

BERGEN NEW JERSEY *County*

James J. Tedesco III
County Executive

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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@bergencountynj.gov

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 December 2024



December 3	Total Brain Health w/ Agata	9:00AM
December 3	Holiday Door Hanger Craft w/ Agata	10:00AM
December 4	Holiday Party- All Activities Cancelled	10:30AM
December 9	Blood Pressure Screenings w/ Valley Health	11:00AM
December 13	Fannie Mutchko's 100th Birthday Bingo Bash	12:30PM
December 18	Presentation: Eating Healthy on a Budget w/ Braven Health	12:30PM
December 19	Aromatherapy & Hand Massage w/ Agata	9:30AM
December 19	Movie: Genie	12:30PM
December 20	Holiday Bingo	12:30PM
December 25	Center Closed	All Day

Please Note Center will be closed Wednesday, January 1, 2025

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.

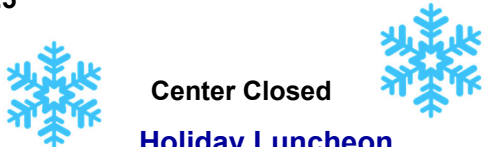


Holiday Luncheon

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

Wednesday, December 25, 2024
10:00 AM - 2:00 PM

To RSVP call 973-478-0502 or email seniors@bergencountynj.gov



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2 8:30 Tap Dancing 9:15 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>Turkey and Red Bean Chili</p>	<p>3 9:00 Total Brain Health 10:00 Holiday Door Hanger Craft 10:00 Gentle Yoga 12:00 Duplicate Bridge 12:30 Bingo</p> <p>Eggplant Rollatini</p>	<p>4 K R O I G D \ # S D U W \ # 10:30AM All Activities Cancelled</p> <p>Chicken Piccata</p>	<p>5 9:30 Country Line Dancing 10:00 Connections Bridge 10:30 Beginner Tap Dancing 1:00 Gentle Yoga</p> <p>Pork Loin with Gravy</p>	<p>6 9:00 Sound Bath Therapy 10:00 Computer Tutor 10:00 Tai Chi 12:30 Bingo 12:30 Meditation & Mindfulness 12:30 Connections Mahjongg 2:00 Zumba Gold w/ Lauren</p> <p>Egg Salad Platter with Romaine</p>
<p>9 8:30 Tap Dancing 9:15 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</p> <p>Cheeseburger with Lettuce & Tomato</p>	<p>10 10:00 Gentle Yoga 12:00 Duplicate Bridge 12:30 Bingo</p> <p>Korean BBQ Chicken Leg</p>	<p>11 8:30 Tap Dancing 10:00 Watercolor 10:30 Songs of the Decades 12:30 Connections Mahjongg 12:30 Brain & Body Holistic Movement 12:30 Mahjongg 1:30 Line Dancing</p> <p>Salisbury Steak with Gravy</p>	<p>12 9:30 Country Line Dancing 10:00 Connections Bridge 10:30 Beginner Tap Dancing 1:00 Gentle Yoga</p> <p>Chicken Francese</p>	<p>13 9:00 Sound Bath Therapy 10:00 Computer Tutor 10:00 Tai Chi 12:30 100th Birthday Bingo Bash 12:30 Meditation & Mindfulness 12:30 Connections Mahjongg 2:00 Zumba Gold w/ Lauren</p> <p>Balsamic Chicken</p>
<p>16 8:30 Tap Dancing 9:15 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>Turkey and Swiss with Romaine</p>	<p>17 10:00 Gentle Yoga 12:00 Duplicate Bridge 12:30 Bingo</p> <p>Italian Meatballs with Ziti Marinara</p>	<p>18 8:30 Tap Dancing 10:00 Watercolor 10:30 Songs of the Decades 12:30 Connections Mahjongg 12:30 Mahjongg 12:30 Presentation: Eating Healthy on a Budget 1:30 Line Dancing</p> <p>Cheese Omelet</p>	<p>19 9:30 Aromatherapy & Hand Massage 9:30 Country Line Dancing 10:00 Connections Bridge 10:30 Beginner Tap Dancing 12:30 Movie: Genie 1:00 Gentle Yoga 1:00 Connections Stitch & Chat</p> <p>Chicken Florentine</p>	<p>20 9:00 Sound Bath Therapy 10:00 Computer Tutor 10:00 Tai Chi 12:30 Holiday Bingo 12:30 Meditation & Mindfulness 12:30 Connections Mahjongg 2:00 Zumba Gold w/ Lauren</p> <p>Chicken Marsala</p>
<p>23 8:30 Tap Dancing 9:15 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>Fish with Lemon Pepper Sauce</p>	<p>24 10:00 Gentle Yoga 12:00 Duplicate Bridge 12:30 Bingo</p> <p>Stuffed Cabbage</p>	<p>25  Center Closed Holiday Luncheon Garfield Senior Center 10am-2pm</p>	<p>26 9:30 Country Line Dancing 10:00 Connections Bridge 10:30 Beginner Tap Dancing 1:00 Gentle Yoga 1:30 Connections Book Club</p> <p>Chicken Fettuccini Alfredo</p>	<p>27 9:00 Sound Bath Therapy 10:00 Computer Tutor 10:00 Tai Chi 12:30 Bingo 12:30 Meditation & Mindfulness 12:30 Connections Mahjongg 2:00 Zumba Gold w/ Lauren</p> <p>Homestyle Meatloaf with Gravy</p>
<p>30 8:30 Tap Dancing 9:15 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>Tuna Salad Platter with Romaine</p>	<p>31 10:00 Gentle Yoga No Duplicate Bridge No Bingo</p> <p>Roasted Chicken Leg</p>	<p> <i>happy holidays!</i></p>	<p>Continental Breakfast Monday-Friday 8:00AM-11:00AM</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 on Tuesdays & 11:45 Mon., Wed., Thurs. & Fri.</p>