

BERGEN NEW JERSEY County

James J. Tedesco III
County Executive

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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

Melissa Parente, Director
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

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NORTHWEST SENIOR ACTIVITY CENTER Bergen County Department of Human Services Division of Senior Services/ADRC April 2024

April 3	Movie: "The Burial"	12:30PM
April 4	Spring Crafts	12:30PM
April 5	Computing for Seniors w/ John Yessis	10:00AM
April 8	Blood Pressure Screenings w/ Valley Health	9:30AM
April 10	Presentation: Bergen Bites Back –Mosquito- Borne Diseases and Prevention Methods w/ Bergen County Health Services	12:30PM
April 11 & 25	BCDS (Deaf Group)	10:00AM
April 17	Executive Chef Cardie Mortimer's Presentation: "Culinary Therapy: Food as a Catalyst for Healing and Well-Being."	12:30PM
April 18	Aromatherapy & Hand Massage w/ Aggie & Dorene	9:30AM
April 23 & 30	Diamond Art w/ Aggie & Dorene	9:30AM
	AARP Income Tax Assistance Mondays & Tuesdays through April 9th by appointment.	

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.

Caregivers Conference

Thursday, April 11th
5:00 PM - 9:00 PM
Bergen County Administration Building
Multi-Purpose Room



To RSVP Call 201-336-7400 or
Email seniors@co.bergen.nj.us

SAVE THE DATE

Public Hearing on the Needs of Older Adults

Tuesday, April 30th
8:30 AM - 11:30 AM
Bergen County Administration Building
Public Meeting Room (5th floor)

To RSVP Call 201-336-7417 or
Email seniors@co.bergen.nj.us



Lunch Served Daily at 11:45

NORTHWEST SENIOR ACTIVITY CENTER



April 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1 8:30 Tap Dancing 10:00 Connections Pinochle 10:45 Safe and Fit 12:30 Mahjongg 12:30 Qi Gong 2:00 Social/ Ballroom Dance</p> <p>Pork Loin w/ Gravy</p>	<p>2 10:00 Gentle Yoga 12:00 Duplicate Bridge 12:30 Bingo</p> <p>Chicken Cordon Bleu</p>	<p>3 8:30 Tap Dancing 10:00 Water Color (Waiting List) 10:45 Songs of the Decades 12:30 Connections Mahjongg 12:30 Movie "The Burial" 1:30 Line Dancing</p> <p>Homestyle Meatloaf w/ Gravy</p>	<p>4 9:30 Country Line Dancing 10:00 Connections Bridge 10:30 Beginner Tap Dancing 12:30 Spring Crafts 1:00 Gentle Yoga</p> <p>Stuffed Cabbage</p>	<p>5 10:00 Tai Chi 10:00 Computers for Seniors Workshop No Meditation & Mindfulness 12:30 Bingo 12:30 Connections Mahjongg 2:00 Cardio w/ Coleen</p> <p>Turkey & Swiss</p>
<p>8 8:30 Tap Dancing 9:30 Blood Pressure Screenings 10:00 Connections Pinochle 10:45 Safe and Fit 12:30 Mahjongg 12:30 Qi Gong 2:00 Social/ Ballroom Dance</p> <p>Korean BBQ Chicken Leg</p>	<p>9 10:00 Gentle Yoga 12:00 Duplicate Bridge 12:30 Bingo</p> <p>Egg Salad</p>	<p>10 8:30 Tap Dancing 10:00 Water Color (Waiting List) 10:45 Songs of the Decades 12:30 Connections Mahjongg 12:30 Presentation: Bergen Bites Back 1:30 Line Dancing</p> <p>LS Ham Steak</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>Salisbury Steak</p>	<p>12 10:00 Tai Chi 10:00 Computer Tutor 12:30 Bingo 12:30 Meditation & Mindfulness 12:30 Connections Mahjongg 2:00 Cardio w/ Coleen</p> <p>Chicken Parmesan</p>
<p>15 8:30 Tap Dancing 10:00 Connections Pinochle 10:45 Safe and Fit 12:30 Mahjongg 12:30 Qi Gong 2:00 Social/ Ballroom Dance</p> <p>Stuffed Peppers (Turkey)</p>	<p>16 10:00 Gentle Yoga 12:00 Duplicate Bridge 12:30 Bingo</p> <p>Roast Beef w/ Gravy</p>	<p>17 8:30 Tap Dancing 10:00 Water Color (Waiting List) 10:45 Songs of the Decades 12:30 Connections Mahjongg 12:30 Presentation: Culinary Therapy No Line Dancing</p> <p>Tuna Salad Platter</p>	<p>18 9:30 Country Line Dancing 9:30 Aromatherapy & Hand Massage 10:00 Connections Bridge No Beginner Tap Dancing 1:00 Gentle Yoga</p> <p>Cheeseburger</p>	<p>19 10:00 Tai Chi 10:00 Computer Tutor 12:30 Bingo 12:30 Meditation & Mindfulness 12:30 Connections Mahjongg 2:00 Cardio w/ Coleen</p> <p>Eggplant Rollatini</p>
<p>22 8:30 Tap Dancing 10:00 Connections Pinochle 10:45 Safe and Fit 12:30 Mahjongg 12:30 Qi Gong 2:00 Social/ Ballroom Dance</p> <p>Herb Roasted Chicken Leg</p>	<p>23 9:30 Diamond Art 10:00 Gentle Yoga 12:00 Duplicate Bridge 12:30 Bingo</p> <p>Cheese Omelet</p>	<p>24 8:30 Tap Dancing 10:00 Water Color (Waiting List) 10:45 Songs of the Decades 12:30 Connections Mahjongg 12:30 Body & Brain Holistic Movement 1:30 Line Dancing</p> <p>Baked Ziti w/ Meatballs</p>	<p>25 9:30 Country Line Dancing 10:00 BCDS (Deaf Group) 10:00 Connections Bridge 10:30 Beginner Tap Dancing 1:00 Gentle Yoga</p> <p>Chicken Piccata</p>	<p>26 10:00 Tai Chi 10:00 Computer Tutor 12:30 Bingo 12:30 Meditation & Mindfulness 12:30 Connections Mahjongg 2:00 Cardio w/ Coleen</p> <p>Swedish Meatballs</p>
<p>29 8:30 Tap Dancing 10:00 Connections Pinochle 10:45 Safe and Fit 12:30 Mahjongg 12:30 Qi Gong 2:00 Social/ Ballroom Dance</p> <p>Chicken Cacciatore</p>	<p>30 9:30 Diamond Art 10:00 Gentle Yoga 12:00 Duplicate Bridge 12:30 Bingo</p> <p>Beer Battered Fish</p>	<p>AARP Income Tax Assistance Mondays & Tuesdays <i>by appointment through April 9th</i></p> <p>Billiards Room Open Monday-Friday</p>	<p>Suggested Lunch Donation: \$1.25 Per Meal Please reserve lunch by 11:30 AM the day before. Lunch will Be Served at 11:30 Tuesdays & 11:45 Mon., Wed., Thurs., & Fri.</p>	<p> Continental Breakfast Monday-Friday 8:00AM to 11:00AM</p>