

BERGEN NEW JERSEY *County*

James J. Tedesco III
County Executive

BOARD OF COUNTY COMMISSIONERS

Tracy Silna Zur
Chairwoman

Thomas J. Sullivan
Vice Chairman

Dr. Joan M. Voss
Chair Pro Tempore

Mary J. Amoroso

Ramon M. Hache, Sr.

Germaine M. Ortiz

Steven A. Tanelli

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*

James J. Tedesco III, County Executive

NORTHWEST SENIOR ACTIVITY CENTER Bergen County Department of Human Services Division of Senior Services/ADRC OCTOBER 2022



October 3	HALLOWEEN CRAFTS	12:30PM
October 5	"THE BIG 4 LEGAL DOCUMENTS EVERYONE SHOULD HAVE," Northeast NJ Legal Services 	1:00PM
October 10	COLUMBUS DAY CENTER CLOSED	
October 13 October 27	BCSCD GROUP (Deaf Group)	11:00AM 3:00PM
October 14	SNAP APPOINTMENTS (Supplemental Nutrition Assistance Program)	9:00AM 12:00PM
October 17	"WELLNESS CHALLENGE," 	1:00 PM
October 19	"WHAT TYPE OF MEDICATION AFFECTS SLEEP," Park Ridge Pharmacy & Northwest Bergen Regional Health Commission  	1:00PM
October 24	MEDICARE PART D TALK, with Sheila Brogan	1:00PM
October 25	ALZHEIMER'S ASSOCIATION VIRTUAL SUPPORT GROUP Email: northwestcenter@co.bergen.nj.us for link to meeting.	12:30PM
October 26	MOVIE: "HOCUS POCUS 2" 	1:00PM
October 28	HALLOWEEN BINGO 	12:30PM
October 31	HALLOWEEN ICE CREAM SOCIAL	12:30PM

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.



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.

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.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>3</p>  <p>8:30 TAP DANCING 10:45 ZUMBA GOLD W/ LOURDES 12:30 Qi GONG (mind-body ex.) 12:30 HALLOWEEN CRAFT 2:00 SOCIAL/BALLROOM DANCE 11:45 Boneless Chicken Breast with Lemon Sauce</p>	<p>4</p> <p>10:00 MAHJONGG 10:00 GENTLE YOGA 12:00 DUPLICATE BRIDGE 12:30 BINGO</p> <p>11:45 Beef Tacos</p>	<p>5 8:30 TAP DANCING 10:00 WATERCOLOR (waiting list) 10:00 POST STROKE SUPPORT GROUP 10:00 MAHJONGG / 12:30 CABANICS 12:30 CONNECTIONS MAHJONGG 1:00 TALK: "THE BIG 4 LEGAL DOCUMENTS EVERYONE SHOULD HAVE"  1:30 LINE DANCING 11:45 Turkey Burger w/ Tomato & Lettuce</p>	<p>6</p> <p>9:00 CONNECTIONS BRIDGE 9:30 COUNTRY LINE DANCE 10:30 BEGINNER TAP DANCING 11:00 TRANSITIONS GROUP (downstairs in the Quiet Room) 1:00 GENTLE YOGA 2:30 CABANICS</p> <p>11:45 Potato Crusted Fish</p>	<p>7</p> <p>10:00 TAI CHI 10:00 COMPUTER WORKSHOP NO MEDITATION & MINDFULNESS 12:30 BINGO 12:30 CONNECTIONS MAHJONGG 2:00 CARDIO W/ COLLEEN 11:45 Bratwurst w/Sauerkraut & Sautéed Onions</p>
<p>10</p>  <p>HAPPY COLUMBUS DAY</p> <p>CENTER CLOSED</p>	<p>11</p> <p>10:00 MAHJONGG 10:00 GENTLE YOGA 12:00 DUPLICATE BRIDGE 12:30 BINGO</p> <p>11:45 Skinless Eggplant Rollatini</p>	<p>12 8:30 TAP DANCING 10:00 WATERCOLOR (waiting list) 10:00 POST STROKE SUPPORT GROUP 10:00 MAHJONGG 12:30 CABANICS 12:30 CONNECTIONS MAHJONGG 1:30 LINE DANCING 11:45 Baked Fish with Dill Sauce</p>	<p>13 9:00 CONNECTIONS BRIDGE 9:30 COUNTRY LINE DANCE 10:30 BEGINNER TAP DANCING 11:00 BCSCD GROUP (Deaf Group) NO TRANSITIONS GROUP 1:00 GENTLE YOGA 2:30 CABANICS 11:45 Herb Roasted Chicken Leg Qtr.</p>	<p>14 9-12 SNAP APPOINTMENTS</p> <p>10:00 TAI CHI 10:00 COMPUTER WORKSHOP 12:00 MEDITATION & MINDFULNESS 12:30 BINGO 12:30 CONNECTIONS MAHJONGG 2:00 CARDIO WITH COLLEEN</p>
<p>17</p> <p>8:30 TAP DANCING 10:45 ZUMBA GOLD W/ LOURDES 12:30 Qi GONG (mind-body ex.) 2:00 SOCIAL/BALLROOM DANCE 1:00 "WELLNESS CHALLENGE"</p> <p>11:45 Egg Salad on Romaine Lettuce</p>	<p>18</p> <p>10:00 MAHJONGG 10:00 GENTLE YOGA 12:00 DUPLICATE BRIDGE 12:30 BINGO</p> <p>11:45 Shepherd's Pie</p>	<p>19 8:30 TAP DANCING  10:00 MAHJONGG 10:00 WATERCOLOR (waiting list) 10:00 POST STROKE SUPPORT GROUP 12:30 MAHJONGG / CABANICS 1:00 "WHAT TYPE OF MEDICATION AFFECTS SLEEP"  1:30 LINE DANCING 11:45 Chicken Cutlet Parmesan</p>	<p>20 9:00 CONNECTIONS BRIDGE 9:30 COUNTRY LINE DANCE 10:30 BEGINNER TAP DANCING 11:30 TRANSITIONS GROUP 1:00 GENTLE YOGA 2:30 CABANICS 1:30 CONNECTIONS BOOK CLUB 11:45 Sliced Turkey Breast with Gravy and Cranberry Sauce</p>	<p>21</p> <p>10:00 TAI CHI 10:00 COMPUTER WORKSHOP 12:00 MEDITATION & MINDFULNESS 12:30 BINGO 12:30 CONNECTIONS MAHJONGG 2:00 CARDIO WITH COLLEEN 11:45 Pork Tenderloin w/ Gravy</p>
<p>24</p>  <p>8:30 TAP DANCING 10:45 ZUMBA GOLD W/ LOURDES 12:30 Qi GONG (mind-body ex.) 1:00 MEDICARE PART D TALK 2:00 SOCIAL/BALLROOM DANCE 11:45 Homestyle Meatloaf w/ Gravy</p> 	<p>25 10:00 MAHJONGG 10:00 GENTLE YOGA 12:00 DUPLICATE BRIDGE 12:30 BINGO</p> <p>12:30 ALZHEIMER'S ASSOC. VIRTUAL SUPPORT GROUP</p> <p></p> <p>11:45 BBQ Pulled Pork</p>	<p>26 8:30 TAP DANCING 10:00 MAHJONGG 10:00 WATERCOLOR (waiting list) 10:00 POST STROKE SUPPORT GROUP 12:30 CABANICS 12:30 CONNECTIONS MAHJONGG 1:00 MOVIE: HOCUS POCUS 2  1:30 LINE DANCING 11:45 Vegetable Lasagna</p>	<p>27 9:00 CONNECTIONS BRIDGE 9:30 COUNTRY LINE DANCE 10:30 BEGINNER TAP DANCING 11:00 BCSCD GROUP (Deaf Group) NO TRANSITIONS GROUP 1:00 GENTLE YOGA 1:30 CONNECTIONS BOOK CLUB 2:30 CABANICS 11:45 Pot Roast w/ Gravy</p>	<p>28</p> <p>10:00 TAI CHI 10:00 COMPUTER WORKSHOP 12:00 MEDITATION & MINDFULNESS 12:30 HALLOWEEN BINGO 12:30 CONNECTIONS MAHJONGG 2:00 CARDIO WITH COLLEEN 11:45 Chicken Florentine</p>
<p>31</p> <p>8:30 TAP DANCING 10:45 ZUMBA GOLD W/ LOURDES 12:30 Qi GONG (mind-body ex.) 12:30 ICE CREAM SOCIAL 2:00 SOCIAL/BALLROOM DANCE 11:45 Chicken Cordon Bleu</p>			 <p>YWCA ZOOM</p> <p>Exercise Classes</p> <p>https://www.ywcannj.org/seniors/</p>	<p>46-50 Center Street Midland Park, NJ 07432 Mon. - Fri. 8:00am - 3:30pm Phone: 201-445-5690 Fax: 201-493-8911 Email: northwesterncenter@co.bergen.nj.us</p>