



**James J. Tedesco, III**  
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**Thomas J. Sullivan**

**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**  
46-50 Center Street

Midland Park, NJ, 07432

**Phone: (201) 336-7480 • Fax (201) 493-8911**

**northwestcenter@bergencountynj.gov**

**Open: Monday - Friday, 8:00AM - 3:30PM**



**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  
April 2026**



<b>April 1</b>	<b>*Game: Scam or Legit</b> w/ Students from Bergen County Academies	<b>12:30PM</b>
<b>April 2</b>	<b>*Embroidered Heart Crafts</b> w/ Agata Halat, Bergen County Division of Senior Services	<b>10:00AM</b>
<b>April 3</b>	<b>Center Closed – Good Friday</b>	
<b>April 8</b>	<b>*Aromatherapy &amp; Hand Massage</b> w/ Agata Halat, Bergen County Division of Senior Services	<b>10:00AM</b>
<b>April 9, 23</b>	<b>*BCDSC (Deaf Group)</b>	<b>10:00AM</b>
<b>April 13</b>	<b>*Blood Pressure Screenings</b> w/ Valley Health	<b>11:00AM</b>
<b>April 15</b>	<b>*Volunteer Recognition Luncheon</b> All other activities are cancelled	<b>11:00AM</b>
<b>April 17</b>	<b>*Health Screenings</b> Hackensack Meridian Health	<b>9:30AM</b>
<b>April 21</b>	<b>*Volunteer Project</b> Volunteer to Assemble Gift Baskets	<b>10:00AM</b>
<b>April 21</b>	<b>Class: Total Brain Health</b> w/ Agata Halat, Bergen County Division of Senior Services	<b>12:30PM</b>
<b>April 24</b>	<b>*Memory Screenings</b> Act Now Foundation	<b>10:00AM</b>
<b>April 28</b>	<b>*Presentation: Mental Health &amp; Addiction</b> w/ Harvey Silberstein, Bergen County Division of Senior Services & Bergen County Division of Mental Health & Addiction	<b>10:00AM</b>
<b>April 29</b>	<b>*Movie: Springsteen Deliver Me from Nowhere</b>	<b>12:30PM</b>

**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.



**Caregivers Conference**

**Thursday, April 9, 2026**

**5:00PM-9:00PM**  
(Registration will begin at 4:30PM)

*Bergen County Administration Building  
Multi-Purpose Room - 1st Floor  
One Bergen County Plaza, Hackensack, NJ*

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

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
<p><b>Suggested Lunch Donation:</b> \$1.25 Per Meal</p> <p><i>Please reserve lunch by 11:30AM the day before</i></p> <p><b>Lunch is served at 11:45 - Monday, Wednesday &amp; Thursday 11:30 - Tuesday &amp; Friday</b></p>		<p><b>Continental Breakfast</b></p> <p><b>Monday-Friday 8:00AM - 11:00AM</b></p> 		<p><b>1</b> 8:30 Tap Dancing 10:00 Watercolor 10:00 Technology Assistance by Appointment 10:30 Songs of the Decades OR Ping Pong 12:30 Connections Mahjongg / Mahjongg <b>12:30 Game: Scam or Legit</b> 1:30 Line Dancing</p> <p><b>Cheese Omelet</b></p>		<p><b>2</b> 9:30 Country Line Dancing 10:00 Connections Bridge <b>10:00 Embroidered Heart Craft</b> 10:30 Beginner Tap Dancing 1:00 Gentle Yoga 2:15 Ping Pong</p> <p><b>Cheeseburger</b></p>		<p><b>3</b></p>  <p><b>CENTER CLOSED</b></p>	
<p><b>6</b> 8:30 Tap Dancing 9:30 French Class 10:00 Connections Pinochle 10:45 Safe &amp; Fit w/ Lourdes 12:30 Mahjongg 12:30 Qi Gong 2:00 Social / Ballroom Dance</p> <p><b>Korean BBQ Chicken Leg</b></p>		<p><b>7</b> 9:00 Sound Bath Therapy 9:00 Diamond Art 10:00 Gentle Yoga 12:00 Duplicate Bridge 12:30 Bingo</p> <p><b>Eggplant, Peppers &amp; Mozzarella</b></p>		<p><b>8</b> 8:30 Tap Dancing 10:00 Watercolor / 10:00 Technology Assistance by Appointment <b>10:00 Aromatherapy &amp; Hand Massage by Appointment</b> 10:30 Songs of the Decades OR Ping Pong 12:30 Connections Mahjongg / Mahjongg 12:30 Brain &amp; Body Holistic Movement 1:30 Line Dancing</p> <p><b>Chicken Florentine</b></p>		<p><b>9</b> 9:30 Country Line Dancing 10:00 Connections Bridge <b>10:00 BCDSC (Deaf Group)</b> 10:30 Beginner Tap Dancing 1:00 Gentle Yoga 2:15 Ping Pong</p> <p><b>Stuffed Peppers</b></p>		<p><b>10</b> 9:00 Sound Bath Therapy 10:00 Computer Workshop 10:00 Tai Chi or Art Workshop 12:30 Bingo NO Meditation &amp; Mindfulness 12:30 Connections Mahjongg 2:00 Zumba Gold</p> <p><b>Pork w/ Apple Cinnamon Glaze</b></p>	
<p><b>13</b> 8:30 Tap Dancing 9:30 French Class 10:00 Connections Pinochle 10:45 Safe &amp; Fit w/ Lourdes <b>11:00 Blood Pressure Screenings</b> 12:30 Mahjongg 12:30 Qi Gong 2:00 Social / Ballroom Dance</p> <p><b>Teriyaki Glazed Salmon</b></p>		<p><b>14</b> 9:00 Sound Bath Therapy 9:00 Diamond Art 10:00 Gentle Yoga 12:00 Duplicate Bridge 12:30 Bingo</p> <p><b>Homestyle Meatloaf w/ Gravy</b></p>		<p><b>15</b></p> <p><b>11:00 Volunteer Recognition Luncheon</b> All other activities are cancelled</p> <p><b>Chicken Cordon Bleu</b></p>		<p><b>16</b> 9:30 Country Line Dancing 10:00 Connections Bridge 10:30 Beginner Tap Dancing 1:00 Gentle Yoga 2:15 Ping Pong</p> <p><b>Tuna Salad Sandwich</b></p>		<p><b>17</b> 9:00 Sound Bath Therapy <b>9:30 Health Screenings</b> 10:00 Computer Workshop 10:00 Tai Chi or Art Workshop 10:00 Connections Stitch &amp; Chat 12:30 Bingo 12:30 Meditation &amp; Mindfulness 12:30 Connections Mahjongg 2:00 Zumba Gold</p> <p><b>Roast Turkey &amp; Cheddar</b></p>	
<p><b>20</b> 8:30 Tap Dancing 9:30 French Class 10:00 Connections Pinochle 10:45 Safe &amp; Fit w/ Lourdes 12:30 Mahjongg 12:30 Qi Gong 2:00 Social / Ballroom Dance</p> <p><b>Ham Steak w/ Pineapple</b></p>		<p><b>21</b> 9:00 Sound Bath Therapy 9:00 Diamond Art 10:00 Gentle Yoga <b>10:00 Volunteer Project: Assemble Gift Baskets</b> 12:00 Duplicate Bridge 12:30 Bingo <b>12:30 Total Brain Health</b></p> <p><b>Roast Turkey w/ Gravy</b></p>		<p><b>22</b> 8:30 Tap Dancing 10:00 Watercolor 10:00 Technology Assistance by Appointment 10:30 Songs of the Decades OR Ping Pong 12:30 Connections Mahjongg / Mahjongg 12:30 Brain &amp; Body Holistic Movement 1:30 Line Dancing</p> <p><b>Swedish Meatballs</b></p>		<p><b>23</b> 9:30 Country Line Dancing 10:00 Connections Bridge <b>10:00 BCDSC (Deaf Group)</b> 10:30 Beginner Tap Dancing 1:00 Gentle Yoga 1:30 Connections Book Club 2:15 Ping Pong</p> <p><b>Egg Salad on Spinach</b></p>		<p><b>24</b> 9:00 Sound Bath Therapy 10:00 Computer Workshop 10:00 Tai Chi or Art Workshop <b>10:00 Memory Screenings</b> 12:30 Bingo 12:30 Meditation &amp; Mindfulness 12:30 Connections Mahjongg 2:00 Zumba Gold</p> <p><b>Chicken Parmesan</b></p>	
<p><b>27</b> 8:30 Tap Dancing 9:30 French Class 10:00 Connections Pinochle 10:45 Safe &amp; Fit w/ Lourdes 12:30 Mahjongg 12:30 Qi Gong 2:00 Social / Ballroom Dance</p> <p><b>Stuffed Cabbage</b></p>		<p><b>28</b> 9:00 Sound Bath Therapy 9:00 Diamond Art <b>10:00 Presentation: Mental Health &amp; Addiction</b> 10:00 Gentle Yoga 12:00 Duplicate Bridge 12:30 Bingo</p> <p><b>Seafood Salad on Romaine</b></p>		<p><b>29</b> 8:30 Tap Dancing 10:00 Watercolor 10:00 Technology Assistance by Appointment 10:30 Songs of the Decades OR Ping Pong 12:30 Connections Mahjongg / Mahjongg <b>12:30 Movie: Springsteen Deliver Me from Nowhere</b> 1:30 Line Dancing</p> <p><b>Salisbury Steak w/ Gravy</b></p>		<p><b>30</b> 9:30 Country Line Dancing 10:00 Connections Bridge 10:30 Beginner Tap Dancing 1:00 Gentle Yoga 2:15 Ping Pong</p> <p><b>Chicken Cacciatore</b></p>		 <p><b>April 22</b></p>	