

BERGEN NEW JERSEY *County*

James J. Tedesco III
County Executive

And the
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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

NORTHWEST SENIOR ACTIVITY CENTER

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

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

MARCH 2020

NATIONAL NUTRITION MONTH



March 4	Birthday Party & Karaoke with Bob	12:30pm
March 8	Daylight Savings Time Begins	
March 9	Crafts with Ethel Toth	12:30pm
March 11	TALK: U.S. Census 2020 with Steven Bednar	12:30pm
March 17	St. Patrick's Day	
March 18	St. Patrick's Day Luncheon Dance	11:30am
March 20	S.N.A.P. Appointments**	9:30 - 12:30
March 20	First Day of Spring	
March 25	TALK: Healthy Living - Alzheimer's Association	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.

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.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2 9:00 TAP DANCE 9:30-2:30 AARP TAX APPOINTMENTS 10:30 SOCIAL DANCE 12:30 ARTHRITIS EXERCISE 12:30 TRANSITIONS 12:30 OPEN MAHJONGG 1:00 CONNECTION CLUB MAHJONGG 2:15 BALLROOM DANCE</p> <p>CHICKEN BREAST FLORENTINE</p>	<p>3 9:00 MASSAGE* by appointment 9:30-2:30 AARP TAX APPOINTMENTS 10:00 SAFE & FIT 10:00 CAREGIVERS 10:00 MAHJONGG 12:15 DUPLICATE BRIDGE 12:30 BINGO 12:30 MEDITATION & MINDFULNESS 1:00 CONNECTIONS CLUB RUMMIKUB</p> <p>EGGPLANT ROLLATINI</p>	<p>4 9:00 MASSAGE / TAP DANCE 9:30 WATERCOLOR COURSE 10:00 SILVERFIT EXERCISE 10:50 ARTHRITIS EXERCISE 12:30 MAHJONGG</p> <p>12:30 BIRTHDAY PARTY & KARAOKE 1:00 LINE DANCE 1:30 CONNECTION CLUB KNITTING 2:15 TAI CHI WITH JAMES</p> <p>CHICKEN SALAD</p>	<p>5 9:00 TAP DANCE 9:00 WOODCARVING 10:00 CONNECTIONS CLUB BRIDGE 10:00 BRIDGE LESSONS w/ Bonnie 10:30 COUNTRY LINE DANCING 11:30 CONNECTIONS CANASTA 12:30 OPEN MAHJONGG 12:30 MAHJONGG LESSONS w/ Bonnie 1:00 GENTLE YOGA</p> <p>MEATLOAF WITH GRAVY</p>	<p>6 9:00 BEGINNER TAP 10:00 DOMINOES 10:30 SUN YOGA 12:30 BINGO 12:45 CORE TONE & STRENGTHEN 1:00 BRIDGE 1:00 CONNECTIONS CLUB MAHJONGG 1:40 ZUMBA GOLD</p> <p>CHILLED TUNA & BOWTIE SALAD</p>
<p>9 9:00 TAP DANCE 9:30 BLOOD PRESSURE SCREENINGS 9:30-2:30 AARP TAX APPOINTMENTS 10:30 SOCIAL DANCE 12:30 ARTHRITIS EXERCISE 12:30 TRANSITIONS 12:30 CRAFTS WITH ETHEL 12:30 OPEN MAHJONGG 1:00 CONNECTION CLUB MAHJONGG 2:15 BALLROOM DANCE</p> <p>BONELESS BBQ BEEF</p>	<p>10 9:00 MASSAGE* by appointment 9:30-2:30 AARP TAX APPOINTMENTS 10:00 SAFE & FIT 10:00 CAREGIVERS 10:00 MAHJONGG 12:15 DUPLICATE BRIDGE 12:30 BINGO 12:30 MEDITATION & MINDFULNESS 1:00 CONNECTIONS CLUB RUMMIKUB</p> <p>UNBREADED CHICKEN PICATTA</p>	<p>11 9:00 MASSAGE / TAP DANCE 9:30 WATERCOLOR COURSE 10:00 SILVERFIT EXERCISE 10:50 ARTHRITIS EXERCISE 12:30 MAHJONGG</p> <p>12:30 SCAMS & IDENTITY THEFT 1:00 LINE DANCE 1:30 CONNECTION CLUB KNITTING 2:15 TAI CHI WITH JAMES</p> <p>HAMBURGER</p>	<p>12 9:00 TAP DANCE 9:00 WOODCARVING 10:00 CONNECTIONS CLUB BRIDGE 10:00 BRIDGE LESSONS w/ Bonnie 10:30 COUNTRY LINE DANCING 11:30 CONNECTIONS CANASTA 12:30 OPEN MAHJONGG 12:30 MAHJONGG LESSONS w/ Bonnie 1:00 GENTLE YOGA</p> <p>GREEK ROASTED CHICKEN</p>	<p>13 9:00 BEGINNER TAP 10:00 DOMINOES 10:30 SUN YOGA 12:45 CORE TONE & STRENGTHEN 1:00 BRIDGE 1:00 CONNECTIONS CLUB MAHJONGG 1:40 ZUMBA GOLD</p> <p>POTATO CRUSTED FISH</p>
<p>16 9:00 TAP DANCE 9:30-2:30 AARP TAX APPOINTMENTS 10:30 SOCIAL DANCE 12:30 ARTHRITIS EXERCISE 12:30 TRANSITIONS 12:30 OPEN MAHJONGG 1:00 CONNECTION CLUB MAHJONGG 2:15 BALLROOM DANCE</p> <p>ROAST BEEF AND GRAVY</p>	<p>17 9:00 MASSAGE* by appointment 9:30-2:30 AARP TAX APPOINTMENTS 10:00 SAFE & FIT 10:00 CAREGIVERS 10:00 MAHJONGG 12:15 DUPLICATE BRIDGE 12:30 BINGO 12:30 MEDITATION & MINDFULNESS 1:00 CONNECTIONS CLUB RUMMIKUB</p> <p>IRISH BANGERS & MASH</p>	<p>18 9:00 MASSAGE / TAP DANCE NO WATERCOLOR COURSE NO SILVERFIT EXERCISE NO ARTHRITIS EXERCISE 11:30 St. PATRICK'S DAY LUNCHEON 12:30 MAHJONGG NO LINE DANCE 1:30 CONNECTION CLUB KNITTING 2:15 TAI CHI WITH JAMES</p> <p>CORNER BEEF & CABBAGE</p>	<p>19 9:00 TAP DANCE 9:00 WOODCARVING 10:00 CONNECTIONS CLUB BRIDGE 10:00 BRIDGE LESSONS w/ Bonnie 10:30 COUNTRY LINE DANCING 11:30 CONNECTIONS CANASTA 12:30 OPEN MAHJONGG 12:30 MAHJONGG LESSONS w/ Bonnie 1:00 GENTLE YOGA</p> <p>ROAST TURKEY WITH GRAVY</p>	<p>20 9:00 BEGINNER TAP 9:30-12:30 S.N.A.P APPOINTMENTS 10:00 DOMINOES 10:30 SUN YOGA 12:30 BINGO 12:45 CORE TONE & STRENGTHEN 1:00 BRIDGE 1:00 CONNECTIONS CLUB MAHJONGG 1:40 ZUMBA GOLD</p> <p>VEGGIE BURGER</p>
<p>23 9:00 TAP DANCE 9:30-2:30 AARP TAX APPOINTMENTS 10:30 SOCIAL DANCE 12:30 ARTHRITIS EXERCISE 12:30 TRANSITIONS 12:30 OPEN MAHJONGG 1:00 CONNECTION CLUB MAHJONGG 2:15 BALLROOM DANCE</p> <p>KOREAN BBQ CHICKEN LEG QUARTER</p>	<p>24 9:00 MASSAGE* by appointment 9:30-2:30 AARP TAX APPOINTMENTS 10:00 SAFE & FIT 10:00 CAREGIVERS 10:00 MAHJONGG 12:15 DUPLICATE BRIDGE 12:30 BINGO 12:30 MEDITATION & MINDFULNESS 1:00 CONNECTIONS CLUB RUMMIKUB</p> <p>SALISBURY STEAK WITH GRAVY</p>	<p>25 9:00 MASSAGE / TAP DANCE 9:30 WATERCOLOR COURSE 10:00 SILVERFIT EXERCISE 10:50 ARTHRITIS EXERCISE 12:30 TALK: HEALTHY LIVING 12:30 MAHJONGG 1:00 LINE DANCE 1:30 CONNECTION CLUB KNITTING 2:15 TAI CHI WITH JAMES</p> <p>BALSAMIC BREADED CHICKEN BREAST</p>	<p>26 9:00 TAP DANCE 9:00 WOODCARVING 10:00 CONNECTIONS CLUB BRIDGE 10:00 BRIDGE LESSONS w/ Bonnie 10:30 COUNTRY LINE DANCING 11:30 CONNECTIONS CANASTA 12:30 OPEN MAHJONGG 12:30 MAHJONGG LESSONS w/ Bonnie 1:00 GENTLE YOGA</p> <p>PORK CHOP WITH GRAVY</p>	<p>27 9:00 BEGINNER TAP 10:00 DOMINOES 10:30 SUN YOGA 12:30 BINGO 12:45 CORE TONE & STRENGTHEN 1:00 BRIDGE 1:00 CONNECTIONS CLUB MAHJONGG 1:40 ZUMBA GOLD</p> <p>BAKED PENNE WITH RICOTTA</p>
<p>30 9:00 TAP DANCE 9:30-2:30 AARP TAX APPOINTMENTS 10:30 SOCIAL DANCE 12:30 ARTHRITIS EXERCISE 12:30 TRANSITIONS 12:30 OPEN MAHJONGG 1:00 CONNECTION CLUB MAHJONGG 2:15 BALLROOM DANCE</p> <p>PHILLY SHAVED BEEF & CHEESE</p>	<p>31 9:00 MASSAGE* by appointment 9:30-2:30 AARP TAX APPOINTMENTS 10:00 SAFE & FIT 10:00 CAREGIVERS 10:00 MAHJONGG 12:15 DUPLICATE BRIDGE 12:30 BINGO 12:30 MEDITATION & MINDFULNESS 1:00 CONNECTIONS CLUB RUMMIKUB</p> <p>CHICKEN TERIYAKI</p>	<p>8:00 - 10:30 CONTINENTAL BREAKFAST DAILY</p> <hr/> <p>50 Center Street Midland Park, NJ 07432 Mon. - Fri. 8:00am - 3:30pm Phone: 201-445-5690 Fax: 201-493-8911 <i>Andrée Cobb, Center Director</i></p>		<p>LUNCH 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>