

NORTH ARLINGTON SENIOR ACTIVITY CENTER

Connie Keeler, Center Director



FEBRUARY



(201) 998-5636









MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>3</p> <p>8:30 CONTINENTAL BREAKFAST 10:30 ZUMBA GOLD with Marisa 1:00 BINGO</p> <p>Vegetable Lasagna</p>	<p>4</p> <p>8:30 CONTINENTAL BREAKFAST 10:00 BODY TONING EXERCISE 1:00 BINGO</p> <p>Chicken Salad / Soup</p> 	<p>5</p> <p>8:30 CONTINENTAL BREAKFAST 10:30 ZUMBA GOLD 1:00 FOOD SHOPPING</p> <p>Barbecue Beef Sandwich</p>	<p>6</p> <p>8:30 CONTINENTAL BREAKFAST 10:00 BODY TONING EXERCISE 1:00 BINGO</p> <p>Hawaiian Chicken / Soup</p>	<p>7</p> <p>8:30 CONTINENTAL BREAKFAST 9:45 Bingo 10:30 YOGA 1:00 CARDS</p> <p>Meatballs Marsala / Soup</p> 
<p>10</p> <p>8:30 CONTINENTAL BREAKFAST 10:30 ZUMBA GOLD with Marisa 1:00 BINGO</p> <p>Cheese Omelet & Breakfast Sausage</p>	<p>11</p> <p>8:30 CONTINENTAL BREAKFAST 10:00 BODY TONING EXERCISE 1:00 BINGO</p> <p>Chicken Scampi</p>	<p>12</p> <p>8:30 CONTINENTAL BREAKFAST 10:00 BODY TONING EXERCISE 1:00 BINGO</p> <p>Meat Lasagna</p>	<p>13</p> 	<p>14</p> <p>8:30 CONTINENTAL BREAKFAST 9:45 Bingo 10:30 YOGA 1:00 CARDS</p> <p>Chicken Parmesan</p>
<p>17</p> 	<p>18</p> <p>8:30 CONTINENTAL BREAKFAST 10:00 BODY TONING EXERCISE 1:00 BINGO</p> <p>Philly Beef Sandwich</p>	<p>19</p> <p>8:30 CONTINENTAL BREAKFAST 10:00 BODY TONING EXERCISE 1:00 BINGO</p> <p>Chicken Breast Chipotle</p> 	<p>20</p> <p>8:30 CONTINENTAL BREAKFAST 10:00 BODY TONING EXERCISE 1:00 BINGO</p> <p>Rigatoni w/Beef Bolognese / Soup</p>	<p>21</p> <p>8:30 CONTINENTAL BREAKFAST 9:45 Bingo 10:30 YOGA 1:00 CARDS</p> <p>Vegetable Rotini Salad / Soup</p>
<p>24</p> <p>8:30 CONTINENTAL BREAKFAST 10:30 ZUMBA GOLD with Marisa 1:00 BINGO</p> <p>Roast Pork</p>	<p>25</p> <p>8:30 CONTINENTAL BREAKFAST 10:00 BODY TONING EXERCISE 1:00 BINGO</p> <p>Stuffed Cabbage / Soup</p>	<p>26</p> <p>8:30 CONTINENTAL BREAKFAST 10:00 BODY TONING EXERCISE 1:00 BINGO</p> <p>Baked Penne w/Ricotta / Soup</p>	<p>27</p> <p>8:30 CONTINENTAL BREAKFAST 10:00 BODY TONING EXERCISE 1:00 BINGO</p> <p>Open Roast Beef Sandwich</p> 	<p>28</p> <p>8:30 CONTINENTAL BREAKFAST 9:45 Bingo 10:30 YOGA 1:00 CARDS</p> <p>Eggplant Rollatini / Soup</p>
	<p>North Arlington Senior Activity Center Hours 8:30 ~ 3:30 Lunch Served ~ 11:30</p> <p>Suggested Donation ~ \$1.25</p>	<p>♥ Happy Valentines Day ♥</p>	<p>Please Make Lunch & Transportation Reservation</p> <p>Day Before!</p>	

BERGEN NEW JERSEY County

James J. Tedesco III
County Executive
And the

BOARD OF CHOSEN FREEHOLDERS

Mary J. Amoroso
Chairwoman

Dr. Joan M. Voss
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DEPARTMENT OF HUMAN SERVICES

Melissa DeBartolo, Esq.
Acting Director

Division Of Senior Services

Lorraine Joewono
Director



The North Arlington 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.

NORTH ARLINGTON ACTIVITY CENTER

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

NorthArlingtonCenter@co.bergen.nj.us



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 County Division of Senior Services supports & promotes diverse & inclusive communities, & 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

NORTH ARLINGTON SENIOR ACTIVITY CENTER
Bergen County Department of Human Services
ADRC Division of Senior Services
February ~ 2020



Healthy Heart Month

February 13: Valentine's Day Party— All Day

February 17: **PRESIDENT'S DAY - CENTER CLOSED**

February 18: "CBD for Arthritis" - John Bellitti, Pharmacist—
H & B Pharmacy— 10:30am

February 20: "Nutrition BINGO" - Nick Vessichelli, Nutritionist,
Shop-Rite—10:30am

February 27: SNAP (Food Stamps) Outreach - 9:00am - 12:00pm

February: 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



Upcoming Events:



St. Patrick's Day Party

Tuesday, March 17th
10 am - 3:30 pm
Call to Sign up
(201) 998-5636



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