

BERGEN NEW JERSEY County

James J. Tedesco III
County Executive

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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 May 2024



May 1	Presentation: Greater Bergen Community Action Program	12:30PM
May 2	Crafts	12:30PM
May 9 May 30	BCDS (Deaf Group)	10:00AM
May 10	OPEN HOUSE—Invite a Friend 	9:30AM
May 13	Blood Pressure Screenings w/ Valley Health	11:00AM
May 15	Movie: "The Philadelphia Story"	12:30PM
May 17	Farmers' Market Voucher Distribution for questions call (201) 445-5690 Application and Self-Declarations can be obtained at the center	10:00AM
May 24	Center will Close at 1:30PM	
May 27	Memorial Day Center Closed	
May 29	Presentation: Reading Food Labels w/ Bergen County Health Services	12:30PM

Registration for the above events required. (201) 445-5690

Open House

Please join us at one of the 24
Senior Activity Centers or Nutrition Sites in
Bergen County to celebrate
Older Americans Month

For More Information Email:
seniors@co.bergen.nj.us



Senior Festival

September 12, 2024
Rain Date: Tuesday September 17, 2023

10AM - 2PM

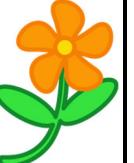
Van Saun County Park, Paramus

To RSVP Call 201-336-7417 or
Email seniors@co.bergen.nj.us

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.

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 Tuesdays & 11:45 Mon., Wed., Thurs. & Fri.</p>	<p><i>Continental Breakfast Monday—Friday 8:00AM-11:00AM</i></p>	<p>1 8:30 Tap Dancing 10:00 Water Color (Waiting List) 10:45 Songs of the Decades 12:30 Connections Mahjongg 12:30 Presentation: Greater Bergen Community Action Program 1:30 Line Dancing</p> <p>Roasted Turkey w/ Gravy</p> 	<p>2 9:30 Country Line Dancing 10:00 Connections Bridge 10:30 Beginner Tap Dancing 12:30 Crafts 1:00 Gentle Yoga</p> <p>Chef Salad</p>	<p>3 10:00 Tai Chi 10:00 Computer Tutor 12:30 Bingo 12:30 Connections Mahjongg 12:30 Meditation & Mindfulness 2:00 Cardio w/ Colleen</p> <p>Chicken Fajitas</p>
<p>6 8:30 Tap Dancing 10:00 Connections Pinochle 10:45 Safe and Fit 12:30 Mahjongg 12:30 Qi Gong 2:00 Social / Ballroom Dance</p>  <p>Stuffed Cabbage</p>	<p>7 9:30 Diamond Art 10:00 Gentle Yoga 12:00 Duplicate Bridge 12:30 Bingo 1:00 Rummikub</p>  <p>Chicken Cordon Bleu</p>	<p>8 8:30 Tap Dancing 10:00 Water Color (Waiting List) 10:45 Songs of the Decades 12:30 Connections Mahjongg 12:30 Body & Brain Holistic Movement 1:30 Line Dancing</p> <p>Pepper Steak w/ Onion & Peppers</p>	<p>9 9:30 Country Line Dancing 10:00 Connections Bridge 10:00 BCDS (Deaf Group) 10:30 Beginner Tap Dancing 1:00 Gentle Yoga</p>  <p>Balsamic Chicken w/ Roasted Peppers</p>	<p>10 10:00 Tai Chi 10:00 Computer Tutor 12:30 Refreshments & Crafts 12:30 Connections Mahjongg 12:30 Meditation & Mindfulness 2:00 Cardio w/ Colleen</p>  <p>Eggplant Rollatini</p>
<p>13 8:30 Tap Dancing 10:00 Connections Pinochle 10:45 Safe and Fit 11:00 Blood Pressure Screenings 12:30 Mahjongg 12:30 Qi Gong 2:00 Social / Ballroom Dance</p> <p>Chicken Piccata</p>	<p>14 9:30 Diamond Art 10:00 Gentle Yoga 12:00 Duplicate Bridge 12:30 Bingo 1:00 Rummikub</p>  <p>Stuffed Peppers</p>	<p>15 8:30 Tap Dancing 10:00 Water Color (Waiting List) 10:45 Songs of the Decades 12:30 Connections Mahjongg 12:30 Movie: "The Philadelphia Story" 1:30 Line Dancing</p> <p>Korean BBQ Leg</p>	<p>16 9:30 Country Line Dancing 10:00 Connections Bridge 10:30 Beginner Tap Dancing 1:00 Gentle Yoga 1:00 Connections Stitch & Chat 1:00 Connections Book Club</p> <p>Homestyle Meatloaf w/ Gravy</p>	<p>17 10:00 Tai Chi 10:00 Computer Tutor 10:00 Farmer's Market Coupon Distribution (based on eligibility) 12:30 Bingo 12:30 Connections Mahjongg 12:30 Meditation & Mindfulness 2:00 Cardio w/ Colleen</p> <p>Chicken Parmesan</p>
<p>20 8:30 Tap Dancing 10:00 Connections Pinochle 10:45 Safe and Fit 12:30 Mahjongg 12:30 Qi Gong 2:00 Social / Ballroom Dance</p>  <p>Pork Loin w/ Gravy</p>	<p>21 9:30 Diamond Art 10:00 Gentle Yoga 12:00 Duplicate Bridge 12:30 Bingo 1:00 Rummikub</p> <p>Tuna Salad Platter on Romaine</p>	<p>22 8:30 Tap Dancing 10:00 Water Color (Waiting List) 10:45 Songs of the Decades 12:30 Connections Mahjongg 12:30 Body & Brain Holistic Movement 1:30 Line Dancing</p> <p>Baked Ziti & Meatballs</p>	<p>23 9:30 Country Line Dancing 10:00 Connections Bridge 10:30 Beginner Tap Dancing 1:00 Gentle Yoga 1:00 Connections Book Club</p>  <p>Cheeseburger</p>	<p>24 10:00 Tai Chi 10:00 Computer Tutor No Bingo No Connections Mahjongg No Cardio w/ Colleen Center Closes at 1:30 PM</p> <p>Sliced Turkey w/ Swiss</p>
<p>27</p>  <p>CENTER CLOSED</p>	<p>28 9:30 Diamond Art 10:00 Gentle Yoga 12:00 Duplicate Bridge 12:30 Bingo 1:00 Rummikub</p>  <p>Hawaiian Chicken</p>	<p>29 8:30 Tap Dancing 10:00 Water Color (Waiting List) 10:45 Songs of the Decades 12:30 Connections Mahjongg 12:30 Presentation: "Reading Food Labels" 1:30 Line Dancing</p> <p>Egg Salad Platter on Spinach</p>	<p>30 9:30 Country Line Dancing 10:00 Connections Bridge 10:00 BCDS (Deaf Group) 10:30 Beginner Tap Dancing 1:00 Gentle Yoga</p> <p>Beer Battered Fish</p>	<p>31 10:00 Tai Chi 10:00 Computer Tutor 12:30 Bingo 12:30 Connections Mahjongg 12:30 Meditation & Mindfulness 2:00 Cardio w/ Colleen</p>  <p>Salisbury Steak w/ Gravy</p>