

# 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**  
**Michael V. Bellucci**  
*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**

# MAY 2019

## Older Americans Month

May 1	Birthday Party & Karaoke with Bob	12:30pm
May 2	Public Hearing on the Needs of Older Adults in Bergen County One Bergen County Plaza, Hackensack	9:00am
May 8	Talk: Protection from Scams - Midland Park Sergeant Noah Van Vliet	12:30pm
May 12	Happy Mother's Day	
May 13	Blood Pressure Screenings - Valley Health	9:30am
May 15	Spring Dance with DJ Nick**	11:30am
May 17	S.N.A.P. Outreach - Board of Social Services	9:30-2
May 22	TALK: The Latest in the World of Hearing - New Life Hearing	12:30pm
May 27	Memorial Day Observance, Center Closed	
May 29	<b>OPEN HOUSE</b>	9:30 - 2
May 29	Brain Games with Sheila Brogan	12:30
May 30	BC Senior Citizen Deaf Club Spring Luncheon**	12:00
June 10	ANNUAL JAZZ SHOW: Eric Smith Middle School Ramsey	10:30

**\*\* 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.

# NORTHWEST SENIOR ACTIVITY CENTER


Andrée Cobb, Center Director  
**Monday**

**MAY 2019**  
**Wednesday**

**(201) 445-5690**  
**Friday**

**Tuesday**

**Thursday**

<p><b>50 Center Street</b>  <b>Midland Park, NJ 07432</b>  <b>Center Hours:</b>  <b>Mon. - Fri. 8:00am - 3:30pm</b>  <b>Phone: 201-445-5690</b>  <b>Fax: 201-493-8911</b></p>	<p> <b>LUNCH</b>  <b>Served Daily at 11:45</b>  <b>Suggested Lunch Donation - \$1.25</b>  <b>Please reserve your lunch one day</b>  <b>in advance before 12 noon.</b>  <b>Phone, Fax or in-person</b></p>	<p><b>1</b> 9:00 MASSAGE* by appointment            9:00 TAP DANCE            9:30 WATERCOLOR COURSE            10:00 SILVERFIT EXERCISE            10:50 ARTHRITIS EXERCISE            12:30 POKER / MAHJONGG  <b>12:30 BIRTHDAY &amp; KARAOKE</b>            1:00 LINE DANCE  <b>BAKED FISH</b></p>	<p><b>2</b> <b>9:00 PUBLIC HEARING</b>            9:00 TAP DANCE / WOODCARVING            10:00 COMPUTERS: APPLE OSX            10:00 INTERMEDIATE BRIDGE            10:30 COUNTRY LINE DANCING            12:30 BEGIN/ INTERMEDIATE MAHJONGG            1:00 GENTLE YOGA            BERGEN COUNTY DEAF CLUB  <b>PORK CHOP with GRAVY</b></p>	<p><b>3</b> 9:00 BEGINNER TAP            10:00 COMPUTER DROP-IN            10:30 SUN YOGA            12:30 BINGO            12:30 POKER            12:45 CORE TONE &amp; STRENGTHEN            1:00 BRIDGE            1:40 ZUMBA GOLD  <b>TURKEY &amp; BEAN CHILI</b></p>
<p><b>6</b> 9:00 TAP DANCE            10:00 COMPUTING FOR SENIORS            10:30 SOCIAL DANCE            12:30 ARTHRITIS EXERCISE            12:30 POKER            12:30 TRANSITIONS            2:15 BALLROOM DANCE   <b>FISH &amp; CHIPS</b></p>	<p><b>7</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 MEDITATON &amp; MINDFULNESS   <b>ZITI &amp; ITALIAN MEATBALLS</b></p>	<p><b>8</b> 9:00 MASSAGE* by appointment            9:00 TAP DANCE            9:30 WATERCOLOR COURSE            10:00 SILVERFIT EXERCISE            10:50 ARTHRITIS EXERCISE            12:30 POKER / MAHJONGG  <b>12:30 TALK: SCAMS</b>            1:00 LINE DANCE  <b>CHICKEN SALAD PLATE</b></p>	<p><b>9</b> 9:00 TAP DANCE            9:00 WOODCARVING            10:00 COMPUTERS: APPLE OSX            10:00 INTERMEDIATE BRIDGE            10:30 COUNTRY LINE DANCING            12:30 BEGIN/ INTERMEDIATE MAHJONGG            1:00 GENTLE YOGA            BERGEN COUNTY DEAF CLUB  <b>ROAST TURKEY with GRAVY</b></p>	<p><b>10</b> 9:00 BEGINNER TAP            10:00 COMPUTER DROP-IN            10:30 SUN YOGA            12:30 BINGO            12:30 POKER            12:45 CORE TONE &amp; STRENGTHEN            1:00 BRIDGE            1:40 ZUMBA GOLD  <b>CHICKEN FAJITAS</b></p>
<p><b>13</b> 9:00 TAP DANCE  <b>9:30 BLOOD PRESSURE SCREENINGS</b>            10:00 COMPUTING FOR SENIORS            10:30 SOCIAL DANCE            12:30 ARTHRITIS EXERCISE            12:30 POKER            12:30 TRANSITIONS            2:15 BALLROOM DANCE  <b>OMELET &amp; BREAKFAST SAUSAGE</b></p>	<p><b>14</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 MEDITATON &amp; MINDFULNESS   <b>CHICKEN CUTLET MILANESE</b></p>	<p><b>15</b> 9:00 MASSAGE* by appointment            9:00 TAP DANCE  <b>NO WATERCOLOR COURSE</b>  <b>NO SILVERFIT or ARTHRITIS EXERCISE</b>  <b>11:30 SPRING DANCE</b>            12:30 POKER / MAHJONGG  <b>NO LINE DANCE</b>  <b>SALISBURY STEAK with GRAVY</b></p>	<p><b>16</b> 9:00 TAP DANCE            9:00 WOODCARVING            10:00 COMPUTERS: APPLE OSX            10:00 INTERMEDIATE BRIDGE            10:30 COUNTRY LINE DANCING            12:30 BEGIN/ INTERMEDIATE MAHJONGG            1:00 GENTLE YOGA            BERGEN COUNTY DEAF CLUB  <b>VEGETABLE LASAGNA BECHAMEL</b></p>	<p><b>17</b> 9:00 BEGINNER TAP  <b>9:30-12:30 S.N.A.P sign up by appt.</b>            10:00 COMPUTER DROP-IN            10:30 SUN YOGA            12:30 BINGO / POKER            12:45 CORE TONE &amp; STRENGTHEN            1:00 BRIDGE            1:40 ZUMBA GOLD  <b>COCONUT CRUSTED HADDOCK FISH</b></p>
<p><b>20</b> 9:00 TAP DANCE            10:00 COMPUTING FOR SENIORS            10:30 SOCIAL DANCE            12:30 ARTHRITIS EXERCISE            12:30 POKER            12:30 TRANSITIONS            2:15 BALLROOM DANCE   <b>BONELESS CHICKEN SCAMPI</b></p>	<p><b>21</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 MEDITATON &amp; MINDFULNESS  <b>HOT OPEN ROAST BEEF SANDWICH</b></p>	<p><b>22</b> 9:00 MASSAGE* by appointment            9:00 TAP DANCE            9:30 WATERCOLOR COURSE            10:00 SILVERFIT EX. / 10:50 ARTHRITIS EX.  <b>12:30 TALK: The Latest in Hearing</b>            12:30 POKER / MAHJONGG            1:00 LINE DANCE  <b>ZITI with PORK SAUSAGE</b></p>	<p><b>23</b> 9:00 TAP DANCE            9:00 WOODCARVING            10:00 COMPUTERS: APPLE OSX            10:00 INTERMEDIATE BRIDGE            10:30 COUNTRY LINE DANCING            12:30 BEGIN/ INTERMEDIATE MAHJONGG            1:00 GENTLE YOGA            BERGEN COUNTY DEAF CLUB  <b>ASIAN STYLE CHICKEN &amp; BROCCOLI</b></p>	<p><b>24</b> 9:00 BEGINNER TAP            10:00 COMPUTER DROP-IN            10:30 SUN YOGA            12:30 BINGO            12:30 POKER            12:45 CORE TONE &amp; STRENGTHEN            1:00 BRIDGE            1:40 ZUMBA GOLD  <b>HAMBURGER</b></p>
<p><b>27</b>    <b>MEMORIAL DAY</b>  <b>CENTER CLOSED</b></p>	<p><b>28</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 MEDITATON &amp; MINDFULNESS  <b>PARMESAN CRUSTED FISH</b></p>	<p><b>29</b> <b>OPEN HOUSE</b>            9:00 MASSAGE* by appointment            9:00 TAP DANCE // 9:30 WATERCOLOR            10:00 SILVERFIT EXERCISE            10:50 ARTHRITIS EXERCISE  <b>12:30 BRAIN GAMES</b>            12:30 POKER MAHJONGG / 1:00 LINE DANCE  <b>ROAST TURKEY WRAP</b></p>	<p><b>30</b> 9:00 TAP DANCE            9:00 WOODCARVING            10:00 COMPUTERS: APPLE OSX            10:00 INTERMEDIATE BRIDGE            10:30 COUNTRY LINE DANCING            12:30 BEGIN/ INTERMEDIATE MAHJONGG            1:00 GENTLE YOGA            BERGEN COUNTY DEAF CLUB LUNCHEON  <b>EGGPLANT ROLLATINI</b></p>	<p><b>31</b> 9:00 BEGINNER TAP            10:00 COMPUTER DROP-IN            10:30 SUN YOGA            12:30 BINGO            12:30 POKER            12:45 CORE TONE &amp; STRENGTHEN            1:00 BRIDGE            1:40 ZUMBA GOLD  <b>HAWAIIAN BONELESS CHICKEN</b></p>