



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



James J. Tedesco III, County Executive

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

| | | |
|----------------|---|---------|
| September 1 | Labor Day Center Closed | All Day |
| September 3 | POW/ MIA Recognition Ceremony w/ Bergen County Veterans Services | 11:30AM |
| September 3 * | Presentation: Reducing Your Risk of Dementia w/ Act Now Foundation | 12:30PM |
| September 4 * | Fall Crafts w/ Bozena | 12:30PM |
| September 5 * | Memory Screenings w/ Act Now Foundation | 10:00AM |
| September 8 | Blood Pressure Screenings w/ Valley Health | 11:00AM |
| September 9 | Total Brain Health Class w/ Agata Halat | 9:00AM |
| September 9 * | Aromatherapy & Hand Massage w/ Agata Halat | 9:45AM |
| September 11 * | BCDSC (Deaf Group) 25th Anniversary *Private Event* | 11:00AM |
| September 17 * | Presentation: Nutrition & Healthy Aging w/ Melissa Dawson, RDN, Inserra Supermarkets | 12:30PM |
| September 18 * | Annual Senior Festival at Van Saun Park | 10:00AM |
| September 24 * | Movie: Lilly | 12:30PM |
| September 25 | BCDSC (Deaf Group) | 10:00AM |

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

When traveling to the
Senior Festival
we encourage everyone to
carpool or use Bergen County
Community Transportation.

For more information,
please contact
Community Transportation at
(201) 368-5955.

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|--|---|---|
| <div>1</div> <div></div> <div>CENTER CLOSED</div> | <div>2</div> <div>9:00 Diamond Art 10:00 Gentle Yoga 12:00 Duplicate Bridge 12:30 Bingo</div> <div>Stuffed Cabbage</div> | <div>3</div> <div>8:30 Tap Dancing 10:00 Watercolor 10:30 Songs of the Decades or Ping Pong 11:30 POW/ MIA Recognition Ceremony 12:30 Connections Mahjongg/ Mahjongg 12:30 Presentation: Reducing Your Risk of Dementia 1:30 Line Dancing</div> <div>Korean BBQ Chicken Leg</div> | <div>4</div> <div>9:30 Country Line Dancing 10:00 Connections Bridge 10:30 Beginner Tap Dancing 12:30 Fall Crafts w/ Bozena 1:00 Gentle Yoga 1:00 Connections Stitch & Chat</div> <div>Tuna Noodle Salad</div> | <div>5</div> <div>9:00 Sound Bath Therapy 10:00 Computer Workshop 10:00 Tai Chi or Art Workshop 10:00 Memory Screenings 12:30 Bingo 12:30 Meditation & Mindfulness 12:30 Connections Mahjongg 2:00 Zumba Gold</div> <div>Salisbury Steak</div> |
| <div>8</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 Chicken Stir Fry w/ Peppers & Onions</div> | <div>9</div> <div>9:00 Diamond Art 9:00 Total Brain Health Class 9:45 Aromatherapy & Hand Massages 10:00 Gentle Yoga 12:00 Duplicate Bridge 12:30 Bingo</div> <div>Pork Tenderloin w/ Gravy</div> | <div>10</div> <div>8:30 Tap Dancing 10:00 Watercolor 10:30 Songs of the Decades 10:30 Ping Pong 12:30 Connections Mahjongg/ Mahjongg 12:30 Brain & Body Holistic Movement 1:30 Line Dancing</div> <div>Lemon Caper Fish</div> | <div>11</div> <div>11:00 BCDSC (Deaf Group) <i>25th Anniversary *Private Event*</i> 10:00 Connections Bridge <i>(Pool Room)</i> No Country Line Dancing No Beginner Tap Dancing No Gentle Yoga</div> <div>Roast Turkey & Swiss</div> | <div>12</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</div> <div>Italian Meatballs w/ Tomato Sauce</div> |
| <div>15</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 BBQ Pulled Pork Sandwich</div> | <div>16</div> <div>9:00 Diamond Art 10:00 Gentle Yoga 12:00 Duplicate Bridge 12:30 Bingo</div> <div>Cheese Omelet</div> | <div>17</div> <div>8:30 Tap Dancing 10:00 Watercolor 10:30 Songs of the Decades or Ping Pong 12:30 Connections Mahjongg/ Mahjongg 12:30 Presentation: Nutrition & Healthy Aging 1:30 Line Dancing</div> <div>Beef Teriyaki</div> | <div>18</div> <div>9:30 Country Line Dancing 10:00 Connections Bridge 10:30 Beginner Tap Dancing 1:00 Gentle Yoga <i>Annual Senior Festival at Van Saun</i></div> <div>Cheese Ravioli</div> | <div>19</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</div> <div>Chicken Piccata</div> |
| <div>22</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 Homestyle Meatloaf</div> | <div>23</div> <div>9:00 Diamond Art 10:00 Gentle Yoga 12:00 Duplicate Bridge 12:30 Bingo</div> <div>Egg Salad over Spinach</div> | <div>24</div> <div>8:30 Tap Dancing 10:00 Watercolor 10:30 Songs of the Decades or Ping Pong 12:30 Connections Mahjongg/ Mahjongg 12:30 Brain & Body Holistic Movement 12:30 Movie: Lilly 1:30 Line Dancing</div> <div>Stuffed Peppers</div> | <div>25</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>Cheeseburger</div> | <div>26</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</div> <div>Korean Beef</div> |
| <div>29</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 Chicken Fajitas</div> | <div>30</div> <div>9:00 Diamond Art 10:00 Gentle Yoga 12:00 Duplicate Bridge 12:30 Bingo</div> <div>Chicken Cordon Bleu</div> | <div>When traveling to the Senior Festival we encourage everyone to carpool or use Bergen County Community Transportation. For more information, please contact Community Transportation at (201) 368-5955.</div> | <div><i>Continental Breakfast</i> 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 Lunch will Be Served at 11:30 on Tuesday & Friday & 11:45 on Monday, Wednesday & Thursday</div> |