



James J. Tedesco III
County Executive

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DEPARTMENT OF HUMAN SERVICES
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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 Street
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
June 2025**

June 2	*	Clay Art w/ Vicky	12:30PM
June 4	*	Demonstration: Healthy Smoothies w/ Marla Klein, RDN	12:30PM
June 5	*	Senior Planet Presentation: Online Shopping	12:30PM
June 9	*	New Jersey Motor Vehicle Mobile Van BY APPOINTMENT ONLY	9:00AM
June 9		Blood Pressure Screenings w/ Valley Health	11:00AM
June 10		Total Brain Health w/ Agata Halat	9:00AM
June 10	*	Aromatherapy & Hand Massage w/ Agata Halat	9:45AM
June 12		BCDSC (Deaf Group)	10:00AM
June 18	*	Presentation: How to Build an Emergency Kit w/ Agata Halat	12:30PM
June 20		Center Closed– Juneteenth Day Observed	CLOSED
June 25	*	Movie: A Complete Unknown	12:30PM
June 26		BCDSC (Deaf Group)	10:00AM
June 26	*	June Birthday Lunch	11:45AM

Advanced Registration for Programs with * Required.

To register please call **(201) 445-5690** or visit the Northwest Senior Center Office

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.



Senior Festival

Thursday, September 18, 2025
Rain Date: Thursday, September 25, 2025
10:00AM - 2:00PM
Van Saun County Park, Paramus



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>2</div> <div>8:30 Tap Dancing 9:30 French Class 10:00 Connections Pinochle 10:45 Safe & Fit w/ Lourdes 12:30 Mahjongg or Qi Gong 2:00 Social / Ballroom Dance</div> <div>Roast Turkey w/ Swiss Cheese</div>	<div>3</div> <div>9:00 Diamond Art 10:00 Gentle Yoga 12:00 Duplicate Bridge 12:30 Bingo 12:30 Clay Art</div> <div>Hawaiian Chicken</div>	<div>4</div> <div>8:30 Tap Dancing 10:00 Watercolor 10:30 Songs of the Decades 12:30 Connections Mahjongg or Mahjongg 12:30 Demonstration:Healthy Smoothies 1:30 Line Dancing</div> <div>Pork Tenderloin</div>	<div>5</div> <div>9:30 Country Line Dancing 10:00 Connections Bridge 10:30 Beginner Tap Dancing 12:30 Senior Planet: Online Shopping 1:00 Gentle Yoga</div> <div>Seafood Salad Platter</div>	<div>6</div> <div>9:00 Sound Bath Therapy 10:00 Computer Workshop 10:00 Tai Chi or Art Workshop 12:30 Bingo 12:30 Connections Mahjongg 2:00 Zumba Gold w/ Lauren</div> <div>Chicken Cordon Bleu</div>
<div>9</div> <div>8:30 Tap Dancing 9:00 NJMVC Van 9:30 French Class 10:00 Connections Pinochle 10:45 Safe & Fit w/ Lourdes 11:00 Blood Pressure Screenings 12:30 Mahjongg or Qi Gong 2:00 Social / Ballroom Dance Stuffed Peppers</div> <div></div>	<div>10</div> <div>9:00 Diamond Art 9:00 Total Brain Health Class 9:45 Aromatherapy & Hand Massage 10:00 Gentle Yoga 12:00 Duplicate Bridge 12:30 Bingo</div> <div>Tuna Noodle Salad over Romaine</div>	<div>11</div> <div>8:30 Tap Dancing 10:00 Watercolor 10:30 Songs of the Decades 12:30 Connections Mahjongg or Mahjongg 12:30 Brain & Body Holistic Movement 1:30 Line Dancing</div> <div>Turkey Tacos</div>	<div>12</div> <div>9:30 Country Line Dancing 10:00 Connections Bridge 10:00 BCDSC (Deaf Group) 10:30 Beginner Tap Dancing 1:00 Gentle Yoga</div> <div>Chicken Florentine</div>	<div>13</div> <div>9:00 Sound Bath Therapy 10:00 Computer Workshop 10:00 Tai Chi or Art Workshop 12:30 Bingo 12:30 Meditation & Mindfulness 12:30 Connections Mahjongg 2:00 Zumba Gold w/ Lauren</div> <div>Eggplant Parmesan</div>
<div>16</div> <div>8:30 Tap Dancing 9:30 French Class 10:00 Connections Pinochle 10:45 Safe & Fit w/ Lourdes 12:30 Mahjongg or Qi Gong 2:00 Social / Ballroom Dance</div> <div>Chicken Fettucine Alfredo</div>	<div>17</div> <div>9:00 Diamond Art 10:00 Gentle Yoga 12:00 Duplicate Bridge 12:30 Bingo</div> <div>Homestyle Meatloaf</div>	<div>18</div> <div>8:30 Tap Dancing 10:00 Watercolor 10:30 Songs of the Decades 12:30 Connections Mahjongg or Mahjongg 12:30 Presentation: How to Build an Emergency Kit 1:30 Line Dancing Jamaican Jerk Chicken Leg</div> <div></div>	<div>19</div> <div>9:30 Country Line Dancing 10:00 Connections Bridge 10:30 Beginner Tap Dancing 1:00 Gentle Yoga</div> <div>BBQ Pulled Pork Sandwich</div>	<div>20</div> <div></div> <div>Center Closed</div>
<div>23</div> <div>8:30 Tap Dancing 9:30 French Class 10:00 Connections Pinochle 10:45 Safe & Fit w/ Lourdes 12:30 Mahjongg or Qi Gong 2:00 Social / Ballroom Dance</div> <div>Stuffed Cabbage</div>	<div>24</div> <div>9:00 Diamond Art 10:00 Gentle Yoga 12:00 Duplicate Bridge 12:30 Bingo</div> <div>Ham Steak w/ Pineapple</div>	<div>25</div> <div>8:30 Tap Dancing 10:00 Watercolor 10:30 Songs of the Decades 12:30 Connections Mahjongg or Mahjongg 12:30 Brain & Body Holistic Movement 12:30 Movie: A Complete Unknown 1:30 Line Dancing Chicken Parmesan</div> <div></div>	<div>26</div> <div>9:30 Country Line Dancing 10:00 Connections Bridge 10:00 BCDSC (Deaf Group) 10:30 Beginner Tap Dancing 11:45 June Birthday Lunch 1:00 Gentle Yoga</div> <div>Chef Salad</div>	<div>27</div> <div>9:00 Sound Bath Therapy 10:00 Computer Workshop 10:00 Tai Chi or Art Workshop 12:30 Bingo 12:30 Meditation & Mindfulness 12:30 Connections Mahjongg 2:00 Zumba Gold w/ Lauren</div> <div>Pot Roast</div>
<div>30</div> <div>8:30 Tap Dancing 9:30 French Class 10:00 Connections Pinochle 10:45 Safe & Fit w/ Lourdes 12:30 Mahjongg or Qi Gong 2:00 Social / Ballroom Dance</div> <div>Korean BBQ Chicken Leg</div>	<div></div>	<div>Please register in advance for programs highlighted in bold.</div>	<div>Continental Breakfast</div> <div>Monday-Friday 8:00AM-11:00AM</div> <div></div>	<div>Suggested Lunch Donation: \$1.25 Per Meal Please reserve lunch by 11:30 AM the day before</div> <div>Lunch will Be Served at 11:30 on Tues. & Fri. & 11:45 on Mon., Wed., & Thurs.</div>