



James J. Tedesco, III
County Executive

Board of County Commissioners

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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
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
May 2026



May 1	*Aromatherapy & Hand Massage w/ Agata Halat, Bergen County Division of Senior Services	10:00 AM
May 5	Class: Total Brain Health w/ Agata Halat, Bergen County Division of Senior Services	12:30 PM
May 6	*Presentation: Radon Awareness w/ Chantal A. Folkes, Bergen County Department of Health	12:30 PM
May 7	*Presentation: Safe Seniors Round-Up w/ Harvey Silberstein, Safe Seniors Coordinator, Bergen County Division of Senior Services	12:30 PM
May 8	*Memory Screenings w/ Act Now Foundation	10:00 AM
May 11	Blood Pressure Screenings w/ Valley Health	11:00AM
May 13	*Movie: Song Sung Blue	12:30 PM
May 14, 28	BCDSC (Deaf Group)	10:00 AM
May 19	*Presentation: Waste Not Want Not-Practical Steps to Lowering Your Food Bill w/ Christine Boi, RDN Bergen County Department of Human Services	10:00 AM
May 20	*Presentation: Oral Health – Caring for Your Mouth w/ Braven Health	12:30 PM
May 21	*Crafts w/ Bozena	12:30PM
May 25	Center Closed – Memorial Day	

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.

Public Hearing

on the
Needs of Older Adults

Bergen County Administration
Building
Commissioners Public Meeting
Room – 5th Floor
One Bergen County Plaza,
Hackensack, NJ

Tuesday, May 12, 2026
8:30 AM - 11:30 AM

To RSVP Call
201-336-7400

or email
seniors@bergencountynj.gov



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
									
<p>4 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>Egg Salad w/ Spinach</p>	<p>5 9:00 Sound Bath Therapy 9:00 Diamond Art 10:00 Gentle Yoga 12:00 Duplicate Bridge 12:30 Bingo <u>12:30 Total Brain Health</u></p> <p>Chicken Fajitas</p>	<p>6 8:30 Tap Dancing 10:00 Watercolor 10:30 Songs of the Decades 10:30 Ping Pong 12:30 Connections Mahjongg / Mahjongg <u>12:30 Presentation: Radon Awareness</u> 1:30 Line Dancing</p> <p>Stuffed Peppers</p>	<p>7 9:30 Country Line Dancing 10:00 Connections Bridge 10:30 Beginner Tap Dancing <u>12:30 Presentation: Safe Seniors Round-Up</u> 1:00 Gentle Yoga 2:15 Ping Pong</p> <p>Salmon w/ Creamy Dill Sauce</p>	<p>8 9:00 Sound Bath Therapy 10:00 Computer Workshop 10:00 Tai Chi or Art Workshop <u>10:00 Memory Screenings</u> 12:30 Bingo 12:30 Meditation & Mindfulness 12:30 Connections Mahjongg 2:00 Zumba Gold</p> <p>Chicken Florentine</p>					
<p>11 8:30 Tap Dancing 9:30 French Class 10:00 Connections Pinochle 10:45 Safe & Fit w/ Lourdes <u>11:00 Blood Pressure Screenings</u> 12:30 Mahjongg 12:30 Qi Gong 2:00 Social / Ballroom Dance</p> <p>Cheese Omelette</p>	<p>12 9:00 Sound Bath Therapy 9:00 Diamond Art 10:00 Gentle Yoga 12:00 Duplicate Bridge 12:30 Bingo</p> <p>Meatloaf w/ Mushroom Gravy</p>	<p>13 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 <u>12:30 Movie: Song Sung Blue</u> 1:30 Line Dancing</p> <p>Italian Meatballs</p>	<p>14 9:30 Country Line Dancing 10:00 Connections Bridge <u>10:00 BCDSC (Deaf Group)</u> 10:30 Beginner Tap Dancing 1:00 Gentle Yoga 2:15 Ping Pong</p> <p>Chicken w/ Broccoli & Cheese</p>	<p>15 9:00 Sound Bath Therapy 10:00 Computer Workshop 10:00 Tai Chi or Art Workshop 10:00 Connections Stich & Chat 12:30 Bingo 12:30 Meditation & Mindfulness 12:30 Connections Mahjongg 2:00 Zumba Gold</p> <p>Tuna Noodle Salad</p>					
<p>18 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>Pork w/ Apple Cinnamon Glaze</p>	<p>19 9:00 Sound Bath Therapy 9:00 Diamond Art 10:00 Gentle Yoga <u>10:00 Presentation: Waste Not, Want Not, Practical Steps to Lowering Your Food Bill</u> 12:00 Duplicate Bridge 12:30 Bingo</p> <p>Chicken Tikka Masala</p>	<p>20 8:30 Tap Dancing 10:00 Watercolor 10:30 Songs of the Decades 10:30 Ping Pong 12:30 Connections Mahjongg / Mahjongg <u>12:30 Presentation: Oral Health-Caring for Your Mouth</u> 1:30 Line Dancing</p> <p>Korean BBQ Chicken Leg</p>	<p>21 9:30 Country Line Dancing 10:00 Connections Bridge 10:30 Beginner Tap Dancing <u>12:30 Crafts w/ Bozena</u> 1:00 Gentle Yoga 2:15 Ping Pong</p> <p>Roast Turkey & Swiss Cheese</p>	<p>22 9:00 Sound Bath Therapy 10:00 Computer Workshop 10:00 Tai Chi or Art Workshop No Bingo No Meditation & Mindfulness No Connections Mahjongg No Zumba Gold</p> <p>Cheeseburger</p>					
<p>25</p> <p>Happy Memorial Day</p> <p>CENTER CLOSED</p>	<p>26 9:00 Sound Bath Therapy 9:00 Diamond Art 10:00 Gentle Yoga 12:00 Duplicate Bridge 12:30 Bingo</p> <p>Stuffed Cabbage</p>	<p>27 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>Hawaiian Chicken</p>	<p>28 9:30 Country Line Dancing 10:00 Connections Bridge <u>10:00 BCDSC (Deaf Group)</u> 10:30 Beginner Tap Dancing 1:00 Gentle Yoga 1:30 Connection Book Club 2:15 Ping Pong</p> <p>Roast Beef & Provolone</p>	<p>29 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>Roast Turkey w/ Gravy</p>					