



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**

Melissa Parente, Director  
50 Center Street  
Midland Park, NJ, 07432  
Phone: (201) 445-5690 • Fax (201) 493-8911

[northwestcenter@bergencountynj.gov](mailto:northwestcenter@bergencountynj.gov)

Open: Monday - Friday, 8:00AM - 3:30PM



James J. Tedesco III, County Executive

**Northwest Senior Activity Center  
Bergen County Department of Human Services  
Division of Senior Services/ADRC  
August 2025**

August 5	*	<b>Total Brain Health</b> w/ Agata Halat	<b>9:00AM</b>
August 5	*	<b>Aromatherapy &amp; Hand Massage</b> w/ Agata Halat	<b>9:45AM</b>
August 6,13,20,27	*	<b>Archery</b> w/ Samuel Kim	<b>10:30AM</b>
August 6	*	<b>Armchair Aerobics</b> w/ Bill Wright	<b>12:30PM</b>
August 7	*	<b>Movie: The Luckiest Man in America</b>	<b>12:30PM</b>
August 11		<b>Blood Pressure Screenings</b> w/ Valley Health	<b>11:00AM</b>
August 14		<b>BCDSC (Deaf Group)</b>	<b>10:00AM</b>
August 20	*	<b>Presentation Sleep Well, Live Well</b> w/ Valley Health	<b>12:30PM</b>
August 28		<b>BCDSC (Deaf Group)</b>	<b>10:00AM</b>

**Advanced Registration for Programs with \* Required.**

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



**Senior Festival**




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



*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.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>Continental Breakfast</i></p> <p><i>Monday-Friday</i> 8:00AM-11:00AM</p> 	<p><b>Suggested Lunch Donation:</b> \$1.25 Per Meal <b>Please reserve lunch by 11:30 AM the day before</b></p> <p><b>Lunch will Be Served at</b> <b>11:30 on Tues. &amp; Fri. &amp;</b> <b>11:45 on Mon., Wed., &amp; Thurs</b></p>			<p><b>1</b></p> <p>9:00 Sound Bath Therapy 10:00 Computer Workshop 10:00 Tai Chi or Art Workshop 12:30 Bingo 12:30 Meditation &amp; Mindfulness 12:30 Connections Mahjonn 2:00 Zumba Gold</p> <p><b>Eggplant Rollatini</b></p>
<p><b>4</b></p> <p>8:30 Tap Dancing 9:30 French Class 10:00 Connections Pinochle 10:45 Safe &amp; Fit w/ Lourdes 12:30 Mahjonn or Qi Gong 2:00 Social / Ballroom Dance</p> <p><b>Roast Turkey with Gravy</b></p>	<p><b>5</b></p> <p>9:00 Diamond Art <b>9:00 Total Brain Health</b> <b>9:45 Aromatherapy &amp; Hand Massage</b> 10:00 Gentle Yoga 12:00 Duplicate Bridge 12:30 Bingo</p> <p><b>Ham Steak with Pineapple</b></p>	<p><b>6</b></p> <p>8:30 Tap Dancing 10:00 Watercolor 10:30 Songs of the Decades <b>10:30 Archery</b> 12:30 Connections Mahjonn/ Mahjonn <b>12:30 Armchair Aerobics</b> 1:30 Line Dancing</p> <p><b>Chicken Parmesan</b></p>	<p><b>7</b></p> <p>9:30 Country Line Dancing 10:00 Connections Bridge 10:30 Beginner Tap Dancing <b>12:30 Movie: The Luckiest Man in America</b> 1:00 Gentle Yoga 1:00 Connections Stitch &amp; Chat</p> <p><b>Roast Turkey with Swiss</b></p>	<p><b>8</b></p> <p>9:00 Sound Bath Therapy 10:00 Computer Workshop 10:00 Tai Chi or Art Workshop 12:30 Bingo 12:30 Meditation &amp; Mindfulness 12:30 Connections Mahjonn 2:00 Zumba Gold</p> <p><b>Lemon Caper Fish</b></p>
<p><b>11</b></p> <p>8:30 Tap Dancing 9:30 French Class 10:00 Connections Pinochle 10:45 Safe &amp; Fit w/ Lourdes <b>11:00 Blood Pressure Screenings</b> 12:30 Mahjonn or Qi Gong 2:00 Social / Ballroom Dance</p> <p><b>Herbed Chicken Leg</b></p>	<p><b>12</b></p> <p>9:00 Diamond Art 10:00 Gentle Yoga 12:00 Duplicate Bridge 12:30 Bingo</p> <p><b>Stuffed Peppers</b></p>	<p><b>13</b></p> <p>8:30 Tap Dancing 10:00 Watercolor 10:30 Songs of the Decades <b>10:30 Archery</b> 12:30 Connections Mahjonn/ Mahjonn 12:30 Brain &amp; Body Holistic Movement 1:30 Line Dancing</p> <p><b>Korean Beef</b></p>	<p><b>14</b></p> <p><b>No Country Line Dancing</b> 10:00 Connections Bridge 10:00 BCDSC (Deaf Group) 10:30 Beginner Tap Dancing 1:00 Gentle Yoga</p> <p><b>Egg Salad with Spinach</b></p>	<p><b>15</b></p> <p>9:00 Sound Bath Therapy 10:00 Computer Workshop 10:00 Tai Chi or Art Workshop 12:30 Bingo 12:30 Meditation &amp; Mindfulness 12:30 Connections Mahjonn 2:00 Zumba Gold</p> <p><b>BBQ Pork Sandwich</b></p>
<p><b>18</b></p> <p>8:30 Tap Dancing 9:30 French Class 10:00 Connections Pinochle 10:45 Safe &amp; Fit w/ Lourdes 12:30 Mahjonn or Qi Gong 2:00 Social / Ballroom Dance</p> <p><b>Italian Beef Meatballs</b></p>	<p><b>19</b></p> <p>9:00 Diamond Art 10:00 Gentle Yoga 12:00 Duplicate Bridge 12:30 Bingo</p> <p><b>Seafood Salad</b></p>	<p><b>20</b></p> <p>8:30 Tap Dancing 10:00 Watercolor 10:30 Songs of the Decades <b>10:30 Archery</b> 12:30 Connections Mahjonn/ Mahjonn <b>12:30 Sleep Well Live Well, Valley Health</b> 1:30 Line Dancing</p> <p><b>Sesame Chicken</b></p>	<p><b>21</b></p> <p>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><b>Pot Roast with Gravy</b></p>	<p><b>22</b></p> <p>9:00 Sound Bath Therapy 10:00 Computer Workshop 10:00 Tai Chi or Art Workshop 12:30 Bingo 12:30 Meditation &amp; Mindfulness 12:30 Connections Mahjonn 2:00 Zumba Gold</p> <p><b>Stuffed Cabbage</b></p>
<p><b>25</b></p> <p>8:30 Tap Dancing 9:30 French Class 10:00 Connections Pinochle 10:45 Safe &amp; Fit w/ Lourdes 12:30 Mahjonn or Qi Gong 2:00 Social / Ballroom Dance</p> <p><b>Chicken Cordon Bleu</b></p>	<p><b>26</b></p> <p>9:00 Diamond Art 10:00 Gentle Yoga 12:00 Duplicate Bridge 12:30 Bingo</p> <p><b>Cheeseburger</b></p>	<p><b>27</b></p> <p>8:30 Tap Dancing 10:00 Watercolor 10:30 Songs of the Decades <b>10:30 Archery</b> 12:30 Connections Mahjonn/ Mahjonn 12:30 Brain &amp; Body Holistic Movement 1:30 Line Dancing</p> <p><b>Tuna Noodle Salad</b></p>	<p><b>28</b></p> <p>9:30 Country Line Dancing 10:00 Connections Bridge 10:00 BCDSC (Deaf Group) 10:30 Beginner Tap Dancing 1:00 Gentle Yoga</p> <p><b>Beef Hot Dogs</b></p>	<p><b>29</b></p> <p>9:00 Sound Bath Therapy 10:00 Computer Workshop 10:00 Tai Chi or Art Workshop <b>No Bingo</b> <b>No Meditation &amp; Mindfulness</b> <b>No Connections Mahjonn</b> <b>No Zumba Gold</b></p> <p><b>Crab Cakes</b></p>