

# NORTH ARLINGTON SENIOR ACTIVITY CENTER

Connie Keeler, Center Director



## MARCH



(201) 998-5636

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

<p>2</p> <p>8:30 CONTINENTAL BREAKFAST 10:30 ZUMBA GOLD with Marisa 1:00 BINGO</p> <p>Chicken Breast Florentine </p>	<p>3</p> <p>8:30 CONTINENTAL BREAKFAST 10:00 BODY TONING EXERCISE 1:00 BINGO</p> <p>Eggplant Rollatini / Soup</p>	<p>4</p> <p>8:30 CONTINENTAL BREAKFAST 10:30 ZUMBA GOLD 1:00 FOOD SHOPPING</p> <p>Chicken Salad / Soup</p>	<p>5 </p> <p>8:30 CONTINENTAL BREAKFAST 10:00 BODY TONING EXERCISE 1:00 BINGO</p> <p>Meatloaf / Soup </p>	<p>6</p> <p>8:30 CONTINENTAL BREAKFAST 9:45 Bingo 10:30 YOGA 1:00 CARDS</p> <p>Tuna &amp; Bowtie Salad / Soup</p>
<p>9</p> <p>8:30 CONTINENTAL BREAKFAST 10:30 ZUMBA GOLD with Marisa 1:00 BINGO</p> <p>BBQ Beef Sandwich</p>	<p>10</p> <p>8:30 CONTINENTAL BREAKFAST 10:00 BODY TONING EXERCISE 1:00 BINGO</p> <p>Chicken Picatta</p>	<p>11</p> <p>8:30 CONTINENTAL BREAKFAST 10:30 ZUMBA GOLD 1:00 FOOD SHOPPING</p> <p>Hamburger </p>	<p>12</p> <p>8:30 CONTINENTAL BREAKFAST 10:00 BODY TONING EXERCISE 1:00 BINGO</p> <p>Greek-style Roasted Chicken Qtr.</p>	<p>13</p> <p>8:30 CONTINENTAL BREAKFAST 9:45 Bingo 10:30 YOGA 1:00 CARDS</p> <p>Potato Crusted Fish / Soup</p>
<p>16</p> <p>8:30 CONTINENTAL BREAKFAST 10:30 ZUMBA GOLD with Marisa 1:00 BINGO</p> <p> Roast Beef</p>	<p>17</p> <p></p> <p>Corned Beef</p>	<p>18</p> <p>8:30 CONTINENTAL BREAKFAST 10:30 ZUMBA GOLD 1:00 FOOD SHOPPING</p> <p>Irish Bangers &amp; Mash Pork Sausage</p>	<p>19</p> <p>8:30 CONTINENTAL BREAKFAST 10:00 BODY TONING EXERCISE 1:00 BINGO</p> <p>Roast Turkey </p>	<p>20</p> <p>8:30 CONTINENTAL BREAKFAST 9:45 Bingo 10:30 YOGA 1:00 CARDS</p> <p>Veggie Burger </p>
<p>23</p> <p>8:30 CONTINENTAL BREAKFAST 10:30 ZUMBA GOLD with Marisa 1:00 BINGO</p> <p>Korean BBQ Chicken Leg Qtr. / Soup</p>	<p>24</p> <p>8:30 CONTINENTAL BREAKFAST 10:00 BODY TONING EXERCISE 1:00 BINGO</p> <p>Salisbury Steak</p>	<p>25</p> <p>8:30 CONTINENTAL BREAKFAST 10:30 ZUMBA GOLD 1:00 FOOD SHOPPING</p> <p>Balsamic Breaded Chicken Breast</p>	<p>26</p> <p>8:30 CONTINENTAL BREAKFAST 10:00 BODY TONING EXERCISE 1:00 BINGO</p> <p>Pork Chop / Soup</p>	<p>27</p> <p>8:30 CONTINENTAL BREAKFAST 9:45 Bingo 10:30 YOGA 1:00 CARDS</p> <p>Baked Penne with Ricotta / Soup</p>
<p>30</p> <p>8:30 CONTINENTAL BREAKFAST 10:30 ZUMBA GOLD with Marisa 1:00 BINGO</p> <p>Philly Beef &amp; Cheese Sandwich</p>	<p>31</p> <p>8:30 CONTINENTAL BREAKFAST 10:00 BODY TONING EXERCISE 1:00 BINGO</p> <p>Chicken Teriyaki</p>	<p></p>	<p>Please Make Lunch &amp; Transportation Reservation</p> <p>Day Before!</p>	<p>North Arlington Senior Activity Center Hours 8:30 ~ 3:30 Lunch Served ~ 11:30</p> <p>Suggested Donation ~ \$1.25</p>

# BERGEN NEW JERSEY County

James J. Tedesco III  
County Executive  
And the

## BOARD OF CHOSEN FREEHOLDERS

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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](mailto: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  
March ~ 2020



March 5: "Five Wishes" - Lorraine Siotta, Community Liason,  
Hospice of New Jersey 10:30 AM

March 8: Daylight Savings Time Begins

March 17: **St. Patrick's Day**

March 17: **St. Patrick's Day Party—All Day**

March 19: "Elder Abuse" - Bergen County Sheriff Cureton and Officer Amanda Lopez of  
community Outreach Unit—10:30 AM

March 19: SNAP (Food Stamps) Outreach - 9:00am - 12:00pm

March 20: First Day of Spring



March: 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



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