

BERGEN NEW JERSEY *County*

James J. Tedesco III
County Executive

BOARD OF COUNTY COMMISSIONERS

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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 St.
Midland Park, NJ, ZIP 07432
Phone: (201) 445-5690 • Fax (201) 493-8911

northwestcenter@bergencountynj.gov

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

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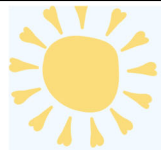
NORTHWEST SENIOR ACTIVITY CENTER Bergen County Department of Human Services Division of Senior Services/ADRC February 2025

February 3	AARP Tax Assistance - Mondays by appointment only <i>Registration Required</i> Please stop by office or call (201) 445-5690	9:00AM
February 5	Traveling Talk Show: Safe Seniors Hosted by Harvey Silberstein and guest Anna P. Navatta, ESQ.	10:30AM
February 5	Brain Games w/ Sheila Brogan	12:30PM
February 6	Movie: Twisters	12:30PM
February 10	Blood Pressure Screenings w/ Valley Health	11:00AM
February 11	Total Brain Health w/ Agata	9:00AM
February 11	Aromatherapy & Hand Massage w/ Agata <i>Registration Required</i> Please stop by office or call (201) 445-5690	9:45AM
February 13	BCDS (Deaf Group)	10:00AM
February 14	Valentine's Day Bingo w/ Bozena	12:30PM
February 17	President's Day Center Closed	
February 19	Presentation: A Holistic Approach to a Healthy Heart w/ Northwest Bergen Regional Health Commission	12:30PM
February 26	Presentation: Spotify w/ Senior Planet	12:30PM
February 27	BCDS (Deaf Group)	10:00AM

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.



SPRING LUNCHEON

JOIN US FOR FOOD AND MUSIC ON
SUNDAY, APRIL 20, 2025
10:00AM - 2:00PM

Garfield Senior Activity Center
480 Midland Avenue
Garfield, New Jersey 07026

Kindly RSVP with your Senior Activity Center Director




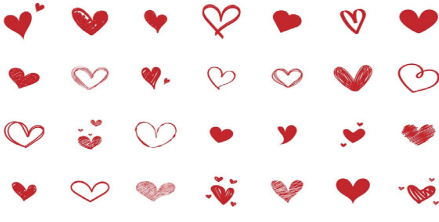



MONDAY

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 will Be Served at 11:30 on Tuesdays & 11:45 Mon., Wed., Thurs. & Fri.</p>	<p>Continental Breakfast</p> <p>Monday-Friday 8:00AM-11:00AM</p> 		<p>HAPPY</p> 	 <p>FEBRUARY IS AMERICAN HEART MONTH</p>
<p>3</p> <p>9:00 Tax Assistance 8:30 Tap Dancing 9:30 French Class 10:00 Connections Pinochle 10:45 Safe & Fit w/ Lourdes 12:30 Mahjongg 12:30 Qi Gong 2:00 Social / Ballroom Dance</p> <p>Asian Beef Stir Fry</p>	<p>4</p> <p>10:00 Gentle Yoga 12:00 Duplicate Bridge 12:30 Bingo</p> <p>Chicken Tarragon</p>	<p>5</p> <p>8:30 Tap Dancing 10:00 Watercolor 10:30 Traveling Talk Show: Safe Seniors 12:30 Connections Mahjongg 12:30 Mahjongg 12:30 Brain Games w/ Sheila 1:30 Line Dancing</p> <p>Tuna Noodle Salad</p>	<p>6</p> <p>9:30 Country Line Dancing 10:00 Connections Bridge 10:30 Beginner Tap Dancing 12:30 Movie: Twisters 1:00 Gentle Yoga</p> <p>Korean BBQ Leg</p>	<p>7</p> <p>9:00 Sound Bath Therapy 10:00 Tai Chi 10:00 Art Workshop 12:30 Bingo 12:30 Meditation & Mindfulness 12:30 Connections Mahjongg 2:00 Zumba Gold w/ Lauren</p> <p>Stuffed Cabbage</p>
<p>10</p> <p>9:00 Tax Assistance 8:30 Tap Dancing 9:30 French Class 10:00 Connections Pinochle 10:45 Safe & Fit w/ Lourdes 12:30 Mahjongg 12:30 Qi Gong 2:00 Social / Ballroom Dance</p> <p>Lemon Pepper Tilapia</p>	<p>11</p> <p>9:00 Total Brain Health 9:45 Aromatherapy & Hand Massage 10:00 Gentle Yoga 12:00 Duplicate Bridge 12:30 Bingo</p> <p>Cheeseburger</p>	<p>12</p> <p>8:30 Tap Dancing 10:00 Watercolor 10:30 Songs of the Decades 12:30 Connections Mahjongg 12:30 Mahjongg 12:30 Brain & Body Holistic Movement 1:30 Line Dancing</p> <p>Chicken Cordon Bleu</p>	<p>13</p> <p>9:30 Country Line Dancing 10:00 Connections Bridge 10:00 BCDS (Deaf Group) 10:30 Beginner Tap Dancing 1:00 Gentle Yoga 1:00 Connections Stitch & Chat</p> <p>Roast Turkey w/ Swiss</p>	<p>14</p> <p>9:00 Sound Bath Therapy 10:00 Tai Chi 10:00 Art Workshop 12:30 Valentine's Bingo 12:30 Meditation & Mindfulness 12:30 Connections Mahjongg 2:00 Zumba Gold w/ Lauren</p> <p>Chicken Parmesan</p>
<p>17</p>  <p>Center Closed</p>	<p>18</p> <p>10:00 Gentle Yoga 12:00 Duplicate Bridge 12:30 Bingo</p> <p>Chili Con Carne</p>	<p>19</p> <p>8:30 Tap Dancing 10:00 Watercolor 10:30 Songs of the Decades 12:30 Connections Mahjongg 12:30 Mahjongg 12:30 Presentation: A Holistic Approach to a Healthy Heart 1:30 Line Dancing</p> <p>Chicken Cranberry Dijon</p>	<p>20</p> <p>9:30 Country Line Dancing 10:00 Connections Bridge 10:30 Beginner Tap Dancing 1:00 Gentle Yoga</p> <p>Italian Turkey Sausage</p>	<p>21</p> <p>9:00 Sound Bath Therapy 10:00 Tai Chi 10:00 Art Workshop 12:30 Bingo 12:30 Meditation & Mindfulness 12:30 Connections Mahjongg 2:00 Zumba Gold w/ Lauren</p> <p>Egg Salad Platter</p>
<p>24</p> <p>9:00 Tax Assistance 8:30 Tap Dancing 9:30 French Class 10:00 Connections Pinochle 10:45 Safe & Fit w/ Lourdes 12:30 Mahjongg 12:30 Qi Gong 2:00 Social / Ballroom Dance</p> <p>Sliced Pork Loin</p>	<p>25</p> <p>10:00 Gentle Yoga 12:00 Duplicate Bridge 12:30 Bingo</p> <p>Cheese Omelet</p>	<p>26</p> <p>8:30 Tap Dancing 10:00 Watercolor 10:30 Songs of the Decades 12:30 Connections Mahjongg 12:30 Mahjongg 12:30 Brain & Body Holistic Movement 12:30 Presentation: Spotify Senior Planet 1:30 Line Dancing</p> <p>Potato Crusted Pollack</p>	<p>27</p> <p>9:30 Country Line Dancing 10:00 Connections Bridge 10:00 BCDS (Deaf Group) 10:30 Beginner Tap Dancing 1:00 Gentle Yoga 1:30 Connections Book Club</p> <p>Stuffed Peppers</p>	<p>28</p> <p>9:00 Sound Bath Therapy 10:00 Tai Chi 10:00 Art Workshop 12:30 Bingo 12:30 Meditation & Mindfulness 12:30 Connections Mahjongg 2:00 Zumba Gold w/ Lauren</p> <p>Homestyle Meatloaf w/ Gravy</p>