



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
August 2026



August 4	Class: Total Brain Health w/ Agata Halat, Bergen County Division of Senior Services	12:30 PM
August 5	*Presentation: Beat the Heat w/ Harvey Silberstein, Bergen County Division of Senior Services	12:30 PM
August 6	*Diamond Art Butterfly Key Chains w/ Agata Halat, Bergen County Division of Senior Services	12:30 PM
August 10	Blood Pressure Screenings w/ Valley Health	11:00 AM
August 13, 27	BCDSC (Deaf Group)	10:00 AM
August 19	*Movie: <i>Hidden Figures</i>	12:30 PM
August 20	*Class: Flower Crafts w/ Bozena	12:30 PM
August 26	*Women's Equality Day – Movie: <i>On the Basis of Sex</i>	12:30 PM
August 28	*Memory Screenings w/ Act Now Foundation	10:00 AM

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.



RSVP

(SCAN)

Or visit <https://forms.office.com/g/xLLWgs2cv6>

SENIOR FESTIVAL

THURSDAY, SEPTEMBER 24

(RAIN DATE TUESDAY, SEPTEMBER 29)

VAN SAUN COUNTY PARK

For more INFO

transport: **(201) 368-5955**

general questions: **(201) 336-7417**

email: **seniors@Bergencountynj.gov**

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
3 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 Chicken Scampi		4 9:00 Diamond Art 9:15 Sound Bath Therapy 10:00 Gentle Yoga 12:00 Duplicate Bridge 12:30 Bingo <u>12:30 Total Brain Health</u> Pork Loin w/ Apple Cinnamon Glaze		5 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: Beat the Heat</u> 1:30 Line Dancing Vegetable Lasagna		6 9:30 Country Line Dancing 10:00 Connections Bridge 10:30 Beginner Tap Dancing <u>12:30 Diamond Art Butterfly Key Chains</u> 1:00 Gentle Yoga 2:15 Ping Pong Roast Turkey & Cheddar Cheese		7 9:15 Sound Bath Therapy 10:00 Tai Chi or Computer or Art Workshop 12:30 Bingo 12:30 Meditation & Mindfulness 12:30 Connections Mahjongg 1:45 Zumba Gold Homestyle Meatloaf w/ Gravy	
10 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 Stuffed Cabbage		11 9:00 Diamond Art 9:15 Sound Bath Therapy 10:00 Gentle Yoga 12:00 Duplicate Bridge 12:30 Bingo Chicken Tikka Masala		12 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 Roast Beef & Provolone		13 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 Ham Steak w/ Pineapple		14 9:15 Sound Bath Therapy 10:00 Tai Chi or Computer or Art Workshop 12:30 Bingo 12:30 Meditation & Mindfulness 12:30 Connections Mahjongg 1:45 Zumba Gold BBQ Chicken Leg	
17 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 Stuffed Peppers		18 9:00 Diamond Art 9:15 Sound Bath Therapy 10:00 Gentle Yoga 12:00 Duplicate Bridge 12:30 Bingo Egg Salad w/ Lettuce & Tomato		19 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: Hidden Figures</u> 1:30 Line Dancing Beer Battered Cod		20 9:30 Country Line Dancing 10:00 Connections Bridge 10:30 Beginner Tap Dancing <u>12:30 Class: Flower Crafts</u> 1:00 Gentle Yoga 2:15 Ping Pong Beef & Broccoli		21 9:15 Sound Bath Therapy 10:00 Tai Chi or Computer or Art Workshop 10:00 Connections Stitch & Chat 12:30 Bingo 12:30 Meditation & Mindfulness 12:30 Connections Mahjongg 1:45 Zumba Gold Chicken Cordon Bleu	
24 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 Pot Roast w/ Gravy		25 9:00 Diamond Art 10:00 Gentle Yoga 12:00 Duplicate Bridge 12:30 Bingo Chicken Parmesan		26 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: On the Basis of Sex</u> 1:30 Line Dancing Baked Herbed Chicken		27 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 Tuna Salad w/ Lettuce & Tomato		28 10:00 Tai Chi or Computer or Art Workshop <u>10:00 Memory Screenings</u> 12:30 Bingo 12:30 Meditation & Mindfulness 12:30 Connections Mahjongg 1:45 Zumba Gold Beef Hot Dog	
31 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 Cheeseburger w/ Lettuce & Tomato		Continental Breakfast Monday-Friday 8:00AM - 11:00AM 		Suggested Lunch Donation: \$1.25 Per Meal <i>Please reserve lunch by 11:30AM the day before</i> Lunch is served at 11:45 - Monday, Wednesday & Thursday 11:30 - Tuesday & Friday		 August National Wellness Month			