

# BERGEN NEW JERSEY *County*

James J. Tedesco III  
County Executive

## BOARD OF COUNTY COMMISSIONERS

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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

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

# 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: <a href="mailto:northwestcenter@co.bergen.nj.us">northwestcenter@co.bergen.nj.us</a> 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. 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



**3**  
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

**HAPPY COLUMBUS DAY**

**CENTER CLOSED**

**17**  
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"**  
11:45 Egg Salad on Romaine Lettuce



**24**  
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



**31**  
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

**4**  
10:00 MAHJONGG  
10:00 GENTLE YOGA  
12:00 DUPLICATE BRIDGE  
12:30 BINGO  
11:45 Beef Tacos

**11**  
10:00 MAHJONGG  
10:00 GENTLE YOGA  
12:00 DUPLICATE BRIDGE  
12:30 BINGO  
11:45 Skinless Eggplant Rollatini

**18**  
10:00 MAHJONGG  
10:00 GENTLE YOGA  
12:00 DUPLICATE BRIDGE  
12:30 BINGO  
11:45 Shepherd's Pie

**25** 10:00 MAHJONGG  
10:00 GENTLE YOGA  
12:00 DUPLICATE BRIDGE  
12:30 BINGO  
**12:30 ALZHEIMER'S ASSOC. VIRTUAL SUPPORT GROUP**  
alzheimer's association  
11:45 BBQ Pulled Pork



**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



**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

**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



**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



**6**  
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  
11:45 Potato Crusted Fish

**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  
11:45 Herb Roasted Chicken Leg Qtr.

**20**  
9:00 CONNECTIONS BRIDGE  
9:30 COUNTRY LINE DANCE  
10:30 BEGINNER TAP DANCING  
**11:30 TRANSITIONS GROUP**  
1:00 GENTLE YOGA  
1:30 CONNECTIONS BOOK CLUB  
11:45 Sliced Turkey Breast with Gravy and Cranberry Sauce

**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  
11:45 Pot Roast w/ Gravy



**YWCA ZOOM**

Exercise Classes  
<https://www.ywcannj.org/seniors/>

**7**  
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

**14 9-12 SNAP APPOINTMENTS**  
10:00 TAI CHI  
10:00 COMPUTER WORKSHOP  
12:00 MEDITATION & MINDFULNESS  
12:30 BINGO  
12:30 CONNECTIONS MAHJONGG  
2:00 CARDIO WITH COLLEEN

**21**  
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

**28**  
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

46-50 Center Street  
Midland Park, NJ 07432  
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Fax: 201-493-8911  
Email: northwestcenter@co.bergen.nj.us