



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
October 2026



Oct 1	Movie: <i>Project Hail Mary</i>	12:30 PM
Oct 6	Class: Total Brain Health w/ Agata Halat, Bergen County Division of Senior Services	12:30 PM
Oct 7	Presentation: The Role of the County Surrogate w/ The Honorable Joseph S. Conte (retired), former judge of the New Jersey Superior Court	12:30 PM
Oct 8, 15, 22	BCDSC (Deaf Group)	10:00 AM
Oct 9	*Aromatherapy & Hand Massage w/ Agata Halat, Bergen County Division of Senior Services	10:00 AM
Oct 12	Indigenous Peoples' Day & Columbus Day – Center Closed	
Oct 14	Presentation: Beat the Cold w/ Harvey Silberstein, Bergen County Division of Senior Services	12:30 PM
Oct 19	*Thanksgiving Crafts w/ Bozena	12:30 PM
Oct 21	*Presentation: Healthy Bones w/ Melisa Damcevaska, MPH, CHES Horizon BCBSNJ	12:30 PM
Oct 27	*Presentation: Medicare Part D w/ Sheila Brogan	10:00 AM
Oct 29	Movie: <i>Hidden Figures</i>	12:30 PM

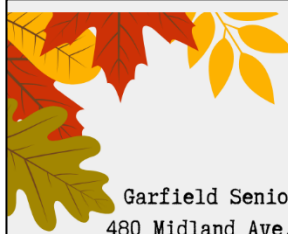
Advanced registration for programs with * required.

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.



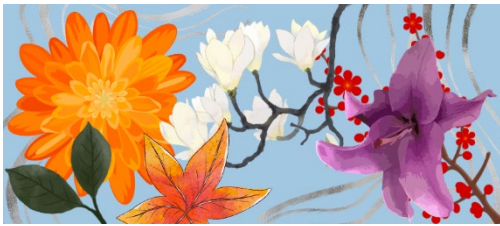
Thanksgiving Luncheon

THURSDAY, NOV. 26, 2026
10:00AM - 2:00PM
(RSVP BY NOV. 19)

Garfield Senior Activity Center
480 Midland Ave, Garfield NJ 07026

To RSVP call (973) 478-0502
or email seniors@bergencountynj.gov



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				19:30 Country Line Dancing 10:00 Connections Bridge 10:30 Beginner Tap Dancing 12:30 Movie: Project Hail Mary 1:00 Gentle Yoga 2:15 Ping Pong Eggplant Rollatini w/ Meatballs		29:00 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 Bratwurst w/ Sauerkraut	
58:30 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 Fish w/ Lemon Caper Sauce		69:00 Diamond Art 9:15 Sound Bath Therapy 10:00 Gentle Yoga 12:00 Duplicate Bridge 12:30 Bingo 12:30 Class: Total Brain Health Ham Steak w/ Pineapple		78:30 Tap Dancing 10:00 Watercolor 10:30 Songs of the Decades 10:30 Ping Pong 12:30 Connections Mahjongg / Mahjongg 12:30 Presentation: Role of the County Surrogate 1:30 Line Dancing Italian Turkey Sausage		89:30 Country Line Dancing 10:00 Connections Bridge 10:00 BCDSC (Deaf Group) 10:30 Beginner Tap Dancing 1:00 Gentle Yoga 2:15 Ping Pong Seafood Salad Platter w/ Spinach		99:00 Sound Bath Therapy 10:00 Computer Workshop 10:00 Tai Chi or Art Workshop 10:00 Aromatherapy & Hand Massage 12:30 Bingo 12:30 Meditation & Mindfulness 12:30 Connections Mahjongg 2:00 Zumba Gold Ginger Soy Chicken	
12 CENTER CLOSED		139:00 Diamond Art 9:15 Sound Bath Therapy 10:00 Gentle Yoga 12:00 Duplicate Bridge 12:30 Bingo Homestyle Meatloaf w/ Gravy		148:30 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 12:30 Presentation: Beat the Cold 1:30 Line Dancing Chicken Tikka Masala		159:30 Country Line Dancing 10:00 Connections Bridge 10:00 BCDSC (Deaf Group) 10:30 Beginner Tap Dancing 1:00 Gentle Yoga 2:15 Ping Pong Tuna Noodle Salad over Romaine		169:00 Sound Bath Therapy 10:00 Computer Workshop 10:00 Tai Chi or Art Workshop 10:00 Connections Stitch & Chat 12:30 Bingo 12:30 Meditation & Mindfulness 12:30 Connections Mahjongg 2:00 Zumba Gold Korean BBQ Chicken Leg	
198:30 Tap Dancing 9:30 French Class 10:00 Connections Pinochle 10:45 Safe & Fit w/ Lourdes 12:30 Mahjongg 12:30 Qi Gong 12:30 Thanksgiving Crafts 2:00 Social / Ballroom Dance Roast Turkey w/ Gravy		209:00 Diamond Art 9:15 Sound Bath Therapy 10:00 Gentle Yoga 12:00 Duplicate Bridge 12:30 Bingo Chicken Marsala		218:30 Tap Dancing 10:00 Watercolor 10:30 Songs of the Decades 10:30 Ping Pong 12:30 Connections Mahjongg / Mahjongg 12:30 Presentation: Healthy Bones 1:30 Line Dancing Breaded Pork Chop w/ Gravy		229:30 Country Line Dancing 10:00 Connections Bridge 10:00 BCDSC (Deaf Group) 10:30 Beginner Tap Dancing 1:00 Gentle Yoga 1:00 Connections Book Club 2:15 Ping Pong Stuffed Cabbage		239:00 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 Egg Salad Sandwich	
268:30 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		279:00 Diamond Art 9:15 Sound Bath Therapy 10:00 Gentle Yoga 10:00 Presentation: Medicare Part D 12:00 Duplicate Bridge 12:30 Bingo Beef Chili Con Carne		288:30 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 Turkey and Swiss w/ Lettuce & Tomato		299:30 Country Line Dancing 10:00 Connections Bridge 10:30 Beginner Tap Dancing 1:00 Gentle Yoga 12:30 Movie: Hidden Figures 2:15 Ping Pong Chicken Cordon Bleu		309:00 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 Chicken Parmesan 	