

BERGEN NEW JERSEY *County*

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



KEY TELEPHONE NUMBERS

Division of Senior Services
Bergen ADRC (formerly NJ EASE)
(201) 336-7400
(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) 336-7480 • 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
March 2026



Mondays	AARP Income Tax Assistance	<i>By appointment</i>
March 4 *	Presentation: NASA & The Artemis Laura Jean Checki, Environmental Specialist Educational Programs, Bergen County Department of Health Services	12:30PM
March 5 *	Movie: The Roofman	12:30PM
March 6 *	Aromatherapy & Hand Massage w/ Agata Halat, Bergen County Division of Senior Services	10:00AM
March 9	Blood Pressure Screenings w/ Valley Health	11:00AM
March 11	Presentation: Social Media & Online Safety w/ Tiana Conklin, Social Work Intern	12:30PM
March 12	BCDSC (Deaf Group)	10:00AM
March 17	Shamrock Bingo	12:30PM
March 18*	Presentation: Healthy Oatmeal Toppings Marla Klein, RDN, MCHES	12:30PM
March 19*	Spring Crafts w/ Bozena	12:30PM
March 20*	Health Screenings w/ Hackensack Meridian Health	9:30AM
March 26	BCDSC (Deaf Group)	10:00AM

Advanced registration for programs with * required.

To register please call **(201) 336-7480** or email northwestcenter@bergencountynj.gov 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.

Spring Luncheon
Sunday April 5th, 10AM-2PM
Garfield Senior Activity Center, 480 Midland Avenue, Garfield NJ 07026
RSVP by Monday March 30th to your Senior Activity Center Director

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2 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</p> <p style="text-align: center;">Stuffed Cabbage</p>	<p>3 9:00 Diamond Art 10:00 Gentle Yoga 12:00 Duplicate Bridge 12:30 Bingo</p>  <p style="text-align: center;">Tuna Salad w/ Romaine</p>	<p>4 8:30 Tap Dancing 10:00 Watercolor 10:00 Technology Assistance 10:30 Songs of the Decades / Ping Pong 12:30 Connections Mahjongg / Mahjongg 12:30 Nasa & The Artemis w/ Laura Jean Checki, Department of Health Services 1:30 Line Dancing</p> <p style="text-align: center;">Roast Turkey w/ Gravy</p>	<p>5 9:30 Country Line Dancing 10:00 Connections Bridge 10:30 Beginner Tap Dancing 12:30 Movie: The Roofman 1:00 Gentle Yoga 2:15 Ping Pong</p> <p style="text-align: center;">Korean BBQ Chicken Leg</p>	<p>6 9:00 Sound Bath Therapy 10:00 Aromatherapy & Hand Massage 10:00 Tai Chi or Art Workshop 12:30 Bingo 12:30 Meditation & Mindfulness 12:30 Connections Mahjongg 2:00 Zumba Gold</p> <p style="text-align: center;">Cheese Omelet</p>
<p>9 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 or Qi Gong 2:00 Social / Ballroom Dance</p> <p style="text-align: center;">Cheeseburger w/ Lettuce & Tomato</p>	<p>10 9:00 Diamond Art 10:00 Gentle Yoga 12:00 Duplicate Bridge 12:30 Bingo</p> <p style="text-align: center;">Chicken Salad Platter over Greens</p>	<p>11 8:30 Tap Dancing 10:00 Watercolor 10:00 Technology Assistance 10:30 Songs of the Decades / Ping Pong 12:30 Connections Mahjongg / Mahjongg 12:30 Brain & Body Holistic Movement 12:30 Social Media & Online Safety w/ Tiana Conklin, Social Work Intern 1:30 Line Dancing</p> <p style="text-align: center;">Pork Tenderloin w/ Apple Cinnamon Glaze</p>	<p>12 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 style="text-align: center;">Chicken Florentine</p>	<p>13 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 style="text-align: center;">Stuffed Shells w/ Marinara</p>
<p>16 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</p> <p style="text-align: center;">Fish Filet with Lemon Sauce</p>	<p>17 9:00 Diamond Art 10:00 Gentle Yoga 12:00 Duplicate Bridge 12:30 Shamrock Bingo</p>  <p style="text-align: center;">HAPPY ST. PATRICK'S DAY</p> <p style="text-align: center;">Corned Beef</p>	<p>18 8:30 Tap Dancing 10:00 Watercolor 10:00 Technology Assistance 10:30 Songs of the Decades / Ping Pong 12:30 Connections Mahjongg / Mahjongg 12:30 Brain & Body Holistic Movement 12:30 Healthy Oatmeal Toppings w/ Marla Klein, RDN, MCHES 1:30 Line Dancing</p> <p style="text-align: center;">Chicken Parmesan</p>	<p>19 9:30 Country Line Dancing 10:00 Connections Bridge 10:30 Beginner Tap Dancing 12:30 Spring Crafts 1:00 Gentle Yoga 2:15 Ping Pong</p> <p style="text-align: center;">Meatloaf w/ Mushroom Gravy</p>	<p>20 9:00 Sound Bath Therapy 9:30 Health Screenings 10:00 Computer Workshop 10:00 Tai Chi or Art Workshop 10:00 Connections Stitch & Chat 12:30 Bingo 12:30 Meditation & Mindfulness 12:30 Connections Mahjongg 2:00 Zumba Gold</p> <p style="text-align: center;">Egg Salad Platter on Spinach</p>
<p>23 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</p>  <p style="text-align: center;">Stuffed Peppers</p>	<p>24 9:00 Diamond Art 10:00 Gentle Yoga 12:00 Duplicate Bridge 12:30 Bingo</p> <p style="text-align: center;">LS Ham Steak w/ Pineapple</p>	<p>25 8:30 Tap Dancing 10:00 Watercolor 10:00 Technology Assistance 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 style="text-align: center;">Pot Roast w/ Gravy</p>	<p>26 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 2:15 Ping Pong</p> <p style="text-align: center;">Seafood Salad on Spinach</p>	<p>27 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 style="text-align: center;">Manicotti w/ Marinara</p>
<p>30 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</p> <p style="text-align: center;">Sweet Chicken Sausage</p>	<p>31 9:00 Diamond Art 10:00 Gentle Yoga 12:00 Duplicate Bridge 12:30 Bingo</p> <p style="text-align: center;">Roast Turkey & Cheddar w/ Lettuce & Tomato</p>	<p style="text-align: center;">Happy INTERNATIONAL Women's day</p>  <p style="text-align: center;">March 8</p> <p style="text-align: center;">Suggested Lunch Donation: \$1.25 Per Meal</p> <p style="text-align: center;"><i>Please reserve lunch by 11:30AM the day before</i></p> <p style="text-align: center;">Lunch is served at: 11:45 - Monday, Wednesday & Thursday 11:30 - Tuesday & Friday</p>		<p style="text-align: center;">Continental Breakfast</p> <p style="text-align: center;">Served Daily 8:00AM – 11:00AM</p> 