



James J. Tedesco, III
County Executive

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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
July 2026



July 1	Exercise: Strength & Stability w/ Christopher Carroll, YWCA	12:30 PM
July 3	Center Closed – Fourth of July	ALL DAY
July 7	Class: Total Brain Health w/ Agata Halat, Bergen County Division of Senior Services	12:30PM
July 9, 23	BCDSC (Deaf Group)	10:00 AM
July 13	Blood Pressure Screenings w/ Valley Health	11:00 AM
July 17	*Aromatherapy & Hand Massage w/ Agata Halat, Bergen County Division of Senior Services	12:30 PM
July 15	*Movie: Solo Mio	12:30 PM
July 29	Balance Aerobics w/ Bill Wright, CTRS, Bergen New Bridge Medical Center	12:30 PM

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.

The Amphitheater at
Overpeck County Park

Bergen County's
Star-Spangled
Spectacular

FIREWORKS
FOOD TRUCKS
BEER & WINE GARDEN

July 4th 2PM
Rain Date: July 5th

LIVE MUSIC
CARNIVAL ATTRACTIONS
& MORE!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Continental Breakfast Monday-Friday 8:00AM - 11:00AM 	Suggested Lunch Donation: \$1.25 Per Meal Please reserve lunch by 11:30AM the day before Lunch is served at 11:45 - Monday, Wednesday & Thursday 11:30 - Tuesday & Friday daily	18:30 Tap Dancing 10:00 Watercolor 10:30 Songs of the Decades 10:30 Ping Pong 12:30 Connections Mahjongg / Mahjongg <u>12:30 Exercise: Strength & Stability w/ Christopher Carroll</u> 1:30 Line Dancing Chicken Florentine	29:30 Country Line Dancing 10:00 Connections Bridge 10:30 Beginner Tap Dancing 1:00 Gentle Yoga 2:15 Ping Pong Hot Dogs	3 CENTER CLOSED
68:30 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 Cheeseburger w/ Lettuce and Tomato	79:00 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> Roast Turkey & Swiss w/ Lettuce	88:30 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 Stuffed Cabbage	99:30 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 Korean BBQ Chicken Leg	109:15 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 1:45 Zumba Gold Roast Pork Loin w/ Apple Cinnamon
138:30 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 Hawaiian Chicken	149:00 Diamond Art 9:15 Sound Bath Therapy 10:00 Gentle Yoga 12:00 Duplicate Bridge 12:30 Bingo Chef Salad w/ Diced Turkey	158:30 Tap Dancing 10:00 Watercolor 10:30 Songs of the Decades 10:30 Ping Pong 12:30 Connections Mahjongg / Mahjongg <u>12:30 Movie: Solo Mio</u> 1:30 Line Dancing Chicken Parmesan	169:30 Country Line Dancing 10:00 Connections Bridge 10:30 Beginner Tap Dancing 1:00 Gentle Yoga 2:15 Ping Pong Egg Salad with Lettuce/Tomato	179:15 Sound Bath Therapy 10:00 Computer Workshop 10:00 Tai Chi or Art Workshop 10:00 Connections Stich & Chat 12:30 Bingo or Meditation & Mindfulness <u>12:30 Aromatherapy & Hand Massage</u> 12:30 Connections Mahjongg 1:45 Zumba Gold Teriyaki Glazed Salmon
208:30 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 Cheese Omelet	219:00 Diamond Art 9:15 Sound Bath Therapy 10:00 Gentle Yoga 12:00 Duplicate Bridge 12:30 Bingo Italian Meatballs	228:30 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 Seafood Salad on Spinach	239:30 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 BBQ Pulled Pork Sandwich	249:15 Sound Bath Therapy 10:00 Computer Workshop 10:00 Tai Chi or Art Workshop 12:30 Bingo 12:30 Meditation & Mindfulness 12:30 Mahjongg 1:45 Zumba Gold Chicken Cordon Bleu
278:30 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 Roast Beef with Gravy	289:00 Diamond Art 9:15 Sound Bath Therapy 10:00 Gentle Yoga 12:00 Duplicate Bridge 12:30 Bingo Breaded Haddock	298:30 Tap Dancing 10:00 Watercolor 10:30 Songs of the Decades 10:30 Ping Pong 12:30 Connections Mahjongg / Mahjongg <u>12:30 Balance Aerobics w/ Bill Wright</u> 1:30 Line Dancing LS Ham Steak with Pineapple	309:30 Country Line Dancing 10:00 Connections Bridge 10:30 Beginner Tap Dancing 1:00 Gentle Yoga 2:15 Ping Pong Chicken Piccata with Capers	319:15 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 1:45 Zumba Gold Stuffed Peppers