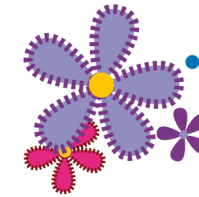









NORTH ARLINGTON SENIOR ACTIVITY CENTER

Connie Keeler, Center Director

May - 2019

(201) 998-5636



Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>North Arlington Senior Activity Center</i> Hours 8:30 ~ 3:30 Lunch Served ~ 11:30 Suggested Donation ~ \$1.25</p> 	<p>Please Make Lunch & Transportation Reservation Day Before!</p>	<p>1 8:30 CONTINENTAL BREAKFAST 10:30 ZUMBA GOLD 1:00 FOOD SHOPPING</p> <p>Baked Fish</p>	<p>2 8:30 CONTINENTAL BREAKFAST 10:00 BODY TONING EXERCISE 1:00 BINGO</p> <p>Pork Chop</p>	<p>3 8:30 CONTINENTAL BREAKFAST 9:45 BINGO 10:30 YOGA 1:00 CARDS</p>  <p>Turkey & Bean Chili</p>
<p>6 8:30 CONTINENTAL BREAKFAST 10:30 ZUMBA GOLD with Marisa 1:00 BINGO</p> <p>Fish & Chips</p>	<p>7 8:30 CONTINENTAL BREAKFAST 10:00 BODY TONING EXERCISE 1:00 BINGO</p> <p>Ziti & Italian Meatballs</p>	<p>8 8:30 CONTINENTAL BREAKFAST 10:30 ZUMBA GOLD 1:00 FOOD SHOPPING</p>  <p>Chicken Salad</p>	<p>9 8:30 CONTINENTAL BREAKFAST 10:00 BODY TONING EXERCISE 1:00 BINGO</p> <p>Turkey</p>	<p>10 8:30 CONTINENTAL BREAKFAST 9:45 BINGO 10:30 YOGA 1:00 CARDS</p> <p>Chicken Fajitas</p>
<p>13 8:30 CONTINENTAL BREAKFAST 10:30 ZUMBA GOLD with Marisa 1:00 BINGO</p> <p>Omelet & Breakfast Sausage</p>	<p>14 8:30 CONTINENTAL BREAKFAST 10:00 BODY TONING EXERCISE 1:00 BINGO</p> <p>Chicken Cutlet Milanese</p>	<p>15 8:30 CONTINENTAL BREAKFAST 10:30 ZUMBA GOLD 1:00 FOOD SHOPPING</p>  <p>Salisbury Steak</p>	<p>16 8:30 CONTINENTAL BREAKFAST 10:00 BODY TONING EXERCISE 1:00 BINGO</p> <p>Vegetable Lasagna</p>	<p>17 8:30 CONTINENTAL BREAKFAST 9:45 BINGO 10:30 YOGA 1:00 CARDS</p> <p>Haddock Fish</p>
<p>20 8:30 CONTINENTAL BREAKFAST 10:30 ZUMBA GOLD with Marisa 1:00 BINGO</p> <p>Chicken Scampi</p>	<p>21 8:30 CONTINENTAL BREAKFAST 10:00 BODY TONING EXERCISE 1:00 BINGO</p> <p>Roast Beef</p>	<p>22 8:30 CONTINENTAL BREAKFAST 10:30 ZUMBA GOLD 1:00 FOOD SHOPPING</p> <p>Ziti with Pork Sausage</p>	<p>23 8:30 CONTINENTAL BREAKFAST 10:00 BODY TONING EXERCISE 1:00 BINGO</p> <p>Asian-Style Chicken</p>	<p>24 Memorial Celebration</p>  <p>Hamburger</p>
<p>27</p> 	<p>28 8:30 CONTINENTAL BREAKFAST 10:00 BODY TONING EXERCISE 1:00 BINGO</p> <p>Parmesan Crusted Fish</p>	<p>29 8:30 CONTINENTAL BREAKFAST 10:30 ZUMBA GOLD 1:00 FOOD SHOPPING</p> <p>Roast Turkey Wrap</p>	<p>30 8:30 CONTINENTAL BREAKFAST 10:00 BODY TONING EXERCISE 1:00 BINGO</p> <p>Eggplant Rollatini</p> 	<p>31 8:30 CONTINENTAL BREAKFAST 9:45 BINGO 10:30 YOGA 1:00 CARDS</p> <p>Hawaiian Boneless Chicken</p>

BERGEN NEW JERSEY County

James J. Tedesco III
County Executive

BOARD OF CHOSEN FREEHOLDERS

Germaine M. Ortiz
Chairwoman
Mary J. Amoroso
Vice Chairwoman
Joan M. Voss
Chair Pro Tempore
David L. Ganz
Thomas J. Sullivan
Steven A. Tanelli
Tracy Silna Zur

DEPARTMENT OF HUMAN SERVICES

Michael V. Bellucci
Acting 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

BERGEN NEW JERSEY County

James J. Tedesco III, County Executive

NORTH ARLINGTON SENIOR ACTIVITY CENTER
Bergen County Department of Human Services
ADRC Division of Senior Services
May~ 2019
OLDER AMERICANS MONTH



MAY 2: PUBLIC HEARING - 9:00 AM - COUNTY ADMINISTRATION BUILDING,
ONE BERGEN COUNTY PLAZA, 5TH FLOOR, HACKENSACK, NJ

May 2: OPEN HOUSE - ALL DAY

May 7: "Five Wishes"- Lorraine Siotta, Community Liaison, Hospice of New Jersey - 10:30 AM

MAY 12: MOTHER'S DAY



May 24: "MEMORIAL CELEBRATION BINGO BASH" - ALL DAY

May 27 : **MEMORIAL DAY, CENTER CLOSED**

May: SHIP COUNSELING -
Gaurang Master - Call Center for appointment

May: 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.

NORTH ARLINGTON SENIOR ACTIVITY CENTER

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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