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

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.

SAFE ZONE

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.

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
November 2026

Nov 3	**Election Day – Center Closed**	**ALL DAY**
Nov 4	**Movie: *The Devil Wears Prada 2***	**12:30 PM**
Nov 5	***Holiday Crafts** w/ Bozena Szmit-Paszkowski, Northwest Senior Activity Center staff	**12:30 PM**
Nov 6	***Aromatherapy & Hand Massage** w/ Agata Halat, Bergen County Division of Senior Services	**10:00 AM**
Nov 9	**Blood Pressure Screenings** w/ Valley Health	**11:00 AM**
Nov 10	**Class: Total Brain Health** w/ Agata Halat, Bergen County Division of Senior Services	**12:15 PM**
Nov 10	***Craft: Lavender Art** w/ Agata Halat, Bergen County Division of Senior Services	**1:15 PM**
Nov 11	**Veterans Day – Center Closed**	**ALL DAY**
Nov 12, 19	**BCDSC (Deaf Group)**	**10:00 AM**
Nov 17	***Craft: Fall Key Chains** w/ Agata Halat, Bergen County Division of Senior Services	**12:30 PM**
Nov 18	**Presentation: Myths & Truths of Aging Part II** w/ Harvey Silberstein, Bergen County Division of Senior Services	**12:30 PM**
Nov 26, 27	**Thanksgiving Break – Center Closed**	**ALL DAY**

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.

Thanksgiving Luncheon

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

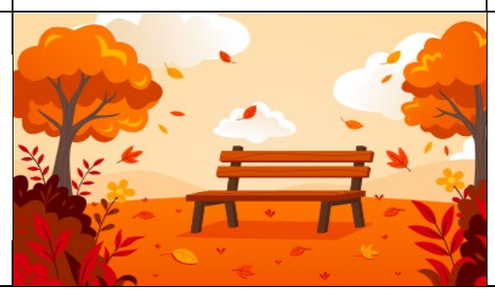
Garfield Senior Activity Center
480 Midland Ave, Garfield NJ 07026

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

(201) 336-7480, Melissa Parente, Director

NORTHWEST SENIOR ACTIVITY CENTER

November 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 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 Cabbage**	**3**  **CENTER CLOSED**	**4** 8:30 Tap Dancing 10:00 Watercolor 10:30 Songs of the Decades 10:30 Ping Pong 12:30 Connections Mahjongg / Mahjongg **12:30 Movie: *The Devil Wears Prada 2*** 1:30 Line Dancing BOXED LUNCH **Grilled Chicken Caesar Salad**	**5** 9:30 Country Line Dancing 10:00 Connections Bridge 10:30 Beginner Tap Dancing **12:30 Holiday Crafts** 1:00 Gentle Yoga 2:15 Ping Pong BOXED LUNCH **Tuna Salad Sandwich**	**6** 9:15 Sound Bath Therapy 10:00 Computer Workshop 10:00 Tai Chi or Art Workshop **10:00 Aromatherapy & Hand Massage** 12:30 Bingo 12:30 Connections Mahjongg 1:45 Zumba Gold BOXED LUNCH **Chicken Salad w/ Lettuce & Tomato**
9 8:30 Tap Dancing 9:30 French Class 10:00 Connections Pinochle 10:45 Safe & Fit w/ Lourdes **11:00 Blood Pressure Screenings** 12:30 Mahjongg 12:30 Qi Gong 2:00 Social / Ballroom Dance **Sliced Pork Loin w/ Apple Cinnamon Glaze**	**10** 9:00 Diamond Art 9:15 Sound Bath Therapy 10:00 Gentle Yoga 12:00 Duplicate Bridge 12:30 Bingo **12:15 Class: Total Brain Health** **1:15 Craft: Lavender Art** **Chicken Fajitas**	**11**  **CENTER CLOSED**	**12** 9:30 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 **Baked Herbed Chicken Leg**	**13** 9:15 Sound Bath Therapy 10:00 Computer Workshop 10:00 Tai Chi or Art Workshop 12:30 Bingo 12:30 Connections Mahjongg 1:45 Zumba Gold **Turkey and Swiss Cheese**
16 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 Parmesan**	**17** 9:00 Diamond Art 9:15 Sound Bath Therapy 10:00 Gentle Yoga 12:00 Duplicate Bridge 12:30 Bingo **12:30 Craft: Fall Key Chains** BOXED LUNCH **Egg Salad with Lettuce & Tomato**	**18** 8:30 Tap Dancing 10:00 Watercolor 10:30 Songs of the Decades 10:30 Ping Pong 12:30 Connections Mahjongg / Mahjongg **12:30 Presentation: Myths & Truths of Aging Part II** 1:30 Line Dancing **Lemon Pepper Tilapia**	**19** 9:30 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 BOXED LUNCH **Ham & Provolone w/ Lettuce & Tomato**	**20** 9:15 Sound Bath Therapy 10:00 Computer Workshop 10:00 Tai Chi or Art Workshop 10:00 Connections Stitch & Chat 12:30 Bingo 12:30 Connections Mahjongg 1:45 Zumba Gold **Cheeseburger w/ Lettuce and Tomato**
23 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 **Korean BBQ Chicken Leg**	**24** 9:00 Diamond Art 9:15 Sound Bath Therapy 10:00 Gentle Yoga 12:00 Duplicate Bridge 12:30 Bingo **Cheese Omelet**	**25** 8:30 Tap Dancing 10:00 Watercolor 10:30 Songs of the Decades 10:30 Ping Pong 11:30 Lunch 12:15 Brain & Body Holistic Movement **Ham Steak w/ Pineapple**	**26** *Thanksgiving Luncheon* GARFIELD SENIOR ACTIVITY CENTER 10AM-2PM REGISTRATION REQUIRED PLEASE CALL (973) 478-0502 **CENTER CLOSED**	 **CENTER CLOSED**
30 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 **Eggplant Rollatini w/ Italian Meatballs**	National Alzheimer's Disease Awareness Month 		**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**	**Continental Breakfast** **Monday-Friday** **8:00AM - 11:00AM** 