



# 60+ LIVING IN WESTWOOD

## *Westwood for All Ages*

## SUMMERTIME IS FUNTIME IN WESTWOOD

MARK YOUR CALENDARS FOR THIS SUMMER'S CAN'T MISS EVENTS

WESTWOOD RECREATION DEPARTMENT

### SUMMER CONCERT SERIES

in Veterans' Memorial Park

8 PM Thursdays

June 24 Equilla Rose

July 1 Come On Down Street Lane

July 8 Real Birmingham

July 15 Soul Groove

July 22 Reminisce

July 29 Prairie Rose

All shows at 8:00 p.m.

www.westwoodnj.gov/179/recreation

June 24 - July 29  
July 1 - July 29  
July 8 - July 29  
July 15 - July 29  
July 22 - July 29  
July 29 - July 29

Lightbridge

WESTWOOD RECREATION DEPARTMENT

### MOVIES In the Park

All Shows Thursday 8:00 p.m.  
Veterans' Memorial Park  
Bring Chairs or Blankets  
Free Popcorn!

AUGUST 5 Holes AUGUST 12 The Way, Way Back AUGUST 19 Cool Runnings AUGUST 26 Miraculous

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Whether you are a fan of theatre; country, rock or classical music; film or art, Westwood, NJ is the place to be for a fun time in summertime! All you need to join in on the experience is a calendar and a lawn chair. Add friends, family and maybe some local treats and you've got the makings of a fun night out.

Leading the return to summer fun is, of course, the [Westwood Recreation Department](#) who has been bringing concerts and movies to Westwood's historic bandstand in Veterans' Memorial Park for at least two decades. According to recent announcements you can expect a return to [The Summer Concert Series](#) and [Movies in the Park](#) on Thursdays at 8:00 p.m. in July and August, respectively. Check out their flyers here for listings or visit [www.westwoodnj.gov/179/recreation](http://www.westwoodnj.gov/179/recreation) to see the latest news on events and programs including the [Westwood Community Band's](#) summer schedule to be announced.

[Celebrate Westwood](#), a newcomer to the summer entertainment scene, has also coordinated with the Recreation Department to bring small bands and soloists, Shakespeare and local theatre performances to Veteran's Park, in addition to their Arts on the Avenues program which puts musicians and artists on street corners during the summer. You can view their schedule of performances at [www.celebratewestwood.org](http://www.celebratewestwood.org).

There's one last entry to Westwood's the summertime entertainment calendar! [The Westwood Cinemas Movie Theatre](#) is open again—one of the last businesses to reopen following easing of pandemic protocols. So if you are looking for a place to cool off and enjoy the new releases coming soon, stop by the movie theatre at 182 Center Avenue. For up to date showtimes, see [westwoodmoviehouse.com](http://westwoodmoviehouse.com) or call (201) 664-3200.

(Turn to page 9 for a quick [Westwood Public Library update too!](#))

ART & MUSIC HAPPENINGS SUMMER 2021

#explorethehub

LUNCH ON THE LAWN (at All Saints of Old Church Home) CW & LR

ARTS ON THE AVENUES (various hours of music every weekend) CW

JUN 19 NASH EAST (adults only) CW

JUN 26 SHOP THE HUB, Promising Women & the Westwood 8-Block CW

JULY 3 RIDGEWOOD ORCHESTRA RIC

JULY 10 ARTS AMBLE (featuring local artists & the Adelphi Orchestra) CW & LR

JULY 17 PAINT NIGHT\* (adults only) LR

JULY 24 BACK TO BACH\* LR

JULY 31 COMMUNITY BAND (adults and teens only) RIC

AUGUST 7 SUMMER CONCERT SERIES (adults only) RIC

AUGUST 14 BROADWAY SINGS STANDARDS (adults only) CW

AUGUST 21 SUMMER MOVIE SERIES (adults only) RIC

AUGUST 28 SHAKESPEARE IN THE PARK (adults only) CW

SEPT 4 KEYS TO OUR AMERICAN DREAM (musical arts project) CW

SEPT 11 BROADWAY SINGS STANDARDS (adults only) CW

\*Registration may be required

Funding CDC & Social guidelines  
CW = Community Workload  
RIC = Recreational Capacity  
RCC = Recreation Department

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Westwood Senior Center, Westwood, NJ

06-5299

## MAKE WATER YOUR BEST FRIEND!

Water plays a vital role in supporting healthy aging. Unlike fat, our bodies can't store water, so it's necessary to replenish continuously throughout the day. In addition to staying hydrated, water facilitates the removal of toxins, and prevents overeating.

As we are in the warmer months, ensure you make a point to practice healthy hydration by taking in your necessary daily intake.

Consider some of these tips when trying to stay hydrated to optimize your health:

 Drink the right amount of water. Certain health conditions and lifestyles can determine how much water you need, so consult with your healthcare provider. As a baseline, you should be drinking 64 ounces\* per day.



 Purchase a reusable water bottle. The easiest way to remember to drink more water is to keep a water bottle handy at all times. Your water bottle becomes your visual cue to drink more, and you are more likely to refill it when it is empty (There are many water bottle options online and available in most grocery and drug stores).

 Drink water with every meal. Drinking water with your meals not only helps you stay hydrated, but can also help improve your body's digestion. If you are hydrated, your body will produce sufficient saliva, which helps break down food into nutrients that your body can easily absorb.

 Eat your vegetables. Your food choices are a significant contributor to hydration and account for roughly 20 percent of your daily fluid intake. Remember these vegetables, which are high in water: iceberg lettuce, celery, and cucumbers. To put it into perspective, the water composition of a cucumber is 96%, making it a smart choice to include on salads.

 Track your water intake. So you don't fall behind, and are sure to consume 64 ounces\* of water daily, log water intake in a journal or a smartphone App like My Fitness Pal or My Water to remind yourself when it's time to fill up.

 Flavor your water with fresh slices of lemons, limes, cucumbers, berries, or any other fruit if you need a little something extra to help you drink enough throughout the day. You can even put it in a fancy glass with ice cubes and a sprig of mint to make it more appealing!

Proper hydration is as critical as healthy nutrition when working towards healthy habits for optimal aging. So grab that bottle, fill it up and say CHEERS to proper hydration!

**\*Consult with your healthcare provider prior to changing the amount of water you drink as it can affect certain health conditions and medications.**

# SOCIAL CONNECTION HAPPY HOUR

## LIVE! IN VETERANS' PARK— an update

It was an unseasonably warm Sunday afternoon on May 23 when we gathered together in Veterans' Memorial Park for an outdoor installment of our popular pandemic program The Social Connection Happy Hour — a social gathering created to keep us all connected as we slogged through the pandemic protocols that had us worried, isolated and longing for some calm in the storm.

The event started with a hearty welcome from Westwood Mayor Ray Arroyo and members of the governing body including Council President Beth Dell, Councilwomen Erin Collins and Jody Murphy and Councilman Rob Bicocchi. This was followed by updates on local events, the release of the second edition of our resource guide, music from Celebrate Westwood Arts on the Avenues performer Gordo, entertainment from teen volunteers of Konnect Global who also taught us some rad dance moves as well as how to use a QR code! It was a great event and we were happy to finally be seeing everyone out and about and connecting!



**Scenes from the day!** Lisa Bontemps, WWFAA Program Manager shows off the 2nd edition of our resource guide at the May 23rd Social Connection event held in Veteran's Park. Council members Erin Collins, Jody Murphy, Beth Dell, Rob Bicocchi plus camera shy Mayor Ray Arroyo greeted attendees. Gordo and student volunteers of Konnect Global entertained the crowd of more than 60 of Westwood's senior residents.

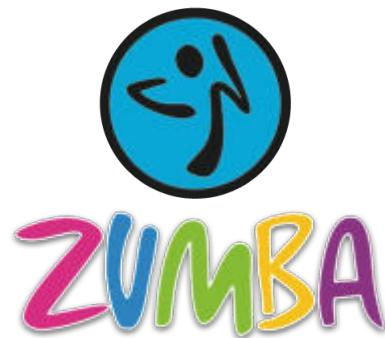


## MAKE PLANS TO VISIT THE RILEY SENIOR CENTER

The Thomas J. Riley Senior Center is open with limited capacity for outdoor and indoor activities as well as take-out lunch. The Riley Center is located at 100 Madison Avenue within Westwood House.

Following current pandemic protocols, guests will have their temperature taken on arrival, are required to wear a mask when entering the center, and capacity will be limited to 20 people per program. Additionally, the center received a Community Development Block Grant through Bergen County for MERV-17 air filtration systems which are now located throughout the facility, increasing the safety of indoor programming.

The Riley Center's senior lunch program catered by La Casa Formoso, a favorite among center visitors, will also be open for take-out only. For a nominal donation of \$3.50, guests can enjoy a delicious offering of menu items including meatloaf with mashed potatoes and vegetables, fresh breaded flounder served with spring vegetables, egg salad on rye with pasta vegetable salad, and pastosa ravioli bolognese with sweet sausage and salad. All meals are served with juice and fruit or pudding. Pick-up of meals is available to patrons from the take-out goodie window. Delivery is available to all Westwood House residents.



In addition, The Riley Center is offering tai chi, brain games, chair yoga, healthy eating/nutrition group, exercise with the Booty Busters, Zumba, music therapy, and meditation.

Call Thomas J. Riley Senior Center at (201) 666-0840 to request a menu, re-reserve your meal, and register for programs. If weather allows, classes will take place outdoors. For more information, visit [tjrileyseniorcenter.com](http://tjrileyseniorcenter.com).



## MUSIC, MEALS AND VOLUNTEERS!

### MUSIC THERAPY

**Meals on Wheels North Jersey** is bringing the healing power of music to its clients and Riley Center patrons! Via its new Virtual Music Therapy & Chat group now older residents can join a music therapist to engage in group singing, rhythmic interaction and therapeutic songwriting which can help alleviate the struggles associated with social isolation, the symptoms of aging, anxiety and depression. The outreach program in a collaborative effort with the JCC on the Palisades, the TJ Riley Center, and the PALS Program. It was started as a response to the effects of social isolation that were exacerbated by the pandemic. The program, staffed by a certified music and a music therapy intern, offers both virtual and in person sessions, as well as small groups. If you or someone you know is interested, please contact the office at 201-358-0050.

### MEAL DELIVERY UPDATE

Additionally, meal delivery has been back on our regular Monday through Friday schedule since last July. We are still asking our drivers to wear masks, use hand sanitizer between deliveries, and maintain social distancing when possible. These protocols will be in place for at least the next few weeks as we monitor the cases in our area.

### COME DRIVE FOR US!

Meals on Wheels North Jersey provides more than a meal to our home bound neighbors, nourishing both the body and mind through the delivery of nutritious food and a daily well visit.

We are very proud of the hundreds of caring volunteers that serve as the backbone for Meals on Wheels North Jersey. They use their own cars, fuel and personal time to deliver nutritious meals to our clients throughout northern Bergen County. Our drivers are often the only outside contact some of our clients have each day and they are able to alert us to the additional needs of our clients. Volunteering for a Meals on Wheels program is a fulfilling experience - meeting those you are helping and contributing to your community!

Meals are prepared at two professional kitchen locations in Bergen County. Drivers are assigned to a regular route and to a specific pick-up location near that route. The length of each route varies but we try to keep the total delivery time to within an hour. Each driver is scheduled to deliver meals about once per month. Directions are provided to each client location.

To become a Meals On Wheels volunteer, drivers must be available to pick up and deliver meals between 10:30 a.m. and 12:30 p.m., M-F; drivers typically volunteer one day a month. Interested in volunteering or if you know of a home bound senior who could benefit from these services? Call (201) 358-0050.

# FOOD DONATIONS, DISTRIBUTION AND ASSISTANCE

Many area churches and organizations are accepting food and financial donations to help stock food pantries that serve our community. Below is a list of food distribution sites and their most recent published schedules. **Additionally, If you are an older resident in Westwood who needs assistance with pick up and delivery of food pantry distributions, contact Westwood For All Ages at (201) 834-4192.**

## THE HELPING HAND FOOD PANTRY

**349 Hillsdale Avenue, Hillsdale, NJ 07642**

The Pantry is located at the Hillsdale United Methodist Church's South entrance on the corner of Magnolia Avenue & Washington Avenue. Hours: Monday 5:30-7:00 PM First Saturday of the Month 9:00-10:30 a.m. Email: [TheHelpingHandFoodPantry@gmail.com](mailto:TheHelpingHandFoodPantry@gmail.com)

## ST. ANDREW'S FOOD PANTRY

**120 Washington Ave., Westwood, NJ 07675**

Food Pantry distribution is held on Thursdays from 6:15-7:15 p.m. Non-perishable food can be dropped off in the Parish Center lobby Monday through Thursday 9 am - 1pm. If you would like to donate perishable items, please send an email to [parishinfo@standrewcc.com](mailto:parishinfo@standrewcc.com). Supermarket gift cards are always welcome, too.

## WESTWOOD UNITED METHODIST CHURCH

**Kinderkamack Ave. and Bergen Street, Westwood, NJ 07675**

Food distribution will be held every 2nd Tuesday from 6:00 p.m.—7:30 p.m. All are welcome. Participant information will be collected for accounting purposes only. No identification needed.

## MT. ZION BAPTIST CHUCH FOOD DISTRIBUTION

**22 Sand Road, Westwood, NJ 07675**

Food distribution is held every 3rd Saturday from 11:00 a.m.—1:00 p.m. All are welcome. Participant information will be collected for accounting purposes only. No identification needed. For additional information call 201-664-1557 or email [mzbcwestwood@gmail.com](mailto:mzbcwestwood@gmail.com).

## FOOD PANTRY AT PARKSIDE CHURCH

**545 4th Avenue, Westwood, NJ 07675**

The food pantry distribution at Parkside Church operates on the 4th Tuesday of the month from 5:00-7:30 p.m. ***In addition, those in need may also participate in our weekly hot meals and fresh produce program.*** For more information contact Lisa Bontemps, 201-834-4192. Non-perishables can be donated any time by dropping off in the donation box in the front of the church on Park Avenue.



## RESOURCES

## SHOPPING & RESTAURANTS

*When shopping or picking up from stores & restaurants please remember to follow current social distancing guidelines and remember to wash your hands when you return home.*

### LOCAL RESTAURANTS & STORES

Westwood Chamber of Commerce has created the Support Westwood campaign designed to update residents on local business offerings from phone and online ordering to delivery and curbside pickup. Visit <https://support.westwoodnjchamber.com/> for listings or take a look at this short list of local favorites.

<b>Conrad's Confectionary</b>	(201) 664-2895	<a href="https://conradscandy.com/">https://conradscandy.com/</a>
<b>Flynn's Deli</b>	(201) 666-4417	<a href="http://www.flynnsdeli.com/tiki-index.php">http://www.flynnsdeli.com/tiki-index.php</a>
<b>Iron Horse</b>	(201) 666-9682	<a href="https://www.theironhorse.com/">https://www.theironhorse.com/</a>
<b>Jack's Café</b>	(201) 666-0400	<a href="http://jackscafencj.com/">http://jackscafencj.com/</a>
<b>Lepore's Italian Market</b>	(201) 664-1716	<a href="https://leporesitalianmarket.com/">https://leporesitalianmarket.com/</a>
<b>PJ Finnegan's</b>	(201) 664-7576	<a href="https://www.pjfinnegans.com/">https://www.pjfinnegans.com/</a>
<b>Pompilio's</b>	(201) 664-9292	<a href="https://www.pompiliospizzeriarestaurant.com/">https://www.pompiliospizzeriarestaurant.com/</a>
<b>True Food Market</b>	(201) 588-7204	<a href="https://www.enjoytruefood.com/westwood-market">https://www.enjoytruefood.com/westwood-market</a>
<b>Westwood Prime Meats</b>	(201) 664-0069	<a href="https://www.westwoodprimemeats.com/">https://www.westwoodprimemeats.com/</a>

### GROCERIES

Before going out, call your local grocery store to see if they are operating special hours for elderly or disabled customers or to see if they offer delivery.

<b>Trader Joe's Westwood:</b>	(201) 263-0134	HOURS 9:00 AM - 9:00 PM DAILY
<b>Stop n Shop Emerson:</b>	(201) 262-1834	HOURS 6:00 AM—12:00 AM DAILY
<b>Shop Rite Emerson:</b>	(201) 262 - 0012	HOURS 7:00 AM—10:00 PM DAILY
<b>Shop Rite Hillsdale:</b>	(201) 666 - 7821	HOURS 7:00 AM—10:00 PM DAILY

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## RESOURCES

## HEALTH & SOCIAL SERVICES

*When shopping or picking up from stores or offices please remember to follow current social distancing guidelines and remember to wash your hands when you return home. If you are experiencing a medical emergency dial 911.*

### DRUGSTORES

Lewis Drugs	201-664-0606	<a href="https://www.lewisdrugsofwestwood.com/">https://www.lewisdrugsofwestwood.com/</a>
CVS	201-664-1004	Wednesdays, 9AM-10AM reserved exclusively for vulnerable guests & their caregivers.

### GOVERNMENT & SOCIAL SERVICES

#### Bergen County Division of Senior Services 201-336-7400

The Division of Senior Services is the primary planning, coordinating and funding agency for senior programs and services, promoting the well-being, health and independence of Bergen County's more than 190,000 older adults. The Division targets especially those vulnerable and in greatest social and economic need. <https://www.co.bergen.nj.us/division-of-senior-services>

#### Borough of Westwood 201-664-7100 [www.westwoodnj.gov](http://www.westwoodnj.gov)

Updates regarding stay-at-home orders and business opening guidelines from Westwood Mayor Ray Arroyo can be found at the borough homepage or at <https://www.facebook.com/rayarroyowestwood/>

#### Westwood Board of Health 201-664-7100, ext. 129 <https://www.westwoodnj.gov/213/Board-of-Health>

#### Westwood Social Services & Food Pantry 201-664-7100, ext. 110 [kelgert@westwoodnj.gov](mailto:kelgert@westwoodnj.gov)

#### Westwood Volunteer Ambulance Corps 201-664-0003 Non emergency number

<http://www.westwoodvolunteerems.org/>

#### Westwood Volunteer Fire Dept. 201-664-0526 Non emergency number [www.westwoodfirenj.com](http://www.westwoodfirenj.com)

#### Westwood Police Department 201-664-7000 Non emergency number

The Westwood Police Department recently announced a partnership with Frontline Public Safety Solutions in order to bring a new level of cooperation between the Police Department and the residents of Westwood. Frontline offers an online portal that will enable residents to connect with the Police Department in a variety of ways. Of interest to senior residents is the At-Risk module that allows Officers to gather and store information on individuals that may need special assistance. The elderly and special needs individuals are some of the people that may benefit from this platform. Names, addresses, physical descriptions, photos, medical histories, and forms of communication are the type of the information that can be stored. Officers would have immediate access to this information when a situation unfolds which helps the Police Department and residents bridge the gap in a time of need. The Westwood Police Department would like to encourage all residents to utilize this great service. It is accessible by visiting <https://www.frontlinepss.com/westwoodnjpd>.

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## July's Dementia Caregiver Education Series



This four-part series has been designed specifically for family members caring for someone living with any form of dementia. From your computer or iPad, you and a community of others facing similar challenges will learn essential information and acquire day to day strategies and skills from professionals.

**Four (4) Tuesdays, July 6-27, 12 pm**

**July 6:** Healthy Living for Your Brain and Body

**July 13:** The Importance of Connection and Self-care

**July 20:** How to Pick a Long-Term Care Facility

**July 27:** Safety is More Than a Grab Bar

To register please contact

Marlene mceragno@jccotp.org  
or 201.569.7900 ext 439.

Once you register a Zoom link  
will be sent to you for the sessions.

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### A note from the Westwood Public Library...

The Library is now open without restriction, but we do ask that you continue to wear your masks. Adult computers are available as before for one hour. If you have any questions be sure to let us know. Here's a few events we think you'll enjoy this summer.

- **Virtual Visit to Cape May Pointe State Park, via Zoom, Tuesday, Jul. 13, 7:00 pm - 8:00 pm** — Join us for a virtual presentation about beautiful Cape May Pointe State Park! Learn about the park, lighthouse, bird migrations and more! Please register for zoom access.
- **Virtual Presentation on Hudson River Lighthouses, via Zoom, Thursday, Jul. 22, 7:00 pm - 8:00 pm** — Kevin Woyce, author and photographer will guide us through a virtual tour of the Hudson River's lighthouses, past and present. Hear the stories of why these lighthouses were built and of the brave men and women who kept them shining. The program includes recent photographs as well as vintage images of the locations. Please register.
- **Online Book Group: Walking to Listen by Andrew Forsthoefel, ONLINE ZOOM, Thursday, Aug. 19, 7:30pm** — The Online Book Group takes place on zoom and all adults are welcome to join. Copies of the book are available at the Library a month prior to each discussion. Please note that some titles are also available as downloadable ebooks and eaudio books. Please register for each month you plan to attend and a zoom invitation will be sent to you prior to each discussion date.

To register for these or any other summer programs come to the library at 49 Park Avenue across from the train station parking lot or go to our website at <https://www.westwoodpubliclibrary.org>.

## TECHNOLOGY RESOURCES

Across the internet, organizations that serve the senior population have ramped up their technology training programs (many of them free or low-cost) that will get you Zooming, Texting, and Live Streaming in no time. Here's a few that [Westwood For All Ages](#) recommends:

**-CyberSeniors ([www.cyberseniors.org](http://www.cyberseniors.org))**

**-COVIA Well-Connected (<https://covia.org/services/well-connected/>)**

**-Senior Planet ([www.seniorplanet.org](http://www.seniorplanet.org)) .**

You can also check out a tablet device (complete with AT&T data plan, Netflix, oldies radio, zoom and web browsing) from Meals on Wheels North Jersey. Contact [Westwood For All Ages](#) at 201-834-4192 for details!

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Westwood Senior Center, Westwood, NJ

06-5299

# GET GOING WITH THE WESTWOOD COMMUNITY VAN!

Got an appointment you need to keep but don't have a ride? Need to go grocery shopping but can't walk to the store? Make a ride reservation on the Westwood Community Van!

This free service courtesy of the Borough of Westwood and managed by the Westwood Recreation Department enables seniors and physically disabled residents to independently manage travel arrangements for their medical and social appointments and shopping chores within the Westwood/Pascack Valley area.

Currently, the Westwood Senior Van operates on Tuesdays and Thursdays from 9 a.m. until 2 p.m. Due to Covid-19 restrictions the van will transport one rider per trip. Masks are required for all riders. Additionally, the driver is not permitted to assist with entry on to or exit from the van and is not allowed to carry bags or packages for riders. Riders who anticipate needing such assistance are permitted to bring a an assistant for this purpose.

## How to Schedule an Appointment:

Westwood residents, please call for the service at **201-664-7100, ext. 170** at least two days in advance (if that is possible) to make an appointment for pick up between 9:30 a.m. and 2 p.m. You may leave a message at any time. You will receive a call confirming your appointment.



## Meals on Wheels

(201) 358-0050      [Mealsonwheelsnorthjersey.org](http://Mealsonwheelsnorthjersey.org)

## Westwood Community Senior Van

(201) 664-7100 ext.170

Please call for hours and service area. <https://www.westwoodnj.gov/210/Senior-Van>

## Bergen County Senior Van

(201) 368-5955

Monday through Friday, 10am—2pm Pre-registration required. Call 10-14 days in advance.

## Westwood Free Public Library

(201) 664-0583      [www.westwoodpubliclibrary.org](http://www.westwoodpubliclibrary.org)



## Westwood for All Ages

100 Madison Avenue, Suite 3  
Westwood, NJ 07675

Jeanne Martin, Executive Director

Lisa Bontemps, Program Manager

RoseAnn Ciarlante. Asst. Program Manager

201-834-4192

[ww4allages@gmail.com](mailto:ww4allages@gmail.com)

[Westwoodforallages.org](http://Westwoodforallages.org)

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