

BERGEN NEW JERSEY *County*

James J. Tedesco III
County Executive

BOARD OF COUNTY COMMISSIONERS

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DEPARTMENT OF HUMAN SERVICES

Melissa H. 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 of Disability Services
(201) 336-6500

Bergen County
Board of Social Services
(201) 368-4200

NORTHWEST SENIOR ACTIVITY CENTER

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

NorthwestCenter@co.bergen.nj.us

Open: Monday - Friday 8:00AM - 3:30PM

BERGEN NEW JERSEY *County*

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NORTHWEST SENIOR ACTIVITY CENTER

Bergen County Department of Human Services

Division of Senior Services/ADRC

MAY 2022



May 2		CONCENTRATION GAME w/ Agata & Dorene		12:30
May 4		MOVIE: "CODA"		12:30
May 5		CRAFTS with Bozena		12:30
May 9		BLOOD PRESSURE SCREENINGS Valley Health		9:00-11:30
May 11		PRESENTATION: MENTAL HEALTH with Sheila Brogan, LSW, ACSW		12:30
May 12		BCSCD GROUP (BC Deaf Group)		11-3
May 18		NUTRITION TALK & HERB PLANTING w/ Kailey Napolitano, RDN, Shoprite of Wyckoff		12:30
May 19		BCSCD GROUP (BC Deaf Group)		11-3
May 20		SNAP APPOINTMENTS (Supplemental Nutrition Assistance Program)		9-12
May 25		PRESENTATION: "BRAIN & BODY CONNECTION" with Kelsey Bisson, LCSW		12:30
May 26		"JEOPARDY!" w/ Agata & Dorene		12:30
May 30		MEMORIAL DAY CENTER CLOSED		

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.

On behalf of the County of Bergen, we thank you for your patience during the Covid-19 pandemic. At this time, the County has lifted most restrictions related to Covid-19, but will continue to require health screenings upon entrance to the centers. Masks are now optional throughout the centers. Masks are still required on the bus for those who are unvaccinated, although it is preferable for all to wear a mask when on the bus. Meals will return to a congregate setting, and there will no longer be a Grab & Go option. We look forward to seeing you again as we resume all regular activities. If you have any questions, kindly contact your center directly at (201) 445-5690.



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.

MAY 2022

NORTHWEST SENIOR ACTIVITY CENTER

Melissa Parente, Center Director

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>2 8:30 TAP DANCING 11:00 ZUMBA w/ Lauren 12:30 Qi GONG <i>(mind-body exercise)</i> 12:30 CONCENTRATION GAME 11:45 Chicken Salad on Lettuce</p> 	<p>3 10:00 MAHJONGG 10:00 GENTLE YOGA 10:00 MAHJONGG 12:30 BINGO 12:30 DUPLICATE BRIDGE 11:45 Italian Meatballs w/ Fusilli</p>	<p>4 8:30 TAP DANCING 10:00 WATERCOLOR (waiting list) 10:00 POST STROKE SUPPORT GROUP 10:00 MAHJONGG 12:30 MOVIE: "CODA" 12:30 CABANICS 12:30 CONNECTIONS MAHJONGG 1:30 LINE DANCING w/ Agnes 11:45 Lemon-Pepper Baked Fish</p> 	<p>5 9:30 COUNTRY LINE DANCE 10:30 BEGINNER TAP DANCING 11:30 TRANSITIONS SUPPORT GROUP 12:30 CRAFTS w/ Bozena 1:00 GENTLE YOGA 11:45 Garlic Roasted Pork</p> 	<p>6 10:00 TAI CHI 10:00 COMPUTER WORKSHOP 12:30 BINGO 12:00 MEDITATION & MINDFULNESS 12:30 ZUMBA GOLD w/ Katterine 12:30 CONNECTIONS MAHJONGG 11:45 Unbreaded Chicken Piccata</p>
<p>9 8:30 TAP DANCING 9:00-11:30 BLOOD PRESSURE SCREENINGS 10:00 ZUMBA w/ Lordes 12:30 Qi GONG <i>(mind-body exercise)</i> 11:45 Cheese Omelet</p>	<p>10 10:00 MAHJONGG 10:00 GENTLE YOGA 10:00 MAHJONGG 12:30 BINGO 12:30 DUPLICATE BRIDGE 11:45 Korean BBQ Chicken Leg</p>	<p>11 8:30 TAP DANCING 10:00 WATERCOLOR (waiting list) 10:00 POST STROKE SUPPORT GROUP 10:00 MAHJONGG 12:30 TALK: MENTAL HEALTH 12:30 CABANICS 12:30 CONNECTIONS MAHJONGG 1:30 LINE DANCING w/ Agnes 11:45 Veggie Burger</p> 	<p>12 9:30 COUNTRY LINE DANCE 10:30 BEGINNER TAP DANCING 11:30 TRANSITIONS SUPPORT GROUP 1:00 GENTLE YOGA 11:00-3:00 BCSCD GROUP <i>(BC Deaf Group)</i> 11:45 Chicken Florentine</p>	<p>13 10:00 TAI CHI 10:00 COMPUTER WORKSHOP 12:30 BINGO 12:00 MEDITATION & MINDFULNESS 12:30 SAFE & FIT w/ Lordes 12:30 CONNECTIONS MAHJONGG 11:45 Potato Crusted Baked Fish</p>
<p>16 8:30 TAP DANCING 10:00 ZUMBA w/ Lordes 12:30 Qi GONG <i>(mind-body exercise)</i> 11:45 Tuna Salad on Lettuce</p>	<p>17 10:00 MAHJONGG 10:00 GENTLE YOGA 10:00 MAHJONGG 12:30 BINGO 12:30 DUPLICATE BRIDGE 11:45 Hearty Meat Lasagna</p>	<p>18 8:30 TAP DANCING 10:00 MAHJONGG 10:00 WATERCOLOR (waiting list) 10:00 POST STROKE SUPPORT 12:30 NUTRITION TALK 12:30 CABANICS 12:30 CONNECTIONS MAHJONGG 1:30 LINE DANCING w/ Agnes 11:45 Hawaiian Chicken Breast</p> 	<p>19 9:30 COUNTRY LINE DANCE 10:30 BEGINNER TAP DANCING 11:30 TRANSITIONS SUPPORT 1:00 GENTLE YOGA 1:00 CONNECTIONS BOOK CLUB 11:00-3:00 BCSCD GROUP <i>(BC Deaf Group)</i> 11:45 Salisbury Steak</p>	<p>20 9-12 SNAP APPOINTMENTS 10:00 TAI CHI 10:00 COMPUTER WORKSHOP 12:30 BINGO 12:00 MEDITATION & MINDFULNESS 12:30 SAFE & FIT w/ Lordes 12:30 CONNECTIONS MAHJONGG 11:45 Roasted Turkey w/ Gravy</p>
<p>23 8:30 TAP DANCING 10:00 ZUMBA w/ Lordes 12:30 Qi GONG <i>(mind-body exercise)</i> 11:45 Boneless Chicken Scampi</p>	<p>24 10:00 MAHJONGG 10:00 GENTLE YOGA 10:00 MAHJONGG 12:30 BINGO 12:30 DUPLICATE BRIDGE 11:45 Pork Chop w/ Gravy</p>	<p>25 8:30 TAP DANCING 10:00 MAHJONGG 10:00 WATERCOLOR (waiting list) 10:00 POST STROKE SUPPORT GROUP 12:30 TALK: BALANCE & THRIVE "BRAIN & BODY CONNECTION" 12:30 CABANICS 12:30 CONNECTIONS MAHJONGG 1:30 LINE DANCING 11:45 Pepper Steak</p> 	<p>26 9:30 COUNTRY LINE DANCE 10:30 BEGINNER TAP DANCING 11:30 TRANSITIONS SUPPORT GROUP 12:30 "JEOPARDY!" 1:00 GENTLE YOGA 1:00 CONNECTIONS BOOK CLUB 11:45 Swedish Meatballs</p> 	<p>27 10:00 TAI CHI 10:00 COMPUTER WORKSHOP 12:30 BINGO 12:00 MEDITATION & MINDFULNESS 12:30 SAFE & FIT w/ Lordes 12:30 CONNECTIONS MAHJONGG 11:45 Penne w/ Pink Sauce & Chicken</p>
<p>30  CENTER CLOSED</p>	<p>31 10:00 MAHJONGG 10:00 GENTLE YOGA 10:00 MAHJONGG 12:30 BINGO 12:30 DUPLICATE BRIDGE 11:45 Hamburger</p>	<p>OLDER AMERICANS MONTH  AGE MY WAY: MAY 2022</p>	<p>46-50 Center Street Midland Park, NJ 07432 Mon. - Fri. 8:00am - 3:30pm Phone: 201-445-5690 Fax: 201-493-8911</p>	<p>Pre-registration required for all activities. Sign up in the office. YWCA ZOOM Exercise Classes https://www.ywcanj.org/seniors/</p>