

# BERGEN NEW JERSEY *County*

James J. Tedesco III  
County Executive

## BOARD OF COUNTY COMMISSIONERS

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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](mailto:NorthwestCenter@co.bergen.nj.us)

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

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## NORTHWEST SENIOR ACTIVITY CENTER

Bergen County Department of Human Services

Division of Senior Services/ADRC

FEBRUARY 2023



February 1	 <b>NUTRITION TALK: "FOOD FOR YOUR MOOD,"</b> 	1:15 PM	
February 6- April 11	<b>AARP INCOME TAX ASSISTANCE</b> Mondays & Tuesdays, by appointment		
February 8	<b>MOVIE: "SAM AND KATE"</b> 	1:15 PM	
February 9 February 23	<b>BCSCD GROUP (Deaf Group)</b>	11:00 AM 3:00 PM	
February 13	<b>BLOOD PRESSURE SCREENINGS</b> with Valley Health	9:30 AM 11:30 AM	
February 17	<b>SNAP APPOINTMENTS</b> (Supplemental Nutrition Assistance Program)	10:00 AM 2:00 PM	
February 20	 <b>PRESIDENT'S DAY CENTER CLOSED</b>		
February 22	<b>BRAIN GAMES</b> with Sheila Brogan	 	1:15 PM

*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. Meals have returned 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><b>AARP INCOME TAX ASSISTANCE</b></p>  <p><b>Mondays &amp; Tuesdays by appointment</b></p>	  	<p><b>1</b> 8:30 TAP DANCING            10:00 WATERCOLOR (waiting list)            10:00 POST STROKE SUPPORT GROUP (Virtual Only. Call to register)            12:30 CONNECTIONS MAHJONGG            12:30 CABANICS / 1:30 LINE DANCING  <b>1:15 "FOOD FOR YOUR MOOD"</b>            11:45 Baked Fish w/ Garlic Lemon</p>	<p><b>2</b>            9:15 CONNECTIONS BRIDGE            9:30 COUNTRY LINE DANCE            10:30 BEGINNER TAP DANCING            1:00 GENTLE YOGA            11:45 Sliced Roast Beef w/ Gravy</p>	<p><b>3</b>            10:00 TAI CHI            10:00 COMPUTER WORKSHOP            12:00 MEDITATION &amp; MINDFULNESS            12:30 BINGO            12:30 CONNECTIONS MAHJONGG            2:00 CARDIO WITH COLLEEN            11:45 Turkey and Black Bean Chili</p>
<p><b>6</b>  <b>AARP INCOME TAX ASSISTANCE</b>            8:30 TAP DANCING            10:45 ZUMBA GOLD W/ LOURDES            12:30 MAHJONGG            12:30 QI GONG            2:00 SOCIAL/BALLROOM DANCE            11:45 BBQ Beef Ribque (Patty)</p>	<p><b>7</b>  <b>AARP INCOME TAX ASSISTANCE</b>            10:00 GENTLE YOGA            12:00 DUPLICATE BRIDGE            12:30 BINGO            11:45 Chicken Cacciatore</p>	<p><b>8</b>            8:30 TAP DANCING            10:00 WATERCOLOR (waiting list)            12:30 CONNECTIONS MAHJONGG            12:30 CABANICS  <b>1:15 MOVIE: "SAM AND KATE"</b>            1:30 LINE DANCING            11:45 Italian Meatballs</p> 	<p><b>9</b>            9:15 CONNECTIONS BRIDGE            9:30 COUNTRY LINE DANCE            10:30 BEGINNER TAP DANCING  <b>11:30 BCSCD GROUP</b> <i>Deaf Group</i>            1:00 GENTLE YOGA            11:45 Beef and Broccoli</p>	<p><b>10</b>            10:00 TAI CHI            10:00 COMPUTER WORKSHOP            12:00 MEDITATION &amp; MINDFULNESS            12:30 BINGO            12:30 CONNECTIONS MAHJONGG            2:00 CARDIO WITH COLLEEN            11:45 Chicken Cordon Bleu</p>
<p><b>13</b>  <b>AARP INCOME TAX ASSISTANCE</b>            8:30 TAP DANCING  <b>9:30-11:30 BLOOD PRESSURE SCREENINGS</b>            10:45 ZUMBA GOLD W/ LOURDES            12:30 QI GONG / MAHJONGG            2:00 SOCIAL/BALLROOM DANCE            11:45 Meat Loaf w/ Brown Gravy</p>	<p><b>14</b>  <b>AARP INCOME TAX ASSISTANCE</b>            10:00 GENTLE YOGA            12:00 DUPLICATE BRIDGE            12:30 BINGO  <b>Happy Valentine's Day!</b>            11:45 BBQ Chicken Leg</p> 	<p><b>15</b>            8:30 TAP DANCING            10:00 WATERCOLOR (waiting list)            12:30 CONNECTIONS MAHJONGG            12:30 CABANICS            1:30 LINE DANCING            11:45 Sliced Turkey w/ Gravy</p>	<p><b>16</b>            9:15 CONNECTIONS BRIDGE            9:30 COUNTRY LINE DANCE            10:30 BEGINNER TAP DANCING            1:00 GENTLE YOGA            1:30 CONNECTIONS BOOK CLUB            11:45 Sweet and Sour Meatballs</p>	<p><b>17 10-2 SNAP APPOINTMENTS</b>            10:00 TAI CHI            10:00 COMPUTER WORKSHOP            12:00 MEDITATION &amp; MINDFULNESS            12:30 BINGO            12:30 CONNECTIONS MAHJONGG            2:00 CARDIO WITH COLLEEN            11:45 Sliced Pork Tenderloin w/ Applesauce</p>
<p><b>20</b></p>  <p><b>CENTER CLOSED</b></p>	<p><b>21</b>  <b>AARP INCOME TAX ASSISTANCE</b>            10:00 GENTLE YOGA            12:00 DUPLICATE BRIDGE            12:30 BINGO            11:45 Salisbury Steak w/ Gravy</p>	<p><b>22</b>            8:30 TAP DANCING            10:00 WATERCOLOR (waiting list)            12:30 CONNECTIONS MAHJONGG            12:30 CABANICS  <b>1:15 BRAIN GAMES with Sheila</b>            1:30 LINE DANCING            11:45 Lemon-Pepper Baked Fish</p>	<p><b>23</b>            9:15 CONNECTIONS BRIDGE            9:30 COUNTRY LINE DANCE            10:30 BEGINNER TAP DANCING  <b>11:30 BCSCD GROUP</b> (<i>Deaf Group</i>)            1:00 GENTLE YOGA            1:30 CONNECTIONS BOOK CLUB            11:45 Chicken Marsala</p>	<p><b>24</b>            10:00 TAI CHI            10:00 COMPUTER WORKSHOP            12:00 MEDITATION &amp; MINDFULNESS            12:30 BINGO            12:30 CONNECTIONS MAHJONGG            2:00 CARDIO WITH COLLEEN            11:45 Mini Cheese Ravioli</p>
<p><b>27</b>  <b>AARP INCOME TAX ASSISTANCE</b>            8:30 TAP DANCING            10:45 ZUMBA GOLD W/ LOURDES            12:30 QI GONG / MAHJONGG            2:00 SOCIAL/BALLROOM DANCE            11:45 Breaded Chicken Piccata</p>	<p><b>28</b>  <b>AARP INCOME TAX ASSISTANCE</b>            10:00 GENTLE YOGA            12:00 DUPLICATE BRIDGE            12:30 BINGO            11:45 Baked Macaroni and Cheese</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: northwestcenter@co.bergen.nj.us</p>	 <p><b>YWCA ZOOM</b>  <b>Exercise Classes</b>  <a href="https://www.ywcannj.org/seniors/">https://www.ywcannj.org/seniors/</a></p>