

# BERGEN NEW JERSEY *County*

**James J. Tedesco III**  
*County Executive*

And the  
**BOARD OF CHOSEN FREEHOLDERS**

**Germaine M. Oritz**  
*Chairwoman*  
**Mary J. Amoroso**  
*Vice Chairwoman*  
**Joan M. Voss**  
*Chair Pro Tempore*

**David L. Ganz**  
**Thomas J. Sullivan**  
**Steven A. Tanelli**  
**Tracey Silna Zur**

**DEPARTMENT OF HUMAN SERVICES**  
**Melissa DeBartolo, Esq.**  
*Acting 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 on Disability Services**  
201-336-6500

**Bergen County**  
**Board of Social Services**  
201-368-4200

**Bergen County Department of Human Services Division of Senior Services is having an ADULT BRIEF DRIVE**  
The NW Senior Center is a drop-off location

## **NORTHWEST SENIOR ACTIVITY CENTER**

50 Center Street  
Midland Park, NJ 07432  
Phone: (201) 445-5690 • Fax (201) 493-8911

**[northwestcenter@co.bergen.nj.us](mailto:northwestcenter@co.bergen.nj.us)**

# 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**

## **DECEMBER 2019** **SEASON'S GREETINGS**

December 4	Birthday Party & Karaoke	12:30pm
December 9	Blood Pressure Screenings—Valley Health	9:30
December 11	BRAIN GAMES with Sheila	12:30pm
December 13	*Annual Holiday Party	11:30am
December 18	*Elf, Cookies & Cocoa	12:00pm
December 20	*S.N.A.P. Appointments (food stamps)	9:30-12:30
December 22	Hanukkah begins at sundown	
December 22	First Day of Winter	
December 25	Christmas Day Observance - CENTER CLOSED	
December 25	*Christmas Day Dinner at Garfield Senior Activity Center	10:00-1:30
December 26	Kwanzaa Begins	
January 1	Happy New Year Center Closed	

**\*\* Pre-registration Required : Sign Up in Office**  
**INFORMATION CENTER: On wall near elevator / lower level**



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><b>2</b> 9:00 TAP DANCE 10:30 SOCIAL DANCE 12:30 ARTHRITIS EXERCISE 12:30 TRANSITIONS 1:30 CHINESE MAHJONGG 1:00 CONNECTION CLUB MAHJONGG 2:15 BALLROOM DANCE</p> <p>Chicken Picatta</p>	<p><b>3</b> 9:00 MASSAGE* by appointment 10:00 SAFE &amp; FIT 10:00 CAREGIVERS 10:00 MAHJONGG 12:15 DUPLICATE BRIDGE 12:30 BINGO 12:30 MEDITATION &amp; MINDFULNESS 1:00 CONNECTIONS CLUB RUMMIKUB</p> <p>Salisbury Steak</p>	<p><b>4</b> 9:00 MASSAGE / TAP DANCE 9:30 WATERCOLOR COURSE 10:00 SILVERFIT EXERCISE 10:00 HOBBYISTS PINOCHLE 10:50 ARTHRITIS EXERCISE 12:30 MAHJONGG <b>12:30 BIRTHDAY PARTY &amp; KARAOKE</b> <b>1:00 CONNECTIONS MEETING/PARTY</b> 1:30 INTERNATIONAL MAHJONGG 1:30 CONNECTION CLUB KNITTING Lemon Fish</p>	<p><b>5</b> 9:00 TAP DANCE 9:00 WOODCARVING 10:00 CONNECTIONS CLUB BRIDGE 10:00 BRIDGE LESSONS w/ Bonnie 10:30 COUNTRY LINE DANCING 12:30 INTERNATIONAL MAHJONGG 12:30 MAHJONGG LESSONS w/ Bonnie 1:00 GENTLE YOGA</p> <p>BCSCD CLUB Chicken Salad</p>	<p><b>6</b> 9:00 BEGINNER TAP 10:00 COMPUTER DROP-IN 10:00 DOMINOES 10:30 TAI CHI 12:30 BINGO 12:30 SCRABBLE 12:45 CORE TONE &amp; STRENGTHEN 1:00 BRIDGE 1:00 CONNECTIONS CLUB MAHJONGG 1:40 ZUMBA Vegetable Lasagna</p>
<p><b>9</b> 9:00 TAP DANCE <b>9:30 BLOOD PRESSURE SCREENINGS</b> 10:30 SOCIAL DANCE 12:30 ARTHRITIS EXERCISE 12:30 TRANSITIONS 1:30 CHINESE MAHJONGG 1:00 CONNECTION CLUB MAHJONGG 2:15 BALLROOM DANCE</p> <p>Fish Sandwich</p>	<p><b>10</b> 9:00 MASSAGE* by appointment 10:00 SAFE &amp; FIT 10:00 CAREGIVERS 10:00 MAHJONGG 12:15 DUPLICATE BRIDGE 12:30 BINGO 12:30 MEDITATION &amp; MINDFULNESS 1:00 CONNECTIONS CLUB RUMMIKUB</p> <p>Roast Pork</p>	<p><b>11</b> 9:00 MASSAGE / TAP DANCE 9:30 WATERCOLOR COURSE 10:00 SILVERFIT EXERCISE 10:00 HOBBYISTS PINOCHLE 10:50 ARTHRITIS EXERCISE 12:30 MAHJONGG <b>12:30 BRAIN GAMES with Sheila</b> 1:00 LINE DANCE 1:30 INTERNATIONAL MAHJONGG 1:30 CONNECTION CLUB KNITTING Eggplant Rollatini</p>	<p><b>12</b> 9:00 TAP DANCE 9:00 WOODCARVING 10:00 CONNECTIONS CLUB BRIDGE 10:00 BRIDGE LESSONS w/ Bonnie 10:30 COUNTRY LINE DANCING 12:30 INTERNATIONAL MAHJONGG 12:30 MAHJONGG LESSONS w/ Bonnie 1:00 GENTLE YOGA</p> <p>BCSCD CLUB PARTY AT FIONA'S Meat Loaf</p>	<p><b>13</b> <b>HOLIDAY PARTY</b> (All Activities Canceled)</p> <p><i>Happy Holidays!</i></p>
<p><b>16</b> 9:00 TAP DANCE 10:30 SOCIAL DANCE 12:30 ARTHRITIS EXERCISE 12:30 TRANSITIONS 1:30 CHINESE MAHJONGG 1:00 CONNECTION CLUB MAHJONGG 2:15 BALLROOM DANCE</p> <p>Roast Turkey Sandwich</p>	<p><b>17</b> 9:00 MASSAGE* by appointment 10:00 SAFE &amp; FIT 10:00 CAREGIVERS 10:00 MAHJONGG 12:15 DUPLICATE BRIDGE 12:30 BINGO 12:30 MEDITATION &amp; MINDFULNESS 1:00 CONNECTIONS CLUB RUMMIKUB</p> <p>Chicken Parmesan</p>	<p><b>18</b> 9:00 MASSAGE / TAP DANCE 9:30 WATERCOLOR COURSE 10:00 HOBBYISTS PINOCHLE 10:00 SILVERFIT EXERCISE 10:50 ARTHRITIS EXERCISE <b>12:00 Cookies, Cocoa &amp; "ELF" movie</b> 12:30 MAHJONGG 1:30 INT. MAHJONGG 1:00 LINE DANCE 1:30 CONNECTION CLUB KNITTING 2:15 TAI CHI WITH JAMES Hamburger</p>	<p><b>19</b> 9:00 TAP DANCE 9:00 WOODCARVING 10:00 CONNECTIONS CLUB BRIDGE 10:00 BRIDGE LESSONS w/ Bonnie 10:30 COUNTRY LINE DANCING 12:30 INTERNATIONAL MAHJONGG 12:30 MAHJONGG LESSONS w/ Bonnie 1:00 GENTLE YOGA</p> <p>Hawaiian Boneless Chicken</p>	<p><b>20</b> 9:00 BEGINNER TAP <b>9:30-12:30 S.N.A.P APPOINTMENTS</b> 10:00 COMPUTER DROP-IN 10:00 DOMINOES <b>10:30 SUN YOGA BEGINS</b> 12:30 BINGO 12:30 SCRABBLE 12:45 CORE TONE &amp; STRENGTHEN 1:00 BRIDGE 1:00 CONNECTIONS CLUB MAHJONGG 1:40 ZUMBA GOLD Baked Fish</p>
<p><b>23</b> 9:00 TAP DANCE 10:30 SOCIAL DANCE 12:30 ARTHRITIS EXERCISE 12:30 TRANSITIONS 1:00 CONNECTION CLUB MAHJONGG 1:30 CHINESE MAHJONGG 2:15 BALLROOM DANCE</p> <p>Sweet and Sour Meatballs</p>	<p><b>24</b> 9:00 MASSAGE* by appointment 10:00 SAFE &amp; FIT 10:00 CAREGIVERS 10:00 MAHJONGG <b>NO DUPLICATE BRIDGE</b> <b>NO BINGO</b> <b>NO MEDITATION &amp; MINDFULNESS</b> <b>NO CONNECTIONS CLUB RUMMIKUB</b></p> <p>Tuna Salad</p>	<p><b>25</b> <b>CENTER CLOSED</b></p> <p><i>MERRY CHRISTMAS</i></p>	<p><b>26</b> 9:00 TAP DANCE 9:00 WOODCARVING 10:00 CONNECTIONS CLUB BRIDGE 10:00 BRIDGE LESSONS w/ Bonnie <b>NO COUNTRY LINE DANCING</b> 12:30 INTERNATIONAL MAHJONGG 12:30 MAHJONGG LESSONS w/ Bonnie 1:00 GENTLE YOGA</p> <p>Roasted Chicken Leg</p>	<p><b>27</b> 9:00 BEGINNER TAP 10:00 COMPUTER DROP-IN 10:00 DOMINOES 10:30 SUN YOGA 12:30 BINGO 12:30 SCRABBLE 12:45 CORE TONE &amp; STRENGTHEN 1:00 BRIDGE 1:00 CONNECTIONS CLUB MAHJONGG 1:40 ZUMBA GOLD Boneless BBQ Rib</p>
<p><b>30</b> 9:00 TAP DANCE 10:30 SOCIAL DANCE 12:30 ARTHRITIS EXERCISE 12:30 TRANSITIONS 1:00 CONNECTION CLUB MAHJONGG 1:30 CHINESE MAHJONGG 2:15 BALLROOM DANCE</p> <p>Pork Chop</p>	<p><b>31</b> 9:00 MASSAGE* by appointment 10:00 SAFE &amp; FIT 10:00 CAREGIVERS 10:00 MAHJONGG <b>NO DUPLICATE BRIDGE</b> <b>NO BINGO</b> <b>NO MEDITATION &amp; MINDFULNESS</b> <b>NO CONNECTIONS CLUB RUMMIKUB</b> Cheese Omlot</p>	<p><b>1</b> <b>CENTER CLOSED</b></p> <p><i>HAPPY NEW YEAR!</i></p>	<p>8:00 - 10:30 CONTINENTAL BREAKFAST DAILY</p> <p>50 Center Street Midland Park, NJ 07432 Mon. - Fri. 8:00am - 3:30pm Phone: 201-445-5690 Fax: 201-493-8911 Andrée Cobb, Center Director</p>	<p><i>The NW 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.</i></p>

Monday	Tuesday	Wednesday	Thursday	Friday
<p align="center"><b>Suggested Donation</b>  <b>\$1.25 per meal</b>            Donations are voluntary and confidential.            No one will be denied a meal if a donation is not given.  <b>Menu subject to change without notice</b></p>		<p align="center"><b>Please reserve your meal no later than 12:00 noon the day before</b>  <b>Call: 201-445-5690</b>  <b>Fax: 201-493-8911</b></p>	<p align="center"><b>Each meal is served with skim milk and your choice of coffee or hot tea.</b>  <i>Meals provide 1/3 recommended Dietary Reference Intakes (DRIs) for older adults. The weekly average nutrient amount of each meal is: 10% or less Saturated Fat (&lt;8 g), 50-55% Carbohydrate, 15-20% Protein (&gt;35 g), 1000 mg or less Sodium.</i>  <b>Salt and Sugar are not added to any recipe.</b></p>	
<p><b>2</b>            Pasta Fajoli Soup  <b>Unbreaded Chicken Picatta</b>            White Rice &amp; Green Peas            Diced Carrots            Dinner Roll            Fresh Fruit</p>	<p><b>3</b> Tossed Salad  <b>Salisbury Steak with Gravy</b>            Roasted Fresh Yams            Corn            Whole Wheat Bread            Fresh Fruit  <p align="center"><b>Happy Channakah</b></p> </p>	<p><b>4</b> Split Pea Soup  <b>Lemon Pepper Fish</b>            Roasted Red Potatoes            Spinach            Rye Bread            Fresh Apple  <p align="center"><b>BIRTHDAY PARTY &amp; KARAOKE</b></p> </p>	<p><b>5</b>            Vegetable Barley Soup  <b>Chicken Salad on Baby Lettuce</b>            Chick Pea &amp; Onion Salad            Beets            Pumpernickel Bread            Fresh Fruit</p>	<p><b>6</b>            Vegetable Beef Soup  <b>Vegetable Lasagna with Marinara Sauce</b>            Broccoli Spears            Fresh Orange  <p align="center"><b>Last sign-up for Holiday Party!</b></p> </p>
<p><b>9</b>            Lentil Soup  <b>Breaded Fish Sandwich</b>            Lettuce Leaf &amp; Sliced Tomato            Chilled Pasta &amp; Vegetable Salad            Club Roll            Sliced Peaches</p>	<p><b>10</b>            Garden Salad  <b>Roast Pork with Gravy</b>            Whipped Sweet Potatoes            Cauliflower            Dinner Roll            Applesauce</p>	<p><b>11</b> Mushroom Barley Soup  <b>Eggplant Rollatini</b>            Penne Marinara            Warm Mixed Bean Salad            Italian Bread            Fresh Orange  <p align="center"><b>BRAIN GAMES WITH SHEILA</b></p> </p>	<p><b>12</b>            Minestrone Soup  <b>Home-style Meatloaf with Gravy</b>            Scalloped Potatoes            Mixed Vegetables            Rye Bread            Fresh Green Apple</p>	<p align="center"><b>13</b>  <b>Holiday Party</b>  <b>Please sign up in office by December 6!!</b></p>
<p><b>16</b>            Garden Salad  <b>Turkey Sandwich with Gravy</b>            Mashed Potatoes            Corn            Whole Wheat Bread            Fresh Orange</p>	<p><b>17</b>            Romaine Salad  <b>Chicken Parmesan</b>            Ziti Marinara            Italian Bread            Fresh Fruit</p>	<p><b>18</b> Mixed Baby Greens Salad  <b>Hamburger with Lettuce Leaf</b>            Tater Tots            Baked Beans            Hamburger Bun            Fresh Fruit  <p align="center"><b>COOKIES, COCOA &amp; ELF</b></p> </p>	<p><b>19</b>            Chicken Vegetable Soup  <b>Hawaiian Boneless Pork</b>            Yellow Rice            Oriental Vegetables            Whole Grain Dinner Roll            Pineapple Chunks</p>	<p><b>20</b>            Caesar Salad  <b>Baked Fish Filet with Lemon Sauce</b>            Au gratin Potatoes            Butternut Squash            Dinner Roll            Fresh Apple</p>
<p><b>23</b>            Vegetable Beef Soup  <b>Sweet &amp; Sour Meatballs</b> served on            Brown Rice            Mixed Vegetables            Pumpernickel Bread            Fresh Fruit</p>	<p><b>24 Tuna Salad Sandwich</b>            Lettuce Leaf            Black Bean &amp; Corn Salad            Carrot Slaw (finely chopped)            Rye Bread            Lettuce Leaf            Holiday Cookie</p>	<p align="center"><b>25</b>  <b>Closed Christmas</b></p>	<p><b>26</b> Garden Salad  <b>Roasted Chicken Leg Quarter</b>            Mashed Sweet Potatoes            Black-eyed Peas            Cornbread  <p align="center"><b>Happy Kwanzaa</b></p> </p>	<p><b>27</b>            Romaine Salad  <b>Boneless BBQ Beef Rib</b>            Macaroni &amp; Cheese            Collard Greens            Club Roll            Fresh Green Apple</p>
<p><b>30</b> Chicken Noodle Soup  <b>Pork Chop with Gravy</b>            Mashed Potato            Broccoli            Rye Bread            Applesauce</p>	<p><b>31 Cheese Omelet</b>            Breakfast Sausage            Roasted Potatoes with Peppers &amp; Onions            Rye Bread            Tropical Fruit Salad</p>	<p align="center"><b>1</b>  <b>Closed New Year's Day</b></p>	<p><b>2</b>            Italian Wedding Soup  <b>Baked Penne with Ricotta 10 oz</b>            Romaine Salad            Italian Bread            Fresh Orange</p>	<p><b>3</b> Mesclun (Baby Lettuce) Salad  <b>Balsamic Breaded Chicken Breast</b>            Brown Rice            Green Peas &amp; Carrots            Whole Grain Dinner Roll            Fresh Fruit</p>