



James J. Tedesco III
County Executive

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DEPARTMENT OF HUMAN SERVICES
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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



James J. Tedesco III, County Executive



Northwest Senior Activity Center
Bergen County Department of Human Services
Division of Senior Services/ADRC
January 2026



January 1	Happy New Year - Center Closed	Closed
January 6*	Aromatherapy & Hand Massages w/ Agata Halat	10:00AM
January 6	Total Brain Health w/ Agata Halat	12:30PM
January 7*	Demonstration: Oatmeal w/ Healthy Toppings Marla Klein, RDN, MCHES	12:30PM
January 8	BCDSC (Deaf Group)	10:00AM
January 9*	Health Screenings w/ Hackensack Meridian Health	9:30AM
January 12	Blood Pressure Screenings w/ Valley Health	11:00AM
January 15*	Crafts: Snowflakes & Hearts w/ Bozena	12:30PM
January 18	Martin Luther King, Jr. Day - Center Closed	Closed
January 21*	Movie: The Amateur	12:30PM
January 22	BCDSC (Deaf Group)	10:00AM
January 23*	Memory Screenings w/ Act Now Foundation	10:00AM
January 29*	Valentine's Craft w/ Agata Halat	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.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Suggested Lunch Donation: \$1.25 Per Meal</p> <p><i>Please reserve lunch by 11:30 AM the day before</i></p> <p>Lunch will Be Served at 11:30 on Tuesday & Friday & 11:45 on Monday, Wednesday & Thursday</p>	<p><i>Continental Breakfast</i></p> <p><i>Monday-Friday 8:00AM-11:00AM</i></p> 		<p>HAPPY <i>New Year</i></p> <p>Center Closed</p>	<p>2</p> <p>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</p> <p>Stuffed Peppers</p>
<p>5</p> <p>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</p> <p>Homestyle Meatloaf w/ Gravy</p>	<p>6</p> <p>9:00 Diamond Art 10:00 Gentle Yoga 10:00 Aromatherapy & Hand Massages 12:00 Duplicate Bridge 12:30 Bingo 12:30 Total Brain Health</p> <p>Sliced Pork Loin</p>	<p>7</p> <p>8:30 Tap Dancing 10:00 Watercolor 10:30 Songs of the Decades 10:30 Ping Pong 12:30 Connections Mahjongg / Mahjongg 12:30 Demo: Healthy Oatmeal Toppings 1:30 Line Dancing</p> <p>Roast Turkey and Cheddar</p>	<p>8</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 1:00 Connections Stitch & Chat 2:15 Ping Pong</p> <p>Chicken Parmesan</p>	<p>9</p> <p>9:00 Sound Bath Therapy 9:30 Health Screenings 10:00 Computer Workshop 10:00 Tai Chi or Art Workshop 12:30 Bingo or Meditation & Mindfulness 12:30 Connections Mahjongg 2:00 Zumba Gold</p> <p>Cheese Omelet</p>
<p>12</p> <p>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</p> <p>Stuffed Cabbage</p>	<p>13</p> <p>9:00 Diamond Art 10:00 Gentle Yoga 12:00 Duplicate Bridge 12:30 Bingo</p> <p>Chicken Marsala</p>	<p>14</p> <p>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</p> <p>Ham and Swiss</p>	<p>15</p> <p>9:30 Country Line Dancing 10:00 Connections Bridge 10:30 Beginner Tap Dancing 12:30 Crafts: Snowflakes & Hearts 1:00 Gentle Yoga 2:15 Ping Pong</p>   <p>Chicken Fajitas w/ Onions and Peppers</p>	<p>16</p> <p>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</p> <p>Cheeseburger w/ Lettuce and Tomato</p>
<p>19</p>  <p>Center Closed</p>	<p>20</p> <p>9:00 Diamond Art 10:00 Gentle Yoga 12:00 Duplicate Bridge 12:30 Bingo</p> <p>Chicken Cordon Bleu</p>	<p>21</p> <p>8:30 Tap Dancing 10:00 Watercolor 10:30 Songs of the Decades or Ping Pong 12:30 Connections Mahjongg / Mahjongg 12:30 Movie: The Amateur 1:30 Line Dancing</p> <p>Salisbury Steak w/ Mushroom Gravy</p>	<p>22</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 2:15 Ping Pong</p> <p>Seafood Salad Platter</p>	<p>23</p> <p>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 2:00 Zumba Gold</p> <p>Roast Pork</p>
<p>26</p> <p>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</p> <p>Roast Turkey w/ Gravy</p>	<p>27</p> <p>9:00 Diamond Art 10:00 Gentle Yoga 12:00 Duplicate Bridge 12:30 Bingo</p> <p>Italian Beef Meatballs</p>	<p>28</p> <p>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</p> <p>Beer Battered Cod</p>	<p>29</p> <p>9:30 Country Line Dancing 10:00 Connections Bridge 10:30 Beginner Tap Dancing 1:00 Gentle Yoga 12:30 Valentine's Craft 1:30 Connections Book Club 2:15 Ping Pong</p> <p>Korean BBQ Chicken Leg</p>	<p>30</p> <p>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</p> <p>Pot Roast with Gravy</p>