



James J. Tedesco, III
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Department of Human Services

Melissa H. DeBartolo, Esq.
Director

Division of Senior Services
Lorraine Joewono
Director

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, 8:00 AM - 3:30 PM



BERGEN NEW JERSEY
County
James J. Tedesco III, County Executive

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



February 2*	AARP Income Tax Appointments– <i>Mondays– February 2nd through April 13th</i> Schedule your appointment now	9:00AM-2:30PM
February 3*	Aromatherapy & Hand Massages w/ Agata Halat	10:00AM
February 3	Total Brain Health w/ Agata Halat	12:30PM
February 4*	Presentation: The Lawyer is In- A Question & Answer Session w/ Rhonda M. Benjamin, Esq.	12:30PM
February 5*	Movie: Merv	12:30PM
February 9	Blood Pressure Screenings w/ Valley Health	11:00AM
February 12	BCDSC (Deaf Group)	10:00AM
February 13	Valentine's Day Bingo	12:30PM
February 16	Center Closed– Presidents Day	All Day
February 18*	Presentation: Bergen County Prosecutor Mark Musella	12:30PM
February 19*	St. Patrick's Day Crafts w/ Bozena	12:30PM
February 20*	Health Screenings w/ Hackensack Meridian Health	9:30AM
February 26	BCDSC (Deaf Group)	10:00AM
February 27*	Memory Screenings w/ Act Now Foundation	10:00AM

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.

Advanced registration for Programs with * Required.
To register please call **(201) 445-5690** or
email **northwestcenter@bergencountynj.gov** or
visit the Northwest Senior Center Office.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>2</div> <div>8:30 Tap Dancing 9:00 AARP Income Tax Assistance 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</div> <div>Korean BBQ Chicken</div>	<div>3</div> <div>10:00 Gentle Yoga 10:00 Aromatherapy & Hand Massages 12:00 Duplicate Bridge 12:30 Bingo 12:30 Total Brain Health</div> <div>Ham Steak with Pineapple</div>	<div>4</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 Presentation: Ask the Lawyer - Rhonda M. Benjamin, Esq. 1:30 Line Dancing</div> <div>Roast Turkey and Cheddar</div>	<div>5</div> <div>9:30 Country Line Dancing 10:00 Connections Bridge 10:30 Beginner Tap Dancing 12:30 Movie: Merv 1:00 Gentle Yoga 2:15 Ping Pong</div> <div>Italian Meatballs</div>	<div>6</div> <div>9:00 Sound Bath Therapy 10:00 Tai Chi 12:30 Bingo 12:30 Meditation & Mindfulness 12:30 Connections Mahjongg 2:00 Zumba Gold</div> <div>Stuffed Cabbage</div>
<div>9</div> <div>8:30 Tap Dancing 9:00 AARP Income Tax Assistance 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</div> <div>Salisbury Steak</div>	<div>10</div> <div>10:00 Gentle Yoga 12:00 Duplicate Bridge 12:30 Bingo</div> <div>Chicken Florentine</div>	<div>11</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>Chicken Cordon Bleu</div>	<div>12</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 1:00 Connections Stitch & Chat 2:15 Ping Pong</div> <div>Egg Salad Platter</div>	<div>13</div> <div>9:00 Sound Bath Therapy 10:00 Tai Chi 12:30 Valentine's Bingo 12:30 Meditation & Mindfulness 12:30 Connections Mahjongg 2:00 Zumba Gold</div> <div>Chicken Parmesan</div>
<div>16</div> <div></div> <div>Center Closed</div>	<div>17</div> <div>10:00 Gentle Yoga 12:00 Duplicate Bridge 12:30 Bingo</div> <div></div> <div>Sesame Chicken</div>	<div>18</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 Presentation: Bergen County Prosecutor Mark Musella 1:30 Line Dancing</div> <div>Cheese Omelet</div>	<div>19</div> <div>9:30 Country Line Dancing 10:00 Connections Bridge 10:30 Beginner Tap Dancing 12:30 St. Patrick's Day Crafts 1:00 Gentle Yoga 1:30 Connections Book Club 2:15 Ping Pong</div> <div>Cheeseburger</div>	<div>20</div> <div>9:00 Sound Bath Therapy 9:30 Health Screenings 10:00 Tai Chi 12:30 Bingo 12:30 Meditation & Mindfulness 12:30 Connections Mahjongg 2:00 Zumba Gold</div> <div>Breaded Fish Filet</div>
<div>23</div> <div>8:30 Tap Dancing 9:00 AARP Income Tax Assistance 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</div> <div>Chicken Tikka Masala</div>	<div>24</div> <div>10:00 Gentle Yoga 12:00 Duplicate Bridge 12:30 Bingo</div> <div>Stuffed Peppers</div>	<div>25</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>Sliced Pork Loin</div>	<div>26</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 2:15 Ping Pong</div> <div>Pot Roast</div>	<div>27</div> <div>9:00 Sound Bath Therapy 10:00 Tai Chi 10:00 Memory Screenings 12:30 Bingo 12:30 Meditation & Mindfulness 12:30 Connections Mahjongg 2:00 Zumba Gold</div> <div>Seafood Salad</div>
<div></div>	<div></div>	<div></div>	<div>Continental Breakfast</div> <div>Monday-Friday 8:00AM-11:00AM</div> <div></div>	<div>Suggested Lunch Donation: \$1.25 Per Meal</div> <div>Please reserve lunch by 11:30 AM the day before</div> <div>Lunch will Be Served at 11:30 on Tuesday & Friday & 11:45 on Monday, Wednesday & Thursday</div>