



James J. Tedesco III
County Executive

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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
November 2025**

November 3*	Presentation: Reducing Health Risks of Polypharmacy (Multiple Medication Use) w/ Tanchun Wang, MB PHD, Hackensack Meridian School of Medicine	12:30PM
November 4	Center Closed-Election Day	All Day
November 5 *	Presentation: West Nile Virus w/ Laura Jean Checki, Bergen County Department of Health Services	12:30PM
November 6 *	Thanksgiving Crafts w/ Bozena	12:30PM
November 10	Blood Pressure Screenings w/ Valley Health	11:00AM
November 11	Center Closed-Veterans Day	All Day
November 13	BCDSC (Deaf Group)	10:00AM
November 18	Total Brain Health w/ Agata Halat	9:00AM
November 18 *	Aromatherapy & Hand Massages w/ Agata Halat	9:45AM
November 19 *	Movie: Fatherhood	12:30PM
November 20	BCDSC (Deaf Group)	10:00AM
November 24*	Holiday Crafts w/ Bozena	12:30PM
November 27	Center Closed-Thanksgiving Day	All Day
November 28	Center Closed-Thanksgiving Observed	All Day

Advanced Registration for Programs with * Required.

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

Thanksgiving Luncheon

Garfield Senior Activity Center
480 Midland Ave
Garfield, New Jersey, 07026

Thursday, November 27, 2025
10:00 AM - 2:00 PM

Reservations are required. Please RSVP by November 17, 2025.
To RSVP call (973) 478-0502 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 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

Continental Breakfast

Monday-Friday
8:00AM-11:00AM



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





3 8:30 Tap Dancing 9:30 French Class 10:00 Connections Pinochle 10:45 Safe & Fit w/ Lourdes 12:30 Mahjongg or Qi Gong 12:30 Presentation: Reducing Health Risks of Polypharmacy 2:00 Social / Ballroom Dance Ham with Pineapple	4  Election Day Center Closed	5 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: West Nile Virus 1:30 Line Dancing Korean BBQ Chicken Leg	6 8:00 Ping Pong 9:30 Country Line Dancing 10:00 Connections Bridge 10:30 Beginner Tap Dancing 12:30 Thanksgiving Crafts w/ Bozena 1:00 Gentle Yoga 2:15 Ping Pong Swedish Meatballs with Gravy	7 9:00 Sound Bath Therapy 10:00 Computer Workshop 10:00 Tai Chi 10:00 Art Workshop 12:30 Bingo 12:30 Meditation & Mindfulness 12:30 Connections Mahjongg 2:00 Zumba Gold Cheese Omelet
10 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 12:30 Qi Gong 2:00 Social / Ballroom Dance Homestyle Meatloaf	11  Center Closed	12 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 Korean Beef	13 8:00 Ping Pong 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 2:15 Ping Pong Tuna Salad Platter	14 9:00 Sound Bath Therapy 10:00 Computer Workshop 10:00 Tai Chi 10:00 Art Workshop 12:30 Bingo 12:30 Meditation & Mindfulness 12:30 Connections Mahjongg 2:00 Zumba Gold Broccoli Stuffed Chicken
17 8:30 Tap Dancing 9:30 French Class 10:00 Connections Pinochle 10:45 Safe & Fit w/ Lourdes 12:30 Mahjongg 12:30 Qi Gong 2:00 Social / Ballroom Dance Chicken Parmesan	18 9:00 Diamond Art 9:00 Total Brain Health 9:45 Aromatherapy & Hand Massages 10:00 Gentle Yoga 12:00 Duplicate Bridge 12:30 Bingo Stuffed Cabbage	19 8:30 Tap Dancing 10:00 Watercolor 10:30 Songs of the Decades 10:30 Ping Pong 12:30 Connections Mahjongg / Mahjongg 12:30 Movie: Fatherhood 1:30 Line Dancing Egg Salad Platter with Spinach	20 8:00 Ping Pong 9:30 Country Line Dancing 10:00 Connections Bridge 10:00 BCDSC (Deaf Group) 10:00 Beginner Tap Dancing 1:00 Gentle Yoga 1:30 Connections Book Club 2:15 Ping Pong Cheeseburger	21 9:00 Sound Bath Therapy 10:00 Computer Workshop 10:00 Tai Chi 10:00 Art Workshop 12:30 Bingo 12:30 Meditation & Mindfulness 2:00 Zumba Gold Ham and Swiss
24 8:30 Tap Dancing 9:30 French Class 10:00 Connections Pinochle 10:45 Safe & Fit w/ Lourdes 12:30 Mahjongg 12:30 Qi Gong 12:30 Holiday Crafts w/ Bozena 2:00 Social / Ballroom Dance Stuffed Peppers	25 8:00 Ping Pong 9:00 Diamond Art 10:00 Gentle Yoga 12:00 Duplicate Bridge 12:30 Bingo Chicken Florentine	26 8:30 Tap Dancing 10:00 Watercolor 10:30 Songs of the Decades 10:30 Ping Pong 12:30 Brain & Body Holistic Movement No Connections Mahjongg or Mahjongg No Line Dancing Pot Roast with Gravy	27 Thanksgiving Luncheon Garfield Senior Center 10am-2pm Registration is Required Please call (973) 478-0502 Center Closed	28 