

# BERGEN NEW JERSEY *County*

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*County Executive*

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**Melissa H. DeBartolo, Esq.**  
*Director*

**DIVISION OF SENIOR SERVICES**  
**Lorraine Joewono**  
*Director*



On behalf of the County of Bergen, we thank you for your patience during the Covid-19 pandemic. At this time, the County has lifted most restrictions related to Covid, but will continue to require health screenings upon entrance to the centers. Masks are now optional throughout the centers. Masks are still required on the bus for those who are unvaccinated although preferable for all to wear one when on the bus. Meals will return to congregate setting, and there will no longer be a Grab & Go option. We look forward to seeing you again as we resume all regular activities. If you have any questions, kindly contact your center directly at (201) 998-5636.

**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 of Disability Services**  
(201) 336-6500

**Bergen County**  
**Board of Social Services**  
(201) 368-4200

**NORTH ARLINGTON SENIOR**  
**ACTIVITY CENTER**

11 York Road,  
North Arlington, NJ 07031  
Phone: (201) 998-5636 • Fax: (201) 998-9872

**NorthArlingtonCenter@co.bergen.nj.us**

Open: Monday - Friday 8:00AM - 3:30PM

# BERGEN NEW JERSEY *County*

James J. Tedesco III, County Executive

**NORTH ARLINGTON SENIOR ACTIVITY CENTER**  
**Bergen County Department of Human Services**  
**Division of Senior Services/ADRC**  
**May 2022**

Mondays	Bingo Lunch Zumba	10:30am 11:45am 1:00pm
Tuesdays	Bingo Lunch	10:30am 11:45am
Wednesdays	Bingo Lunch Zumba	10:30am 11:45am 1:00pm
Thursdays	Bingo Lunch Zumba	10:30am 11:45am 1:00pm
Fridays	Bingo Lunch Yoga	10:30am 11:45am 12:30pm

***The NA 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.***



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.



**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

<p>2</p> <p>10:30 BINGO 11:45 LUNCH 1:00 ZUMBA GOLD</p> <p>Chicken Salad</p>	<p>3</p> <p>10:30 BINGO 11:45 LUNCH</p>  <p>Italian Meatballs</p>	<p>4</p> <p>10:30 BINGO 11:45 LUNCH 1:00 ZUMBA GOLD</p> <p>Lemon-Pepper Baked Fish</p>	<p>5</p> <p>10:30 BINGO 11:45 LUNCH 1:00 ZUMBA GOLD TONING</p> <p>Garlic Roasted Pork</p>	<p>6</p> <p>10:30 BINGO 11:45 LUNCH 12:30 YOGA</p> <p>Chicken Piccata</p> 
<p>9</p> <p>10:30 BINGO 11:45 LUNCH 1:00 ZUMBA GOLD</p> <p>Cheese Omelet</p> 	<p>10</p> <p>10:30 BINGO 11:45 LUNCH</p> <p>Korean BBQ Chicken Leg Qtr.</p>	<p>11</p> <p>10:30 BINGO 11:45 LUNCH 1:00 ZUMBA GOLD</p> <p>Veggie Burger</p> 	<p>12</p> <p>10:30 BINGO 11:45 LUNCH 1:00 ZUMBA GOLD TONING</p> <p>Chicken Florentine</p>	<p>13</p> <p>10:30 BINGO 11:45 LUNCH 12:30 YOGA</p> <p>Potato Crusted Baked Fish</p>
<p>16</p> <p>10:30 BINGO 11:45 LUNCH 1:00 ZUMBA GOLD</p> <p>Tuna Salad</p>	<p>17</p> <p>10:30 BINGO 11:45 LUNCH</p> <p>Hearty Meat Lasagna</p>	<p>18</p> <p>10:30 BINGO 11:45 LUNCH 1:00 ZUMBA GOLD</p> <p>Hawaiian Chicken Breast</p>	<p>19</p> <p>10:30 BINGO 11:45 LUNCH 1:00 ZUMBA GOLD TONING</p> <p>Salisbury Steak</p>	<p>20</p> <p>10:30 BINGO 11:45 LUNCH 12:30 YOGA</p> <p>Roasted Turkey</p>
<p>23</p> <p>10:30 BINGO 11:45 LUNCH 1:00 ZUMBA GOLD</p> <p>Chicken Scampi</p>	<p>24</p> <p>10:30 BINGO 11:45 LUNCH</p>  <p>Pork Chop</p>	<p>25</p> <p>10:30 BINGO 11:45 LUNCH 1:00 ZUMBA GOLD</p> <p>Pepper Steak</p>	<p>26</p> <p>10:30 BINGO 11:45 LUNCH 1:00 ZUMBA GOLD TONING</p> <p>Swedish Meatballs</p>	<p>27</p> <p>10:30 BINGO 11:45 LUNCH 12:30 YOGA</p>  <p>Penne w/Pink Sauce &amp; Chicken</p>
	<p>31</p> <p>10:30 BINGO 11:45 LUNCH</p> <p>Hamburger</p>	<p>North Arlington Senior Activity Center Hours 8:30 ~ 3:30 Lunch Served ~ 11:45</p> <p>Suggested Donation ~ \$1.25</p>		<p>Please Make Lunch Reservation  One Day Before!</p>