

BERGEN NEW JERSEY *County*

James J. Tedesco III
County Executive

BOARD OF COUNTY COMMISSIONERS

Mary J. Amoroso
Chairwoman

Steven A. Tanelli
Vice Chairman

Dr. Joan M. Voss
Chair Pro Tempore

Rafael Marte
Germaine M. Ortiz
Thomas J. Sullivan
Tracy Silna Zur

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

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

northwestcenter@bergencountynj.gov

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** **April 2025**

April 2	Movie: Wicked	12:30PM
April 3	Bubble Art Craft w/ Agata Halat	12:30PM
April 8	Total Brain Health w/ Agata Halat	9:00AM
April 8	Aromatherapy & Hand Massage w/ Agata Halat	9:45AM
April 8	Get Connected Program <i>w/ Rosemary Marchetto, The Center for Alcohol & Drug Resources</i>	12:30PM
April 10	BCDSC (Deaf Group)	10:00AM
April 14	Blood Pressure Screenings w/ Valley Health	11:00AM
April 15	Get Connected Program <i>w/ Rosemary Marchetto, The Center for Alcohol & Drug Resources</i>	12:30PM
April 16	Volunteer Luncheon	11:00AM
April 16	Mobility Workshop w/ Christopher Carroll, YWCA	12:30PM
April 18	Good Friday - Center Closed	
April 22	Get Connected Program <i>w/ Rosemary Marchetto, The Center for Alcohol & Drug Resources</i>	12:30PM
April 24	BCDSC (Deaf Group)	10:00AM
April 30	Brain Games w/ Sheila Brogan	12:30PM

Reservations are Required for the above programs.

Please stop by the office, call (201) 445-5690 or email northwestcenter@bergencountynj.gov

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.

SPRING LUNCHEON

JOIN US FOR FOOD AND MUSIC ON
SUNDAY, APRIL 20, 2025
10:00AM - 2:00PM

Garfield Senior Activity Center
480 Midland Avenue
Garfield, New Jersey 07026

Kindly RSVP with your Senior Activity Center Director




MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

	<p>1 9:00 Diamond Art 10:00 Gentle Yoga 12:00 Duplicate Bridge 12:30 Bingo</p> <p style="text-align: center;">Chicken Florentine</p>	<p>2 8:30 Tap Dancing 10:00 Watercolor 10:30 Songs of the Decades 12:30 Connections Mahjongg 12:30 Mahjongg 12:30 Movie: Wicked 1:30 Line Dancing</p> <p style="text-align: center;">Tuna Salad Platter</p>	<p>3 9:30 Country Line Dancing 10:00 Connections Bridge 10:30 Beginner Tap Dancing 12:30 Bubble Art Craft w/ Aggie 1:00 Gentle Yoga</p> <p style="text-align: center;">Hungarian Goulash</p>	<p>4 9:00 Sound Bath Therapy 10:00 Tai Chi 10:00 Art Workshop 12:30 Bingo 12:30 Meditation & Mindfulness 12:30 Connections Mahjongg 2:00 Zumba Gold w/ Lauren Manicotti with Tomato Sauce</p>
<p>7 8:30 Tap Dancing 9:00 Tax Assistance 9:30 French Class 10:00 Connections Pinochle 10:45 Safe & Fit w/Lourdes 12:30 Mahjongg 12:30 Qi Gong 2:00 Social / Ballroom Dance Jamaican Jerk Chicken</p>	<p>8 9:00 Diamond Art 9:00 Total Brain Health 9:45 Aromatherapy & Hand Massage 10:00 Gentle Yoga 12:00 Duplicate Bridge 12:30 Bingo 12:30 Get Connected Program</p> <p style="text-align: center;">Pork Loin with Gravy</p>	<p>9 8:30 Tap Dancing 10:00 Watercolor 10:30 Songs of the Decades 12:30 Connections Mahjongg 12:30 Mahjongg 12:30 Brain & Body Holistic Movement 1:30 Line Dancing</p> <p style="text-align: center;">Oven Roasted Turkey Breast</p>	<p>10 9:30 Country Line Dancing 10:00 Connections Bridge 10:00 BCDSC (Deaf Group) 10:30 Beginner Tap Dancing 1:00 Gentle Yoga</p> <p style="text-align: center;">Chicken Parmesan</p>	<p>11 9:00 Sound Bath Therapy 10:00 Tai Chi 10:00 Art Workshop 12:30 Bingo 12:30 Meditation & Mindfulness 12:30 Connections Mahjongg 2:00 Zumba Gold w/ Lauren</p> <p style="text-align: center;">Seafood Salad Platter</p>
<p>14 8:30 Tap Dancing 9:30 French Class 10:00 Connections Pinochle 10:45 Safe & Fit w/Lourdes 11:00 Blood Pressure Screenings 12:30 Mahjongg 12:30 Qi Gong 2:00 Social / Ballroom Dance Homestyle Meatloaf</p>	<p>15 9:00 Diamond Art 10:00 Gentle Yoga 12:00 Duplicate Bridge 12:30 Bingo 12:30 Get Connected Program</p> <p style="text-align: center;">Roast Turkey with Swiss Cheese</p>	<p>16 8:30 Tap Dancing 10:00 Watercolor 11:00 Volunteer Luncheon 12:30 Mobility Workshop w/ Chris Carroll 12:30 Connections Mahjongg 12:30 Mahjongg 1:30 Line Dancing</p> <p style="text-align: center;">Chicken Cordon Bleu</p>	<p>17 9:30 Country Line Dancing 10:00 Connections Bridge 10:30 Beginner Tap Dancing 1:00 Gentle Yoga</p> <p style="text-align: center;">Beef Stir Fry</p>	 <p style="text-align: center;">Center Closed</p>
<p>21 8:30 Tap Dancing 9:30 French Class 10:00 Connections Pinochle 10:45 Safe & Fit w/ Lourdes 12:30 Mahjongg 12:30 Qi Gong 2:00 Social / Ballroom Dance</p> <p style="text-align: center;">Ham Steak with Pineapple</p>	<p>22 9:00 Diamond Art 10:00 Gentle Yoga 12:00 Duplicate Bridge 12:30 Bingo 12:30 Get Connected Program</p> <p style="text-align: center;">Cheese Omelet</p>	<p>23 8:30 Tap Dancing 10:00 Watercolor 10:30 Songs of the Decades 12:30 Connections Mahjongg 12:30 Mahjongg 12:30 Brain & Body Holistic Movement 1:30 Line Dancing</p> <p style="text-align: center;">Meatballs with Marinara</p>	<p>24 9:30 Country Line Dancing 10:00 Connections Bridge 10:00 BCDSC (Deaf Group) 10:30 Beginner Tap Dancing 1:00 Gentle Yoga</p> <p style="text-align: center;">Chef Salad</p>	<p>25 9:00 Sound Bath Therapy 10:00 Tai Chi 10:00 Art Workshop 12:30 Bingo 12:30 Meditation & Mindfulness 12:30 Connections Mahjongg 2:00 Zumba Gold w/ Lauren</p> <p style="text-align: center;">Korean BBQ Leg</p>
<p>28 8:30 Tap Dancing 9:30 French Class 10:00 Connections Pinochle 10:45 Safe & Fit w/Lourdes 12:30 Mahjongg 12:30 Qi Gong 2:00 Social / Ballroom Dance</p> <p style="text-align: center;">Chicken Piccata</p>	<p>29 9:00 Diamond Art 10:00 Gentle Yoga 12:00 Duplicate Bridge 12:30 Bingo</p> <p style="text-align: center;">Pot Roast</p>	<p>30 8:30 Tap Dancing 10:00 Watercolor 10:30 Songs of the Decades 12:30 Connections Mahjongg 12:30 Mahjongg 12:30 Brain Games w/ Sheila 1:30 Line Dancing</p> <p style="text-align: center;">Egg Salad Platter</p>	<p style="text-align: center;">Continental Breakfast</p> <p style="text-align: center;">Monday– Friday 8:00AM-11:00AM</p> 	<p style="text-align: center;">Suggested Lunch Donation: \$1.25 Per Meal Guest Meals - \$5.37 Please reserve lunch by 11:30 AM the day before. Lunch will Be Served at 11:30 on Tues. & Fri. & 11:45 on Mon., Wed., & Thurs.</p>