGA 12:00 DUPLICATE BRIDGE 12:30 BINGO</div> <div>PORK TENDERLOIN</div>	<div>10</div> <div>8:30 TAP DANCING 10:00 WATERCOLOR (waiting list) 12:30 CONNECTIONS MAHJONGG 12:30 BRAIN & BODY Holistic Movement 1:30 LINE DANCING</div> <div>TUNA SALAD</div>	<div>11</div> <div>9:30 COUNTRY LINE DANCE 10:00 CONNECTIONS BRIDGE 10:30 BEGINNER TAP DANCING 11:00 BCSCD GROUP (Deaf Group) 1:00 GENTLE YOGA</div> <div>STEWED BEEF TIPS</div>	<div>12</div> <div>10:00 TAI CHI NO COMPUTER WORKSHOP 12:00 MEDITATION & MINDFULNESS 12:30 BINGO 12:30 CONNECTIONS MAHJONGG 2:00 CARDIO w/ COLLEEN</div> <div>TURKEY SLOPPY JOE</div>
<div>15</div> <div> CENTER CLOSED Martin Luther King Jr. Day </div>	<div>16</div> <div>10:00 GENTLE YOGA 12:00 DUPLICATE BRIDGE 12:30 BINGO</div> <div></div> <div>BAKED BBQ CHICKEN</div>	<div>17</div> <div>8:30 TAP DANCING 10:00 WATERCOLOR (waiting list) 12:30 CONNECTIONS MAHJONGG 12:30 “MANAGING MONEY” PRESENTATION 1:30 LINE DANCING</div> <div></div> <div>PULLED PORK</div>	<div>18</div> <div>9:30 COUNTRY LINE DANCE 10:00 CONNECTIONS BRIDGE 10:30 BEGINNER TAP DANCING 1:00 GENTLE YOGA 1:00 CONNECTIONS KNITTING GROUP 1:30 CONNECTIONS BOOK CLUB</div> <div>TURKEY & SWISS CHEESE W/ ROMAINE</div>	<div>19</div> <div>10:00 TAI CHI NO COMPUTER WORKSHOP 12:00 MEDITATION & MINDFULNESS 12:30 BINGO 12:30 CONNECTIONS MAHJONGG 2:00 CARDIO w/ COLLEEN</div> <div>BAKED ZITI W/ MEATBALLS</div>
<div>22</div> <div>8:30 TAP DANCING 10:00 CONNECTIONS PINOCHLE 10:45 SAFE & FIT 12:30 MAHJONGG 12:30 QI GONG 2:00 SOCIAL/BALLROOM DANCE BAKED EGG, SPINACH, ONION & MUSHROOM CASSEROLE</div>	<div>23</div> <div>10:00 GENTLE YOGA 12:00 DUPLICATE BRIDGE 12:30 BINGO</div> <div>HOMESTYLE MEATLOAF</div>	<div>24</div> <div>8:30 TAP DANCING 10:00 WATERCOLOR (waiting list) 12:30 CONNECTIONS MAHJONGG 12:30 BRAIN & BODY Holistic Movement 1:30 LINE DANCING</div> <div>SESAME CHICKEN</div>	<div>25</div> <div>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</div> <div>LS HAM STEAK</div>	<div>26</div> <div>10:00 TAI CHI NO COMPUTER WORKSHOP 12:00 MEDITATION & MINDFULNESS 12:30 BINGO 12:30 CONNECTIONS MAHJONGG 2:00 CARDIO w/ COLLEEN</div> <div>BAKED CHICKEN CUTLET</div>
<div>29</div> <div>8:30 TAP DANCING 10:00 CONNECTIONS PINOCHLE 10:45 SAFE & FIT 12:30 MAHJONGG 12:30 QI GONG 2:00 SOCIAL/BALLROOM DANCE ROAST TURKEY W/ CHEDDAR</div>	<div>30</div> <div>10:00 GENTLE YOGA 12:00 DUPLICATE BRIDGE 12:30 BINGO</div> <div></div> <div>BEER BATTERED FISH</div>	<div>31</div> <div>8:30 TAP DANCING 10:00 WATERCOLOR (waiting list) 12:30 CONNECTIONS MAHJONGG 12:30 BRAIN GAMES w/ Sheila Brogan 1:30 LINE DANCING</div> <div>EGGPLANT ROLLATINI</div>	<div>8:30 to 3:00 Billiards Available Daily</div> <div>YWCA ZOOM Exercise Classes https://www.ywcannj.org/seniors/</div>	<div>Suggested Lunch Donation: \$1.25 Per Meal</div> <div>Please reserve lunch by 11:30 AM the day before</div>