

BERGEN NEW JERSEY *County*

James J. Tedesco III
County Executive

BOARD OF CHOSEN FREEHOLDERS

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DEPARTMENT OF HUMAN SERVICES

Melissa 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 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

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

JULY 2019

NATIONAL ICE CREAM MONTH

July 3	Birthday Party & Karaoke with Bob	12:30pm
July 4	Independence Day Center Closed	
July 8	Blood Pressure Screenings—Valley Health	9:30am
July 10	Talk: The Lawyer is in—Rhonda Benjamin, Esq.	12:30pm
July 12	Video: LIONEL MODEL TRAINS with John Yessis	12:30pm
July 17	Presentation: Judy Garland- The Comeback Kid with Dianne Daniel	12:30pm
July 19	S.N.A.P. Food Stamp Appointments**	9:30
July 19	Summer Breakfast with the Atria	8:30 - 10:00
July 24	Surf's Up Luncheon Dance Party** with Ron Dellapina by Van Dyke Memory Care	11:30am
July 31	Talk: Shared Housing: Women's Rights Center	12:30pm

** 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

50 Center Street

Midland Park, NJ 07432

Phone: (201) 445-5690 • Fax (201) 493-8911


northwestcenter@co.bergen.nj.us

NORTHWEST SENIOR ACTIVITY CENTER

Andrée Cobb, Center Director

(201) 445-5690

JULY 2019
Wednesday

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>9:00 TAP DANCE 10:00 COMPUTING FOR SENIORS 10:30 SOCIAL DANCE 12:30 ARTHRITIS EXERCISE 12:30 TRANSITIONS 1:30 MAHJONGG 2:15 BALLROOM DANCE ROAST TURKEY W/ GRAVY</p>	<p>2</p> <p>9:00 MASSAGE* by appointment 10:00 SAFE & FIT 10:00 CAREGIVERS 10:00 MAHJONGG 12:15 DUPLICATE BRIDGE 12:30 BINGO 12:30 MEDITATON & MINDFULNESS FISH & CHIPS (Beer Battered Fish)</p>	<p>3</p> <p>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 12:30 BIRTHDAY & KARAOKE 1:00 LINE DANCE HOT DOG W/ SAUERKRAUT</p>	<p>4</p>  <p><i>Happy Independence Day</i></p>	<p>5</p> <p>9:00 BEGINNER TAP 10:00 COMPUTER DROP-IN 10:30 SUN YOGA 12:30 BINGO 12:45 CORE TONE & STRENGTHEN 1:00 BRIDGE 1:40 ZUMBA GOLD CHICKEN CORDON BLEU</p>
<p>8</p> <p>9:00 TAP DANCE 9:30 BLOOD PRESSURE SCREENINGS 10:00 COMPUTING FOR SENIORS 10:30 SOCIAL DANCE 12:30 ARTHRITIS EXERCISE 12:30 TRANSITIONS 1:30 MAHJONGG 2:15 BALLROOM DANCE EGGPLANT ROLLATINI</p>	<p>9</p> <p>9:00 MASSAGE* by appointment 10:00 SAFE & FIT 10:00 CAREGIVERS 10:00 MAHJONGG 12:15 DUPLICATE BRIDGE 12:30 BINGO 12:30 MEDITATON & MINDFULNESS HAWAIIAN BONELESS CHICKEN</p>	<p>10</p> <p>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 12:30 TALK: THE LAWYER IS IN 1:00 LINE DANCE COCONUT CRUSTED HADDOCK</p>	<p>11</p> <p>9:00 TAP DANCE 9:00 WOODCARVING 10:00 INTERMEDIATE BRIDGE 10:30 COUNTRY LINE DANCING 12:30 BEGIN/ INTERMEDIATE MAHJONGG 1:00 GENTLE YOGA BERGEN COUNTY DEAF CLUB HOME STYLE MEATLOAF W/ GRAVY</p>	<p>12</p> <p>9:00 BEGINNER TAP 10:00 COMPUTER DROP-IN 10:30 SUN YOGA 12:30 BINGO 12:30 VIDEO: Lionel Trains 12:45 CORE TONE & STRENGTHEN 1:00 BRIDGE 1:40 ZUMBA GOLD BAKED PENNE W / RICOTTA</p>
<p>15</p> <p>9:00 TAP DANCE 10:00 COMPUTING FOR SENIORS 10:30 SOCIAL DANCE 12:30 CRAFTS with ETHEL 12:30 ARTHRITIS EXERCISE 12:30 TRANSITIONS 1:30 MAHJONGG 2:15 BALLROOM DANCE CHICKEN PICCATA UNBREADED</p>	<p>16</p> <p>9:00 MASSAGE* by appointment 10:00 SAFE & FIT 10:00 CAREGIVERS 10:00 MAHJONGG 12:15 DUPLICATE BRIDGE 12:30 BINGO 12:30 MEDITATON & MINDFULNESS RIGATONI W/ TURKEY BOLO-GNESE</p>	<p>17</p> <p>9:00 MASSAGE* by appt. 9:00 TAP DANCE 9:30 WATERCOLOR COURSE 10:00 SILVERFIT EXERCISE 10:50 ARTHRITIS EXERCISE 12:30 TALK: JUDY GARLAND 12:30 POKER / MAHJONGG 1:00 LINE DANCE BBQ BEEF RIB</p>	<p>18</p> <p>9:00 TAP DANCE 9:00 WOODCARVING 10:00 INTERMEDIATE BRIDGE 10:30 COUNTRY LINE DANCING 12:30 BEGINNER & INT MAHJONGG 1:00 GENTLE YOGA BERGEN COUNTY DEAF CLUB BREADED FLOUNDER FILET</p>	<p>19</p> <p>9:00 BEGINNER TAP 9:30 S.N.A.P FOOD STAMPS 10:00 COMPUTER DROP-IN 10:30 SUN YOGA 12:30 BINGO / POKER 12:45 CORE TONE & STRENGTHEN 1:00 BRIDGE 1:40 ZUMBA GOLD MEATBALLS W/ MUSHROOM GRAVY</p>
<p>22</p> <p>9:00 TAP DANCE 10:00 COMPUTING FOR SENIORS 10:30 SOCIAL DANCE 12:30 ARTHRITIS EXERCISE 12:30 TRANSITIONS 1:30 MAHJONGG 2:15 BALLROOM DANCE MEAT LASAGNA</p>	<p>23</p> <p>9:00 MASSAGE* by appointment 10:00 SAFE & FIT 10:00 CAREGIVERS 10:00 MAHJONGG 12:15 DUPLICATE BRIDGE 12:30 BINGO 12:30 MEDITATON & MINDFULNESS PORK CHOP W/ GRAVY</p>	<p>24</p> <p>9:00 MASSAGE* by appointment NO TAP DANCE NO WATERCOLOR COURSE NO SILVERFIT EX. / NO ARTHRITIS EX. 11:30 SURF'S UP PARTY 12:30 POKER / MAHJONGG NO LINE DANCE CHICKEN SALAD ON LETTUCE LEAF</p>	<p>25</p> <p>9:00 TAP DANCE 9:00 WOODCARVING 10:00 INTERMEDIATE BRIDGE 10:30 COUNTRY LINE DANCING 12:30 BEGIN/ INTERMEDIATE MAHJONGG 1:00 GENTLE YOGA BERGEN COUNTY DEAF CLUB TURKEY BURGER</p>	<p>26</p> <p>9:00 BEGINNER TAP 10:00 COMPUTER DROP-IN 10:30 SUN YOGA 12:30 BINGO 12:45 CORE TONE & STRENGTHEN 1:00 BRIDGE 1:40 ZUMBA GOLD TORTILLA CRUSTED FISH</p>
<p>29</p> <p>9:00 TAP DANCE 10:00 COMPUTING FOR SENIORS 10:30 SOCIAL DANCE 12:30 ARTHRITIS EXERCISE 12:30 TRANSITIONS 1:30 MAHJONGG 2:15 BALLROOM DANCE OPEN HOT ROAST BEEF SANDWICH</p>	<p>30</p> <p>9:00 MASSAGE* by appointment 10:00 SAFE & FIT 10:00 CAREGIVERS 10:00 MAHJONGG 12:15 DUPLICATE BRIDGE 12:30 BINGO 12:30 MEDITATON & MINDFULNESS TUNA SALAD SANDWICH</p>	<p>31</p> <p>9:00 MASSAGE* by appointment 9:00 TAP DANCE 9:30 WATERCOLOR COURSE 10:00 SILVERFIT EX. 10:50 ARTHRITIS EX. 12:30 TALK: SHARED HOUSING 12:30 POKER / MAHJONGG 1:00 LINE DANCE PENNE W/ ITALIAN MEATBALLS</p>	<p>50 Center Street Midland Park, NJ 07432 Center Hours: Mon. - Fri. 8:00am - 3:30pm Phone: 201-445-5690 Fax: 201-493-8911</p>	

LUNCH
 Served Daily at 11:45
 Suggested Lunch Donation - \$1.25
 Please reserve your lunch one day
 in advance before 12 noon.
 Phone, Fax or in-person