

NORTH ARLINGTON SENIOR ACTIVITY CENTER

Connie Keeler, Center Director



July - 2019



(201) 998-5636

Monday

Tuesday

Wednesday

Thursday

Friday

<p>1</p> <p>8:30 CONTINENTAL BREAKFAST 10:30 ZUMBA GOLD with Marisa 1:00 BINGO</p> <p>Roast Turkey</p>	<p>2</p> <p>8:30 CONTINENTAL BREAKFAST 10:00 BODY TONING EXERCISE 1:00 BINGO</p> <p>Fish & Chips / Soup</p>	<p>3</p> <p>8:30 CONTINENTAL BREAKFAST 10:30 ZUMBA GOLD 1:00 FOOD SHOPPING</p> <p>Hot Dog</p>		<p>5</p> <p>8:30 CONTINENTAL BREAKFAST 9:45 Bingo 11:00 YOGA 1:00 CARDS</p> <p>Chicken Cordon Bleu</p>
<p>8</p> <p>8:30 CONTINENTAL BREAKFAST 10:30 ZUMBA GOLD with Marisa 1:00 BINGO</p> <p>Eggplant Rollatini / Soup</p> 	<p>9</p> <p>8:30 CONTINENTAL BREAKFAST 10:00 BODY TONING EXERCISE 1:00 BINGO</p> <p>Hawaiian Boneless Chicken</p>	<p>10</p> <p>8:30 CONTINENTAL BREAKFAST 10:30 ZUMBA GOLD 1:00 FOOD SHOPPING</p> <p>Coconut Crusted Haddock / Soup</p>	<p>11</p> <p>8:30 CONTINENTAL BREAKFAST 10:00 BODY TONING EXERCISE 1:00 BINGO</p> <p>Meatloaf / Soup</p>	<p>12</p> <p>8:30 CONTINENTAL BREAKFAST 9:45 Bingo 11:00 YOGA 1:00 CARDS</p> <p>Baked Penne with Ricotta / Soup</p>
<p>15</p> <p>8:30 CONTINENTAL BREAKFAST 10:30 ZUMBA GOLD with Marisa 1:00 BINGO</p> <p>Chicken Piccata / Soup</p>	<p>16</p> <p>8:30 CONTINENTAL BREAKFAST 10:00 BODY TONING EXERCISE 1:00 BINGO</p> <p>Rigatoni w/Turkey Bolognese / Soup</p>	<p>17</p> <p>8:30 CONTINENTAL BREAKFAST 10:30 ZUMBA GOLD 1:00 FOOD SHOPPING</p> <p>BBQ Beef Rib</p>	<p>18</p> <p>8:30 CONTINENTAL BREAKFAST 10:00 BODY TONING EXERCISE 1:00 BINGO</p> <p>Breaded Flounder Filet / Soup</p>	<p>19</p> <p>8:30 CONTINENTAL BREAKFAST 9:45 Bingo 11:00 YOGA 1:00 CARDS</p> <p>Meatballs with Mushroom Gravy</p> 
<p>22</p> <p>8:30 CONTINENTAL BREAKFAST 10:30 ZUMBA GOLD with Marisa 1:00 BINGO</p> <p>Meat Lasagna</p> 	<p>23</p> <p>8:30 CONTINENTAL BREAKFAST 10:00 BODY TONING EXERCISE 1:00 BINGO</p> <p>Pork Chop</p> 	<p>24</p> <p>8:30 CONTINENTAL BREAKFAST 10:30 ZUMBA GOLD 1:00 FOOD SHOPPING</p> <p>Chicken Salad</p>	<p>25</p> <p>8:30 CONTINENTAL BREAKFAST 10:00 BODY TONING EXERCISE 1:00 BINGO</p> <p>Turkey Burger / Soup</p> 	<p>26</p> <p>8:30 CONTINENTAL BREAKFAST 9:45 Bingo 11:00 YOGA 1:00 CARDS</p> <p>Tortilla Crusted Fish / Soup</p>
<p>29</p> <p>8:30 CONTINENTAL BREAKFAST 10:30 ZUMBA GOLD with Marisa 1:00 BINGO</p> <p>Roast Beef</p>	<p>30</p> <p>8:30 CONTINENTAL BREAKFAST 10:00 BODY TONING EXERCISE 1:00 BINGO</p> <p>Tuna Salad / Soup</p>	<p>31</p> <p>8:30 CONTINENTAL BREAKFAST 10:30 ZUMBA GOLD 1:00 FOOD SHOPPING</p> <p>Penne with Italian Meatballs / Soup</p>	<p>Please Make Lunch & Transportation Reservation Day Before!</p> 	<p>North Arlington Senior Activity Center Hours 8:30 ~ 3:30 Lunch Served ~ 11:30 Suggested Donation ~ \$1.25</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
July~ 2019
NATIONAL ICE CREAM MONTH



JULY 4: INDEPENDENCE DAY - CENTER CLOSED

JULY 15: "Five Wishes"- Lorraine Siotta, Community Liaison,
Hospice of New Jersey - 10:30 AM

JULY 16: "Scams & Frauds, Staying Alert" - Investigator Denis Niland, Bergen
County Office of Consumer Protection, Outreach Coordinator- 10:30 AM

JULY 18: SNAP (FOOD STAMPS) OUTREACH - 9:00AM - 12:00PM

July: SHIP COUNSELING - *Gaurang Master* -
Call Center for appointment

July: 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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