



**James J. Tedesco, III**  
County Executive

**Board of County Commissioners**

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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 SAC Phone**  
**(201) 493-8911 Fax**

**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**  
**June 2026**



<b>June 2</b>	<b>Class: Total Brain Health</b> w/ Agata Halat, Bergen County Division of Senior Services	<b>12:30 PM</b>
<b>June 3</b>	<b>*Movie: Hamnet</b>	<b>12:30 PM</b>
<b>June 5</b>	<b>*Farmers' Market Coupon Distribution</b> w/ Adam Wolak, Bergen County Division of Senior Services	<b>9:00 AM</b>
<b>June 5</b>	<b>*Aromatherapy &amp; Hand Massage</b> w/ Agata Halat, Bergen County Division of Senior Services	<b>10:00 AM</b>
<b>June 8</b>	<b>Blood Pressure Screenings</b> w/ Valley Health	<b>11:00 AM</b>
<b>June 11, 25</b>	<b>BSDSC (Deaf Group)</b>	<b>10:00 AM</b>
<b>June 12</b>	<b>*Memory Screenings</b> w/ Act Now Foundation	<b>10:00 AM</b>
<b>June 17</b>	<b>*Nutrition Presentation</b> w/ Melissa Dawson, RD, Nutritionist - Inserra Supermarkets	<b>12:30 PM</b>
<b>June 19</b>	<b>Center Closed – Juneteenth</b>	<b>ALL DAY</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.

**SAVE THE DATE**

**SENIOR FESTIVAL**

**THURSDAY, SEPTEMBER 24**  
**(RAIN DATE TUESDAY, SEPTEMBER 29)**  
**VAN SAUN COUNTY PARK**

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
<p><b>1</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 style="text-align: center;"><b>Pot Roast w/ Gravy</b></p>	<p><b>2</b> 9:00 Diamond Art 9:15 Sound Bath Therapy 10:00 Gentle Yoga 12:00 Duplicate Bridge 12:30 Bingo <u>12:30 Class: Total Brain Health</u></p> <p style="text-align: center;"><b>Roast Turkey &amp; Cheddar</b></p>	<p><b>3</b> 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 Movie: Hamnet</u> 1:30 Line Dancing</p> <p style="text-align: center;"><b>Turkey Tacos</b></p>	<p><b>4</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 style="text-align: center;"><b>Salisbury Steak w/ Mushroom Gravy</b></p>	<p><b>5</b> 9:15 Sound Bath Therapy <u>9:00 Farmers' Market Coupon Distribution</u> 10:00 Tai Chi or Computer or Art Workshop <u>10:00 Aromatherapy &amp; Hand Massage</u> 12:30 Bingo or Meditation &amp; Mindfulness 12:30 Mahjongg 1:45 Zumba Gold</p> <p style="text-align: center;"><b>Cheese Omelet</b></p>					
<p><b>8</b> 8:30 Tap Dancing 9:30 French Class 10:00 Connections Pinochle 10:45 Safe &amp; Fit w/ Lourdes <u>11:00 Blood Pressure Screenings</u> 12:30 Mahjongg 12:30 Qi Gong 2:00 Social / Ballroom Dance</p> <p style="text-align: center;"><b>Stuffed Peppers</b></p>	<p><b>9</b> 9:00 Diamond Art 9:15 Sound Bath Therapy 10:00 Gentle Yoga 12:00 Duplicate Bridge 12:30 Bingo</p> <p style="text-align: center;"><b>Pork Tenderloin</b></p>	<p><b>10</b> 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 &amp; Body Holistic Movement 1:30 Line Dancing</p> <p style="text-align: center;"><b>Korean BBQ Chicken Leg</b></p>	<p><b>11</b> 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 style="text-align: center;"><b>Seafood Salad w/ Romaine</b></p>	<p><b>12</b> 9:15 Sound Bath Therapy 10:00 Tai Chi or Computer or Art Workshop 10:00 Connections Stitch &amp; Chat <u>10:00 Memory Screenings</u> 12:30 Bingo 12:30 Meditation &amp; Mindfulness 12:30 Mahjongg 1:45 Zumba Gold</p> <p style="text-align: center;"><b>Chicken Marsala w/ Mushrooms</b></p>					
<p><b>15</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 style="text-align: center;"><b>Italian Meatballs</b></p>	<p><b>16</b> 9:00 Diamond Art 9:15 Sound Bath Therapy 10:00 Gentle Yoga 12:00 Duplicate Bridge 12:30 Bingo</p> <p style="text-align: center;"><b>Egg Salad w/ Spinach &amp; Tomato</b></p>	<p><b>17</b> 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 Nutrition Presentation</u> 1:30 Line Dancing</p> <p style="text-align: center;"><b>Beef Stroganoff</b></p>	<p><b>18</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 style="text-align: center;"><b>Hawaiian Chicken</b></p>	<p><b>19</b></p> <p style="text-align: center; font-size: 2em; color: red;"><b>Juneteenth</b></p> <p style="text-align: center;"><b>CENTER CLOSED</b></p>					
<p><b>22</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 style="text-align: center;"><b>Ham Steak w/ Pineapple</b></p>	<p><b>23</b> 9:00 Diamond Art 9:15 Sound Bath Therapy 10:00 Gentle Yoga 12:00 Duplicate Bridge 12:30 Bingo</p> <p style="text-align: center;"><b>Stuffed Cabbage</b></p>	<p><b>24</b> 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 &amp; Body Holistic Movement 1:30 Line Dancing</p> <p style="text-align: center;"><b>Tuna Salad w/ Lettuce &amp; Tomato Wrap</b></p>	<p><b>25</b> 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 Connections Book Club 2:15 Ping Pong</p> <p style="text-align: center;"><b>Chicken Parmesan</b></p>	<p><b>26</b> 9:15 Sound Bath Therapy 10:00 Tai Chi or Computer or Art Workshop 12:30 Bingo 12:30 Meditation &amp; Mindfulness 12:30 Mahjongg 1:45 Zumba Gold</p> <p style="text-align: center;"><b>Baked Stuffed Flounder w/ Broccoli</b></p>					
<p><b>29</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 style="text-align: center;"><b>Ham and Swiss w/ Lettuce &amp; Tomato</b></p>	<p><b>30</b> 9:00 Diamond Art 9:15 Sound Bath Therapy 10:00 Gentle Yoga 12:00 Duplicate Bridge 12:30 Bingo</p> <p style="text-align: center;"><b>BBQ Pulled Pork Sandwich</b></p>	<p style="text-align: center;"><b>Continental Breakfast</b></p> <p><b>Monday-Friday</b> <b>8:00AM - 11:00AM</b></p> 	<p style="text-align: center;"><b>Suggested Lunch Donation:</b> \$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;"><b>Lunch is served at 11:45 - Monday, Wednesday &amp; Thursday, 11:30 - Tuesday &amp; Friday daily</b></p>	<p style="text-align: center;">World Elder Abuse Awareness Day  June 15</p>					