

BERGEN NEW JERSEY *County*

James J. Tedesco III
County Executive

BOARD OF COUNTY COMMISSIONERS

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DEPARTMENT OF HUMAN SERVICES
Melissa H. DeBartolo, Esq.
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 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** **October 2022**

Mondays	Card Games Bingo Lunch Zumba	9:30AM 10:30AM 11:45AM 1:00PM
Tuesdays	Card Games Bingo Lunch Ladies Get Together	9:30 AM 10:30AM 11:45AM
Wednesdays	Walking Group Card Games Bingo Lunch Zumba	9:30 AM 9:30 AM 10:30AM 11:45AM 1:00PM
Thursdays	Card Games Bingo Lunch Zumba	9:30 AM 10:30AM 11:45AM 1:00PM
Fridays	Card Games Bingo Lunch Yoga	9:30 AM 10:30AM 11:45AM 12:30PM
Monday, October 31st	Halloween Costume Party	9:00 AM







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.

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>3</p> <p>9:00 Continental Breakfast 9:30 Card Games 10:30 BINGO 11:45 LUNCH 1:00 ZUMBA GOLD</p> <p>Boneless Chicken Breast w/Lemon Sauce</p>	<p>4</p> <p>9:00 Continental Breakfast 9:30 Card Games 10:30 BINGO 11:45 LUNCH 12:30 Ladies Get Together</p> <p>Beef Tacos</p> 	<p>5</p> <p>9:00 Continental Breakfast 9:30 Walking Group 9:30 Card Games 10:30 BINGO 11:45 LUNCH 1:00 ZUMBA GOLD</p> <p>Turkey Burger</p>	<p>6</p> <p>9:00 Continental Breakfast 9:30 Card Games 10:30 BINGO 11:45 LUNCH 1:00 ZUMBA GOLD TONING</p> <p>Potato Crusted Fish</p>	<p>7</p> <p>9:00 Continental Breakfast 9:30 Card Games 10:30 BINGO 11:45 LUNCH 12:30 YOGA</p> <p>Bratwurst w/ Sauerkraut & Sautéed Onions</p>
<p>10</p> 	<p>11</p> <p>9:00 Continental Breakfast 9:30 Card Games 10:30 BINGO 11:45 LUNCH 12:30 Ladies Get Together</p> <p>Eggplant Rollatini</p>	<p>12</p> <p>9:00 Continental Breakfast 9:30 Walking Group 9:30 Card Games 10:30 BINGO 11:45 LUNCH 1:00 ZUMBA GOLD</p> <p>Baked Fish with Dill Sauce</p>	<p>13</p> <p>9:00 Continental Breakfast 9:30 Card Games 10:30 BINGO 11:45 LUNCH 1:00 ZUMBA GOLD TONING</p> <p>Herb Roasted Chicken Leg Quarter</p>	<p>14</p> <p>9:00 Continental Breakfast 9:30 Card Games 10:30 BINGO 11:45 LUNCH 12:30 YOGA</p> <p>Swedish Meatballs</p>
<p>17</p> <p>9:00 Continental Breakfast 9:30 Card Games 10:30 BINGO 11:45 LUNCH 1:00 ZUMBA GOLD</p> <p>Egg Salad on Romaine Lettuce</p>	<p>18</p> <p>9:00 Continental Breakfast 9:30 Card Games 10:30 BINGO 11:45 LUNCH 12:30 Ladies Get Together</p> <p>Shepherd's Pie</p>	<p>19</p> <p>9:00 Continental Breakfast 9:30 Walking Group 9:30 Card Games 10:30 BINGO 11:45 LUNCH 1:00 ZUMBA GOLD</p> <p>Chicken Parmesan</p> 	<p>20</p> <p>9:00 Continental Breakfast 9:30 Card Games 10:30 BINGO 11:45 LUNCH 1:00 ZUMBA GOLD TONING</p> <p>Sliced Turkey w/Gravy & Cranberry Sauce</p>	<p>21</p> <p>9:00 Continental Breakfast 9:30 Card Games 10:30 BINGO 11:45 LUNCH 12:30 YOGA</p> <p>Pork Tenderloin w/ Gravy</p> 
<p>24</p> <p>9:00 Continental Breakfast 9:30 Card Games 10:30 BINGO 11:45 LUNCH 1:00 ZUMBA GOLD</p> <p>Meatloaf w/Gravy</p>	<p>25</p> <p>9:00 Continental Breakfast 9:30 Card Games 10:30 BINGO 11:45 LUNCH 12:30 Ladies Get Together</p> <p>BBQ Pulled Pork</p>	<p>26</p> <p>9:00 Continental Breakfast 9:30 Walking Group 9:30 Card Games 10:30 BINGO 11:45 LUNCH 1:00 ZUMBA GOLD</p> <p>Vegetable Lasagna</p>	<p>27</p> <p>9:00 Continental Breakfast 9:30 Card Games 10:30 BINGO 11:45 LUNCH 1:00 ZUMBA GOLD TONING</p> <p>Pot Roast w/Gravy</p>	<p>28</p> <p>9:00 Continental Breakfast 9:30 Card Games 10:30 BINGO 11:45 LUNCH 12:30 YOGA</p> <p>Chicken Florentine</p>
<p>31</p> <p>9:00 Continental Breakfast 9:00 Halloween Costume Party 9:30 Card Games 10:30 BINGO 11:45 LUNCH 1:00 ZUMBA GOLD</p> <p>Chicken Cordon Bleu</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>