

# BERGEN NEW JERSEY *County*

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

And the  
**BOARD OF CHOSEN FREEHOLDERS**

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**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

# 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**

## **FEBRUARY 2020** **HEALTHY HEART MONTH**

February 5	Birthday Party & Karaoke with Bob	12:30pm
February 10	Blood Pressure Screenings - Valley Health	9:30am
February 10	Crafts with Ethel Toth	12:30pm
February 12	Presentation: Malcolm X w/ Dianne Daniele	12:30pm
February 14	Happy Valentine's Day	
February 14	Valentine's Day Bingo	12:30pm
February 17	President's Day Center Closed	
February 19	Nutrition Talk: Heart Health w/Johna Mailolli, RD from Wyckoff Shoprite	12:30pm
February 26	Umbrella Presentation	12:30pm

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

## **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 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.

The Northwest 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.

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

<p><b>3</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><b>Vegetable Lasagna</b></p>	<p><b>4</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><b>Chicken Salad</b></p>	<p><b>5</b> 9:00 MASSAGE / TAP DANCE 9:30 WATERCOLOR COURSE 10:00 SILVERFIT EXERCISE 10:50 ARTHRITIS EXERCISE 12:30 MAHJONGG <b>12:30 BIRTHDAY PARTY &amp; KARAOKE</b> 1:00 LINE DANCE 1:30 CHINESE MAHJONGG 1:30 CONNECTION CLUB KNITTING 2:15 TAI CHI WITH JAMES</p> <p><b>Boneless BBQ Beef</b></p>	<p><b>6</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><b>Hawaiian Chicken</b></p>	<p><b>7</b> 9:00 BEGINNER TAP 10:00 DOMINOES 10:30 SUN YOGA 12:30 BINGO 12:45 CORE TONE &amp; STRENGTHEN 1:00 BRIDGE 1:00 CONNECTIONS CLUB MAHJONGG 1:40 ZUMBA GOLD</p> <p><b>Meatballs Marsala</b></p>
<p><b>10</b> 9:00 TAP DANCE <b>9:30 BLOOD PRESSURE SCREENINGS</b> <b>9:30-2:30 AARP TAX APPOINTMENTS</b> 10:30 SOCIAL DANCE 12:30 ARTHRITIS EXERCISE 12:30 TRANSITIONS <b>12:30 CRAFTS WITH ETHEL</b> 1:30 CHINESE MAHJONGG 1:00 CONNECTION CLUB MAHJONGG (downstairs community room) 2:15 BALLROOM DANCE</p> <p><b>Cheese Omelet</b></p>	<p><b>11</b> 9:00 MASSAGE* by appointment <b>9:30-2:30 AARP TAX APPOINTMENTS</b> 10:00 SAFE &amp; FIT 10:00 CAREGIVERS 10:00 MAHJONGG 12:15 DUPLICATE BRIDGE 12:30 BINGO 12:30 MEDITATION &amp; MINDFULNESS (in the downstairs library) 1:00 CONNECTIONS CLUB RUMMIKUB</p> <p><b>Chicken Scampi</b></p>	<p><b>12</b> 9:00 MASSAGE / TAP DANCE 9:30 WATERCOLOR COURSE 10:00 SILVERFIT EXERCISE 10:50 ARTHRITIS EXERCISE 12:30 MAHJONGG <b>12:30 MALCOLM X PRESENTATION</b> 1:00 LINE DANCE 1:30 CHINESE MAHJONGG 1:30 CONNECTION CLUB KNITTING 2:15 TAI CHI WITH JAMES</p> <p><b>Meat Lasagna</b></p>	<p><b>13</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><b>Pork Chop</b></p>	<p><b>14</b> 9:00 BEGINNER TAP 10:00 DOMINOES 10:30 SUN YOGA <b>12:30 VALENTINE'S DAY BINGO</b> 12:45 CORE TONE &amp; STRENGTHEN 1:00 BRIDGE 1:00 CONNECTIONS CLUB MAHJONGG 1:40 ZUMBA GOLD</p> <p><b>Chicken Parmesan</b></p>
<p><b>17</b></p> <p><b>PRESIDENT'S DAY CENTER CLOSED</b></p>	<p><b>18</b> 9:00 MASSAGE* by appointment <b>9:30-2:30 AARP TAX APPOINTMENTS</b> 10:00 SAFE &amp; FIT 10:00 CAREGIVERS 10:00 MAHJONGG 12:15 DUPLICATE BRIDGE 12:30 BINGO 12:30 MEDITATION &amp; MINDFULNESS (in the downstairs library) 1:00 CONNECTIONS CLUB RUMMIKUB</p> <p><b>Shaved Philly Beef Sandwich</b></p>	<p><b>19</b> 9:00 MASSAGE / TAP DANCE 9:30 WATERCOLOR COURSE 10:00 SILVERFIT EXERCISE 10:50 ARTHRITIS EXERCISE <b>12:30 TALK: HEART HEALTH</b> 12:30 MAHJONGG 1:30 CHINESE MAHJONGG 1:00 LINE DANCE 1:30 CONNECTION CLUB KNITTING 2:15 TAI CHI WITH JAMES</p> <p><b>Breaded Chicken</b></p>	<p><b>20</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><b>Rigatoni Beef Bolognese</b></p>	<p><b>21</b> 9:00 BEGINNER TAP <b>9:30-12:30 S.N.A.P APPOINTMENTS</b> 10:00 DOMINOES 10:30 SUN YOGA 12:30 BINGO 12:45 CORE TONE &amp; STRENGTHEN 1:00 BRIDGE 1:00 CONNECTIONS CLUB MAHJONGG 1:40 ZUMBA GOLD</p> <p><b>Vegetable Rotini Salad</b></p>
<p><b>24</b> 9:00 TAP DANCE <b>9:30-2:30 AARP TAX APPOINTMENTS</b> 10:30 SOCIAL DANCE 12:30 ARTHRITIS EXERCISE 12:30 TRANSITIONS 1:30 CHINESE MAHJONGG 1:00 CONNECTION CLUB MAHJONGG (downstairs community room) 2:15 BALLROOM DANCE</p> <p><b>Roast Pork</b></p>	<p><b>25</b> 9:00 MASSAGE* by appointment <b>9:30-2:30 AARP TAX APPOINTMENTS</b> 10:00 SAFE &amp; FIT 10:00 CAREGIVERS 10:00 MAHJONGG 12:15 DUPLICATE BRIDGE 12:30 BINGO 12:30 MEDITATION &amp; MINDFULNESS (in the downstairs library) 1:00 CONNECTIONS CLUB RUMMIKUB</p> <p><b>Stuffed Cabbage</b></p>	<p><b>26</b> 9:00 MASSAGE / TAP DANCE 9:30 WATERCOLOR COURSE 10:00 SILVERFIT EXERCISE 10:50 ARTHRITIS EXERCISE <b>12:30 UMBRELLA PRESENTATION</b> 12:30 MAHJONGG 1:00 LINE DANCE 1:30 CHINESE MAHJONGG 1:30 CONNECTION CLUB KNITTING 2:15 TAI CHI WITH JAMES</p> <p><b>Baked Penne with Ricotta</b></p>	<p><b>27</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><b>Open Hot Roast Beef Sandwich</b></p>	<p><b>28</b> 9:00 BEGINNER TAP 10:00 DOMINOES 10:30 SUN YOGA 12:30 BINGO 12:45 CORE TONE &amp; STRENGTHEN 1:00 BRIDGE 1:00 CONNECTIONS CLUB MAHJONGG 1:40 ZUMBA GOLD</p> <p><b>Eggplant Rollatini</b></p>
		<p>8:00 - 10:30 CONTINENTAL BREAKFAST DAILY <b>50 Center Street</b> <b>Midland Park, NJ 07432</b> Mon. - Fri. 8:00am - 3:30pm Phone: 201-445-5690 Fax: 201-493-8911 <i>Andrée Cobb, Center Director</i></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>	<p><b>LUNCH</b> 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</p>