

BERGEN NEW JERSEY *County*

James J. Tedesco III
County Executive

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DEPARTMENT OF HUMAN SERVICES
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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

Melissa Parente, Director
50 Center St.
Midland Park, NJ, 07432
Phone: (201) 445-5690 • Fax (201) 493-8911

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
July 2024



July 2 July 9	Get Connected Workshops <i>The Center for Alcohol & Drug Resources- A Program of Children's Aid & Family Services</i>	12:30PM
July 3	Movie: "North by Northwest" 	12:30PM
July 4	Center Closed - Independence Day <i>4th July</i>	ALL DAY
July 8	Blood Pressure Screenings w/ Valley Health	11:00AM
July 9	Total Brain Health w/ Agata & Dorene	9:00AM
July 11 & July 25	BCDS (Deaf Group)	10:00AM
July 17	Brain Games w/ Sheila Brogan	12:30PM
July 31	Presentation: The Diabetes Dilemma <i>Rachelle Morales, Diabetes Health Education Nurse</i>	12:30PM

Registration for the above events required. (201) 445-5690

The 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.

Save the Date

Senior Festival

September 12, 2024

Rain Date: Tuesday September 17, 2024

10AM - 2PM

Van Saun County Park, Paramus

Registration Recommended: Call: 201-336-7417 or Email: seniors@co.bergen.nj.us

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1 8:30 Tap Dancing 10:00 Connections Pinochle 10:45 Safe & Fit 12:30 Mahjongg 12:30 Qi Gong 2:00 Social / Ballroom Dance</p> <p style="text-align: center;">Stuffed Peppers</p>	<p>2 9:30 Diamond Art Club 10:00 Gentle Yoga 12:00 Duplicate Bridge 12:30 Bingo 12:30 Get Connected Workshop 1:00 Rummikub</p> <p style="text-align: center;">Home Style Meatloaf w/ Gravy</p>	<p>3 8:30 Tap Dancing 10:00 Watercolor (Waiting List) 10:45 Songs of the Decades 12:30 Connections Mahjongg 12:30 Movie: North by Northwest 1:30 Line Dancing</p> <p style="text-align: center;">Hawaiian Chicken</p>	<div style="text-align: center;">  <p>Center Closed</p> </div>	<p>5 10:00 Tai Chi 10:00 Computer Tutor 10:00 Art Workshop (Waiting List) 12:30 Bingo 12:30 Connections Mahjongg 12:30 Meditation & Mindfulness 2:00 Zumba Gold</p> <p style="text-align: center;">Roast Turkey w/ Swiss</p>
<p>8 8:30 Tap Dancing 10:00 Connections Pinochle 10:45 Safe & Fit 11:00 Blood Pressure Screenings 12:30 Mahjongg 12:30 Qi Gong 2:00 Social / Ballroom Dance</p> <p style="text-align: center;">Chicken Marsala</p>	<p>9 9:00 Total Brain Health 9:30 Diamond Art Club 10:00 Gentle Yoga 12:00 Duplicate Bridge 12:30 Bingo 12:30 Get Connected Workshop 1:00 Rummikub</p> <p style="text-align: center;">Pork Loin w/ Gravy</p>	<p>10 8:30 Tap Dancing 10:00 Watercolor (Waiting List) 10:45 Songs of the Decades 12:30 Connections Mahjongg 12:30 Brain & Body Holistic Movement 1:30 Line Dancing</p> <p style="text-align: center;">Roast Beef w/ Gravy</p>	<p>11 9:30 Country Line Dancing 10:00 Connections Bridge 10:00 BCDS (Deaf Group) 10:30 Beginner Tap Dancing 1:00 Gentle Yoga</p> <p style="text-align: center;">BBQ Chicken Leg</p>	<p>12 10:00 Tai Chi 10:00 Computer Tutor 10:00 Art Workshop (Waiting List) 12:30 Bingo 12:30 Connections Mahjongg 12:30 Meditation & Mindfulness 2:00 Zumba Gold</p> <p style="text-align: center;">Cheeseburger</p>
<p>15 8:30 Tap Dancing 10:00 Connections Pinochle 10:45 Safe & Fit 12:30 Mahjongg 12:30 Qi Gong 2:00 Social / Ballroom Dance</p> <p style="text-align: center;">Sweet Chicken Sausage</p>	<p>16 9:30 Diamond Art Club 10:00 Gentle Yoga 12:00 Duplicate Bridge 12:30 Bingo 1:00 Rummikub</p> <p style="text-align: center;">Stuffed Cabbage</p>	<p>17 8:30 Tap Dancing 10:00 Watercolor (Waiting List) 10:45 Songs of the Decades 12:30 Connections Mahjongg 12:30 Brain Games w/ Sheila 1:30 Line Dancing</p> <p style="text-align: center;">Ziti & Meatballs</p>	<p>18 9:30 Country Line Dancing 10:00 Connections Bridge 10:30 Beginner Tap Dancing 1:00 Gentle Yoga</p> <p style="text-align: center;">Chef Salad</p>	<p>19 10:00 Tai Chi 10:00 Computer Tutor 10:00 Art Workshop (Waiting List) 12:30 Bingo 12:30 Connections Mahjongg 12:30 Meditation & Mindfulness 2:00 Zumba Gold</p> <p style="text-align: center;">Chicken Cordon Bleu</p>
<p>22 8:30 Tap Dancing 10:00 Connections Pinochle 10:45 Safe & Fit 12:30 Mahjongg 12:30 Qi Gong 2:00 Social / Ballroom Dance</p> <p style="text-align: center;">Roast Turkey w/ Gravy</p>	<p>23 9:30 Diamond Art Club 10:00 Gentle Yoga 12:00 Duplicate Bridge 12:30 Bingo 1:00 Rummikub</p> <p style="text-align: center;">Swedish Meatballs w/ Gravy</p>	<p>24 8:30 Tap Dancing 10:00 Watercolor (Waiting List) 10:45 Songs of the Decades 12:30 Connections Mahjongg 12:30 Brain & Body Holistic Movement 1:30 Line Dancing</p> <p style="text-align: center;">Beef & Cheese Lasagna</p>	<p>25 9:30 Country Line Dancing 10:00 Connections Bridge 10:00 BCDS (Deaf Group) 10:30 Beginner Tap Dancing 1:00 Gentle Yoga</p> <p style="text-align: center;">Balsamic Chicken w/ Red Peppers</p>	<p>26 10:00 Tai Chi 10:00 Computer Tutor 10:00 Art Workshop (Waiting List) 12:30 Bingo 12:30 Connections Mahjongg 12:30 Meditation & Mindfulness 2:00 Zumba Gold</p> <p style="text-align: center;">Egg Salad Platter</p>
<p>29 8:30 Tap Dancing 10:00 Connections Pinochle 10:45 Safe & Fit 12:30 Mahjongg 12:30 Qi Gong 2:00 Social / Ballroom Dance</p> <p style="text-align: center;">Herbed Chicken Leg</p>	<p>30 9:30 Diamond Art Club 10:00 Gentle Yoga 12:00 Duplicate Bridge 12:30 Bingo 1:00 Rummikub</p> <p style="text-align: center;">Cheese Omelet</p>	<p>31 8:30 Tap Dancing 10:00 Watercolor (Waiting List) 10:45 Songs of the Decades 12:30 Connections Mahjongg 12:30 Presentation: The Diabetes Dilemma 1:30 Line Dancing</p> <p style="text-align: center;">Salisbury Steak w/ Gravy</p>	<p style="text-align: center;">Suggested Lunch Donation: \$1.25 Per Meal Please reserve lunch by 11:30 AM the day before Lunch will Be Served at 11:30 on Tuesdays & 11:45 Mon., Wed., Thurs. & Fri.</p> <p style="text-align: center;">Continental Breakfast Monday—Friday 8:00AM-11:00AM</p>	