



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
October 2025

October 1	Presentation: Protecting Yourself in the Retail World <i>w/ Denis Niland, Division of Consumer Affairs</i>	12:30PM
October 2	Crafts w/ Bozena	12:30PM
October 7	Total Brain Health Class w/ Agata Halat	9:00AM
October 7 *	Aromatherapy & Hand Massage w/ Agata Halat	9:45AM
October 9	BCDSC (Deaf Group)	10:00AM
October 13	Center Closed- Columbus/ Indigenous People Day	All Day
October 15 *	Presentation: The Diabetes Toolkit: Healthy Eating, Testing & Blood Sugar Control <i>w/ the Molly Diabetes Education Center</i>	12:30PM
October 17 *	Memory Screenings w/ Act Now Foundation	10:00AM
October 22 *	Craft: Pompom Pumpkin Coasters w/ Agata Halat	12:30PM
October 23	BCDSC (Deaf Group)	10:00AM
October 24*	Health Screenings w/ Hackensack Meridian Health	9:30AM
October 29 *	Movie: Haul Out the Halloween	12:30PM
October 31*	Halloween Bingo	12:30PM

Advanced Registration for Programs with * Required.
To register please call **(201) 445-5690** or visit the Northwest Senior Center Office

Bergen County Department of Human Services,
Division of Senior Services

Caregivers Conference

Saturday, October 4th, 2025
9:00 AM - 2:00 PM

Public Meeting Room (5th floor)
Bergen County Administration Building
One Bergen County Plaza, Hackensack, NJ 07601

To RSVP Call 201-336-7400 or
Email seniors@bergencountynj.gov



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



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
Suggested Lunch Donation: \$1.25 Per Meal <i>Please reserve lunch by 11:30 AM the day before</i> Lunch will Be Served at 11:30 on Tuesday & Friday & 11:45 on Monday, Wednesday & Thursday	Continental Breakfast Monday-Friday 8:00AM-11:00AM 	1 8:30 Tap Dancing 10:00 Watercolor 10:30 Songs of the Decades 10:30 Ping Pong 12:30 Connections Mahjongg/ Mahjongg 12:30 Presentation: Protecting Yourself in the Retail World 1:30 Line Dancing Eggplant Parmesan	2 9:30 Country Line Dancing 10:00 Connections Bridge 10:30 Beginner Tap Dancing 12:30 Crafts w/ Bozena 1:00 Gentle Yoga Ham and Cheddar	3 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 Salisbury Steak
6 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 Stuffed Cabbage	7 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 Tuna Noodle Salad	8 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 Chicken Florentine	9 9:30 Country Line Dancing 10:00 Connections Bridge 10:00 BCDSC (Deaf Group) 1030 Beginner Tap Dancing 1:00 Gentle Yoga 1:00 Connections Stitch & Chat BBQ Pulled Pork Sandwich	10 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 Roast Turkey with Gravy
13 COLUMBUS/INDIGENOUS PEOPLES' DAY CENTER CLOSED	14 9:00 Diamond Art 9:30 French Class 10:00 Gentle Yoga 12:00 Duplicate Bridge 12:30 Bingo Turkey Tacos	15 8:30 Tap Dancing 10:00 Watercolor 10:30 Songs of the Decades or Ping Pong 12:30 Connections Mahjongg/ Mahjongg 12:30 Presentation: Diabetes Toolkit 1:30 Line Dancing Lemon Caper Fish	16 9:30 Country Line Dancing 10:00 Connections Bridge 10:00 Beginner Tap Dancing 1:00 Gentle Yoga Chicken Parmesan	17 9:00 Sound Bath Therapy 10:00 Computer Workshop 10:00 Tai Chi or Art Workshop 10:00 Memory Screenings 12:30 Bingo or Meditation & Mindfulness 12:30 Connections Mahjongg 2:00 Zumba Gold Egg Salad Platter
20 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 Hungarian Goulash	21 9:00 Diamond Art 10:00 Gentle Yoga 12:00 Duplicate Bridge 12:30 Bingo Ham Steak with Pineapple	22 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 Pom Pom Pumpkin Coasters 1:30 Line Dancing Italian Meatballs	23 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 Korean BBQ Chicken Leg	24 9:00 Sound Bath Therapy 9:30 Health Screenings 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
27 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 Pork Tenderloin with Gravy	28 9:00 Diamond Art 10:00 Gentle Yoga 12:00 Duplicate Bridge 12:30 Bingo Bratwurst	29 8:30 Tap Dancing 10:00 Watercolor 10:30 Songs of the Decades or Ping Pong 12:30 Connections Mahjongg/ Mahjongg 12:30 Movie: Haul out the Halloween 1:30 Line Dancing Korean Beef	30 9:30 Country Line Dancing 10:00 Connections Bridge 10:30 Beginner Tap Dancing 1:00 Gentle Yoga Chicken Cordon Bleu	31 9:00 Sound Bath Therapy 10:00 Computer Workshop 10:00 Tai Chi or Art Workshop 12:30 Halloween Bingo 12:30 Meditation & Mindfulness 12:30 Connections Mahjongg 2:00 Zumba Gold Stuffed Peppers