



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@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
July 2025**

July 1,8,22.29	*	Clay Class w/ Vicky	12:30PM
July 2	*	Presentation: Senior Medicare Patrol of NJ w/ Joel Schneider, SMP Outreach Specialist	12:30PM
July 4		Center Closed– 4th of July	CLOSED
July 8		Total Brain Health w/ Agata Halat	9:00AM
July 8	*	Aromatherapy & Hand Massage w/ Agata Halat	9:45AM
July 10		BCDSC (Deaf Group)	10:00AM
July 14		Blood Pressure Screenings w/ Valley Health	11:00AM
July 16	*	Presentation: The PSE&G Community Solar Program w/ Cynthia Arone, Greater Bergen Community Action	12:30PM
July 17	*	Movie: Audrey's Children	12:30PM
July 24		BCDSC (Deaf Group)	10:00AM
July 30		Mobility Workshop w/ Christopher Carroll, YWCA	12:30PM

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>Continental Breakfast</div> <div>Monday-Friday 8:00AM-11:00AM</div> <div></div>	<div>1</div> <div>9:00 Diamond Art 10:00 Gentle Yoga 12:00 Duplicate Bridge 12:30 Bingo 12:30 Clay Class</div> <div>Egg Salad Platter with Spinach</div>	<div>2</div> <div>8:30 Tap Dancing 10:00 Watercolor 10:30 Songs of the Decades 12:30 Connections Mahjongg 12:30 Mahjongg 12:30 Senior Medicare Patrol of NJ 1:30 Line Dancing</div> <div>Roast Turkey with Gravy</div>	<div>3</div> <div>9:30 Country Line Dancing 10:00 Connections Bridge No Beginner Tap Dancing 1:00 Gentle Yoga</div> <div>Beef Hot Dogs</div>	<div>4</div> <div></div> <div>Center Closed</div>
<div>7</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>Hawaiian Chicken</div>	<div>8</div> <div>9:00 Diamond Art 10:00 Gentle Yoga 12:00 Duplicate Bridge 12:30 Bingo 12:30 Clay Class</div> <div>Stuffed Peppers</div>	<div>9</div> <div>8:30 Tap Dancing 10:00 Watercolor 10:30 Songs of the Decades 12:30 Connections Mahjongg 12:30 Mahjongg 12:30 Brain & Body Holistic Movement 1:30 Line Dancing</div> <div>Tuna Noodle Salad over Spinach</div>	<div>10</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 1:00 Connections Stitch & Chat</div> <div>Stuffed Shells</div>	<div>11</div> <div>9:00 Sound Bath Therapy 10:00 Computer Workshop 10:00 Tai Chi or Art Workshop 12:30 Bingo No Meditation & Mindfulness 12:30 Connections Mahjongg 2:00 Zumba Gold</div> <div>Cheeseburger</div>
<div>14</div> <div>8:30 Tap Dancing 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</div> <div>Chicken Cordon Bleu</div>	<div>15</div> <div>9:00 Diamond Art 10:00 Gentle Yoga 12:00 Duplicate Bridge 12:30 Bingo</div> <div>Salisbury Steak with Gravy</div>	<div>16</div> <div>8:30 Tap Dancing 10:00 Watercolor 10:30 Songs of the Decades 12:30 Connections Mahjongg/ Mahjongg 12:30 PSE&G Community Solar Program 1:30 Line Dancing</div> <div>BBQ Pulled Pork Sandwich</div>	<div>17</div> <div>9:30 Country Line Dancing 10:00 Connections Bridge 10:30 Beginner Tap Dancing 12:30 Movie Audrey's Children 1:00 Gentle Yoga</div> <div>Chicken Parmesan</div>	<div>18</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 Seafood Salad with Mixed Greens</div>
<div>21</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>Homestyle Meatloaf with Gravy</div>	<div>22</div> <div>9:00 Diamond Art 10:00 Gentle Yoga 12:00 Duplicate Bridge 12:30 Bingo 12:30 Clay Class</div> <div>Cheese Omelet</div>	<div>23</div> <div>8:30 Tap Dancing 10:00 Watercolor 10:30 Songs of the Decades 12:30 Connections Mahjongg 12:30 Mahjongg 12:30 Brain & Body Holistic Movement 1:30 Line Dancing</div> <div>Eggplant Rollatini</div>	<div>24</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 1:30 Connections Book Club</div> <div>Turkey and Swiss</div>	<div>25</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 Korean BBQ Chicken Leg</div>
<div>28</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>Beer Battered Fish</div>	<div>29</div> <div>9:00 Diamond Art 10:00 Gentle Yoga 12:00 Duplicate Bridge 12:30 Bingo 12:30 Clay Class</div> <div>Chicken Florentine</div>	<div>30</div> <div>8:30 Tap Dancing 10:00 Watercolor 10:30 Songs of the Decades 12:30 Connections Mahjongg 12:30 Mahjongg 12:30 Mobility Workshop 1:30 Line Dancing</div> <div>Chef Salad</div>	<div>31</div> <div>9:30 Country Line Dancing 10:00 Connections Bridge 10:30 Beginner Tap Dancing 1:00 Gentle Yoga</div> <div>Roast Pork with Gravy</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>