

NORTH ARLINGTON SENIOR ACTIVITY CENTER

Connie Keeler, Center Director



December - 2019



(201) 998-5636







Monday

Tuesday

Wednesday

Thursday

Friday

<p>2</p> <p>8:30 CONTINENTAL BREAKFAST 10:30 ZUMBA GOLD with MARRISA 1:00 BINGO</p> <p>Chicken Picatta / Soup</p>	<p>3</p> <p>8:30 CONTINENTAL BREAKFAST 10:00 BODY TONING EXERCISE 1:00 BINGO</p> <p>Salisbury Steak</p>	<p>4</p> <p>8:30 CONTINENTAL BREAKFAST 10:30 ZUMBA GOLD 1:00 FOOD SHOPPING</p> <p>Lemon Pepper Fish / Soup</p> 	<p>5</p> <p>8:30 CONTINENTAL BREAKFAST 10:00 BODY TONING EXERCISE 1:00 BINGO</p> <p>Chicken Salad / Soup</p>	<p>6</p> <p>8:30 CONTINENTAL BREAKFAST 9:45 Bingo 10:30 YOGA 1:00 CARDS</p> <p>Vegetable Lasagna / Soup</p>
<p>9</p> <p>8:30 CONTINENTAL BREAKFAST 10:30 ZUMBA GOLD with MARRISA 1:00 BINGO</p> <p>Fish Sandwich / Soup</p>	<p>10</p>  <p>Chicken Cordon Bleu</p>	<p>11</p> <p>8:30 CONTINENTAL BREAKFAST 10:30 ZUMBA GOLD 1:00 FOOD SHOPPING</p> <p>Eggplant Rollatini / Soup</p>	<p>12</p> <p>8:30 CONTINENTAL BREAKFAST 10:00 BODY TONING EXERCISE 1:00 BINGO</p> <p>Meatloaf / Soup</p> 	<p>13</p> <p>8:30 CONTINENTAL BREAKFAST 9:45 Bingo 10:30 YOGA 1:00 CARDS</p> <p>Chicken Scampi / Soup</p>
<p>16</p> <p>8:30 CONTINENTAL BREAKFAST 10:30 ZUMBA GOLD with MARRISA 1:00 BINGO</p> <p>Open Roast Turkey Sandwich</p> 	<p>17</p> <p>8:30 CONTINENTAL BREAKFAST 10:00 BODY TONING EXERCISE 1:00 BINGO</p> <p>Chicken Parmesan</p>	<p>18</p> <p>8:30 CONTINENTAL BREAKFAST 10:30 ZUMBA GOLD 1:00 FOOD SHOPPING</p> <p>Hamburger</p>	<p>19</p> <p>8:30 CONTINENTAL BREAKFAST 10:00 BODY TONING EXERCISE 1:00 BINGO</p> <p>Hawaiian Boneless Pork / Soup</p>	<p>20</p> <p>8:30 CONTINENTAL BREAKFAST 9:45 Bingo 10:30 YOGA 1:00 CARDS</p> <p>Baked Fresh Fish Filet</p>
<p>23</p> <p>8:30 CONTINENTAL BREAKFAST 10:30 ZUMBA GOLD with MARRISA 1:00 BINGO</p> <p>Sweet & Sour Meatballs / Soup</p>	<p>24</p> <p>8:30 CONTINENTAL BREAKFAST 10:00 BODY TONING EXERCISE 1:00 BINGO</p> <p>Tuna Salad</p>	<p>25</p>  <p>HAPPY HOLIDAYS CLOSED</p>	<p>26</p> <p>8:30 CONTINENTAL BREAKFAST 10:00 BODY TONING EXERCISE 1:00 BINGO</p> <p>Chicken Leg Quarter Baked Flounder Florentine</p>	<p>27</p> <p>8:30 CONTINENTAL BREAKFAST 9:45 Bingo 10:30 YOGA 1:00 CARDS</p> <p>BBQ Beef Rib</p>
<p>30</p> <p>8:30 CONTINENTAL BREAKFAST 10:30 ZUMBA GOLD with MARRISA 1:00 BINGO</p> <p>Pork Chop / Soup</p>	<p>31</p> <p>8:30 CONTINENTAL BREAKFAST 10:00 BODY TONING EXERCISE 1:00 BINGO</p> <p>Cheese Omelet</p>	<p>North Arlington Senior Activity Center Hours 8:30 ~ 3:30 Lunch Served ~ 11:30</p> <p>Suggested Donation ~ \$1.25</p>	<p>Please Make Lunch & Transportation Reservation</p> <p>Day Before!</p>	

BERGEN NEW JERSEY County

James J. Tedesco III
County Executive

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DEPARTMENT OF HUMAN SERVICES

Melissa DeBartolo, Esq.
Acting Department Director

Division Of Senior Services
Lorraine Joewono
Director



For Your Information...

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 on Disability Services
201-336-6500

Bergen County
Board of Social Services
201-368-4200

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NORTH ARLINGTON SENIOR ACTIVITY CENTER
Bergen County Department of Human Services
ADRC Division of Senior Services
December~ 2019



Season's Greetings

December 3: "Lactose Intolerant" -
MARYANN BROADWELL, MS, RDN-11:15AM

December 10: Annual Holiday Party - 10:00am - 3:00pm

December 12: "HOW TO STAY HOME SAFELY" - LORRAINE SPIOTTA, COMMUNITY LIAISON AND SENIOR HELPERS, MEGHAN LABRUNO, DIRECTOR OF BUSINESS DEVELOPMENT 10:30AM

December 17: Clear Captions - Lauren DelVecchio, Section IV ADA Specialist 10:30am

December 22: First Day of Winter

December 22: Hanukkah begins at sundown

December 25: **Christmas Day Dinner at Garfield Senior Activity Center 10:00am-1:30pm**

December 25- **Christmas Day Observance - Center Closed**

December 26: Kwanzaa begins

DECEMBER 26:: SNAP (FOOD STAMPS) OUTREACH - 9:00AM - 12:00PM

December: Blood Pressure/Health Assessment
North Arlington Health Dept.
Daily 8:30AM-12:00PM and 2:00PM-3:30PM
Please call 201-991-6060 EXT. 121 or 123



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.

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11 York Road
North Arlington, NJ 07031
Phone: (201) 998-5636 • Fax (201) 998-9872
Open: Monday - Friday, 8:00AM - 3:30PM
NorthArlingtonCenter@co.bergen.nj.us

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