



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

**Board of County Commissioners**

**Steven A. Tanelli**  
*Chairman*

**Tracy Silna Zur**  
*Vice Chairwoman*

**Dr. Joan M. Voss**  
*Chair Pro Tempore*

**Mary J. Amoroso**

**Rafael Marte**

**Germaine M. Ortiz**

**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**  
**September 2026**



|             |                                                                                                                                                                                          |                 |
|-------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------|
| Sept 1      | <b>Class: Total Brain Health</b><br>w/ Agata Halat, Bergen County Division of Senior Services                                                                                            | <b>12:30 PM</b> |
| Sept 2      | <b>*Movie: Remarkably Bright Creatures</b>                                                                                                                                               | <b>12:30 PM</b> |
| Sept 7      | <b>Labor Day – Center Closed</b>                                                                                                                                                         | <b>All Day</b>  |
| Sept 10, 24 | <b>BCDSC (Deaf Group)</b>                                                                                                                                                                | <b>10:00 AM</b> |
| Sept 11     | <b>9/11 Moment of Silence</b><br>A brief moment of silence will be observed in remembrance of 9/11 to honor the lives lost and the heroes of that day                                    | <b>9:00 AM</b>  |
| Sept 11     | <b>*Aromatherapy &amp; Hand Massage</b><br>w/ Agata Halat, Bergen County Division of Senior Services                                                                                     | <b>10:00 AM</b> |
| Sept 14     | <b>*Blood Pressure Screenings</b><br>w/ Valley Health System                                                                                                                             | <b>11:00 AM</b> |
| Sept 16     | <b>Presentation: Exploring the Myths of Aging – Part I</b><br>w/ Harvey Silberstein, Bergen County Division of Senior Services                                                           | <b>12:30 PM</b> |
| Sept 17     | <b>*Fall Crafts w/ Bozena</b>                                                                                                                                                            | <b>12:30 PM</b> |
| Sept 22     | <b>*Lavender Abstract Art</b><br>w/ Agata Halat, Bergen County Division of Senior Services                                                                                               | <b>12:30 PM</b> |
| Sept 24     | <b>*Annual Senior Festival at Van Saun Park</b><br>Rain Date: Tuesday, Sept 29 ( <b>Registration required by Sept 11</b> )                                                               | <b>10:00 AM</b> |
| Sept 30     | <b>Presentation: Depression Myths</b><br>w/ Harvey Silberstein, Bergen County Division of Senior Services<br>& staff from Bergen County Division of Mental Health and Addiction Services | <b>12:30 PM</b> |

The Senior Activity Center will hold an event in honor of POW/MIA on a date to be announced.

**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.

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

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

transport: **(201) 368-5955**  
general questions: **(201) 336-7417**  
email: **seniors@Bergencountynj.gov**

**For more INFO**  
Contact

*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.

| MONDAY                                                                                                                                                                                                                                                                      | TUESDAY                                                                                                                                                                                         | WEDNESDAY                                                                                                                                                                                                                                                                | THURSDAY                                                                                                                                                                                                                                                                                                      | FRIDAY                                                                                                                                                                                                                                                                                                                |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p><b>Suggested Lunch Donation:</b><br/>\$1.25 Per Meal<br/><i>Please reserve lunch by 11:30AM the day before</i></p> <p>Lunch is served at 11:45 - Monday,<br/>Wednesday &amp; Thursday<br/>11:30 - Tuesday &amp; Friday</p>                                               | <p><b>1</b> 9:00 Diamond Art<br/>9:15 Sound Bath Therapy<br/>10:00 Gentle Yoga<br/>12:00 Duplicate Bridge<br/>12:30 Bingo<br/><u>12:30 Total Brain Health</u></p> <p>Ham Steak w/ Pineapple</p> | <p><b>2</b> 8:30 Tap Dancing<br/>10:00 Watercolor<br/>10:30 Songs of the Decades<br/>10:30 Ping Pong<br/>12:30 Connections Mahjongg / Mahjongg<br/><u>12:30 Movie: Remarkably Bright Creatures</u><br/>1:30 Line Dancing</p> <p>Korean BBQ Chicken Leg</p>               | <p><b>3</b> 9:30 Country Line Dancing<br/>10:00 Connections Bridge<br/>10:30 Beginner Tap Dancing<br/>1:00 Gentle Yoga<br/>2:15 Ping Pong</p> <p>Seafood Salad over Spinach</p>                                                                                                                               | <p><b>4</b> 9:15 Sound Bath Therapy<br/>10:00 Computer Workshop<br/>10:00 Tai Chi or Art Workshop</p> <p>Roast Turkey w/ Gravy</p>                                                                                                                                                                                    |
| <p><b>7</b> </p> <p>CENTER CLOSED</p>                                                                                                                                                       | <p><b>8</b> 9:00 Diamond Art<br/>9:15 Sound Bath Therapy<br/>10:00 Gentle Yoga<br/>12:00 Duplicate Bridge<br/>12:30 Bingo</p> <p>Stuffed Cabbage</p>                                            | <p><b>9</b> 8:30 Tap Dancing<br/>10:00 Watercolor<br/>10:30 Songs of the Decades<br/>10:30 Ping Pong<br/>12:30 Connections Mahjongg / Mahjongg<br/>12:30 Brain &amp; Body Holistic Movement<br/>1:30 Line Dancing</p> <p>Italian Meatballs</p>                           | <p><b>10</b> 9:30 Country Line Dancing<br/>10:00 Connections Bridge<br/><u>10:00 BCDSC (Deaf Group)</u><br/>10:30 Beginner Tap Dancing<br/>1:00 Gentle Yoga<br/>2:15 Ping Pong</p> <p>Tuna Noodle Salad over Romaine</p>                                                                                      | <p><b>11</b> <u>9:00 9/11 Moment of Silence</u><br/>9:15 Sound Bath Therapy<br/>10:00 Tai Chi / Computer or Art Workshop<br/><u>10:00 Aromatherapy &amp; Hand Massage</u><br/>12:30 Bingo<br/>12:30 Meditation &amp; Mindfulness<br/>12:30 Connections Mahjongg<br/>2:00 Zumba Gold</p> <p>Chicken with Pineapple</p> |
| <p><b>14</b> 8:30 Tap Dancing<br/>9:30 French Class<br/>10:00 Connections Pinochle<br/>10:45 Safe &amp; Fit w/ Lourdes<br/><u>11:00 Blood Pressure Screenings</u><br/>12:30 Mahjongg<br/>12:30 Qi Gong<br/>2:00 Social / Ballroom Dance</p> <p>BBQ Pulled Pork Sandwich</p> | <p><b>15</b> 9:00 Diamond Art<br/>9:15 Sound Bath Therapy<br/>10:00 Gentle Yoga<br/>12:00 Duplicate Bridge<br/>12:30 Bingo</p> <p>Fish w/ Lemon Dill Sauce</p>                                  | <p><b>16</b> 8:30 Tap Dancing<br/>10:00 Watercolor<br/>10:30 Songs of the Decades<br/>10:30 Ping Pong<br/>12:30 Connections Mahjongg / Mahjongg<br/><u>12:30 Presentation: Exploring the Myths of Aging – Part I</u><br/>1:30 Line Dancing</p> <p>Egg Salad Sandwich</p> | <p><b>17</b> 9:30 Country Line Dancing<br/>10:00 Connections Bridge<br/>10:30 Beginner Tap Dancing<br/><u>12:30 Fall Crafts</u><br/>1:00 Gentle Yoga<br/>2:15 Ping Pong</p> <p>Homestyle Meatloaf w/ Gravy</p>                                                                                                | <p><b>18</b> 9:15 Sound Bath Therapy<br/>10:00 Computer Workshop<br/>10:00 Tai Chi or Art Workshop<br/>10:00 Connections Stitch &amp; Chat<br/>12:30 Bingo<br/>12:30 Meditation &amp; Mindfulness<br/>12:30 Connections Mahjongg<br/>2:00 Zumba Gold</p> <p>Sweet &amp; Sour Chicken</p>                              |
| <p><b>21</b> 8:30 Tap Dancing<br/>9:30 French Class<br/>10:00 Connections Pinochle<br/>10:45 Safe &amp; Fit w/ Lourdes<br/>12:30 Mahjongg<br/>12:30 Qi Gong<br/>2:00 Social / Ballroom Dance</p> <p>Roast Beef w/ Gravy</p>                                                 | <p><b>22</b> 9:00 Diamond Art<br/>9:15 Sound Bath Therapy<br/>10:00 Gentle Yoga<br/>12:00 Duplicate Bridge<br/>12:30 Bingo<br/><u>12:30 Lavendar Abstract Art</u></p> <p>Cheese Omelet</p>      | <p><b>23</b> 8:30 Tap Dancing<br/>10:00 Watercolor<br/>10:30 Songs of the Decades<br/>10:30 Ping Pong<br/>12:30 Connections Mahjongg / Mahjongg<br/>12:30 Brain &amp; Body Holistic Movement<br/>1:30 Line Dancing</p> <p>Chicken Cacciatore</p>                         | <p><b>24</b> 9:30 Country Line Dancing<br/>10:00 Connections Bridge<br/><u>10:00 BCDSC (Deaf Group)</u><br/>10:30 Beginner Tap Dancing<br/>1:00 Gentle Yoga<br/>1:00 Connections Book Club<br/>2:15 Ping Pong<br/><b>Annual Senior Festival at Van Saun Park</b><br/>Cheeseburger w/ Lettuce &amp; Tomato</p> | <p><b>25</b> 9:15 Sound Bath Therapy<br/>10:00 Computer Workshop<br/>10:00 Tai Chi or Art Workshop<br/>12:30 Bingo<br/>12:30 Meditation &amp; Mindfulness<br/>12:30 Connections Mahjongg<br/>2:00 Zumba Gold</p> <p>Chicken Salad Sandwich</p>                                                                        |
| <p><b>28</b> 8:30 Tap Dancing<br/>9:30 French Class<br/>10:00 Connections Pinochle<br/>10:45 Safe &amp; Fit w/ Lourdes<br/>12:30 Mahjongg<br/>12:30 Qi Gong<br/>2:00 Social / Ballroom Dance</p> <p>Chicken Florentine</p>                                                  | <p><b>29</b> 9:00 Diamond Art<br/>9:15 Sound Bath Therapy<br/>10:00 Gentle Yoga<br/>12:00 Duplicate Bridge<br/>12:30 Bingo</p> <p>Stuffed Peppers</p>                                           | <p><b>30</b> 8:30 Tap Dancing<br/>10:00 Watercolor<br/>10:30 Songs of the Decades<br/>10:30 Ping Pong<br/>12:30 Connections Mahjongg / Mahjongg<br/><u>12:30 Presentation: Depression Myths</u><br/>1:30 Line Dancing</p> <p>Roast Beef w/ Provolone</p>                 | <p></p>                                                                                                                                                                                                                  | <p><b>Continental Breakfast</b></p> <p><b>Monday-Friday</b><br/><b>8:00AM - 11:00AM</b></p> <p></p>                                                                                                                              |