

BERGEN NEW JERSEY *County*

James J. Tedesco III
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-19, but will continue to require health screenings upon entrance to the centers. Masks are now optional throughout the centers. Meals have returned 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

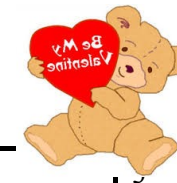
NORTH ARLINGTON SENIOR ACTIVITY CENTER **Bergen County Department of Human Services** **Division of Senior Services/ADRC** **February 2023**












Mondays	Card Games Bingo Lunch Zumba	9:30AM 10:30AM 11:45AM 1:00 PM
Tuesdays	Card Games Bingo Lunch Ladies Get Together Zumba	9:30 AM 10:30AM 11:45AM 12:30 PM 1:00 PM
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 1:00 PM
Fridays	Card Games Bingo Lunch Yoga	9:30 AM 10:30AM 11:45AM 12:30PM
Feb. 10 Feb. 20	Valentine Bingo Party President's Day	ALL DAY CENTER CLOSED

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>Please Make Lunch Reservation One Day Before!</p> 		<p>1</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 w/ Garlic Lemon Sauce</p> 	<p>2</p> <p>9:00 Continental Breakfast 9:30 Card Games 10:30 BINGO 11:45 LUNCH 1:00 ZUMBA GOLD TONING</p> <p>Sliced Roast Beef w/ Gravy</p>	<p>3</p> <p>9:00 Continental Breakfast 9:30 Card Games 10:30 BINGO 11:45 LUNCH 12:30 YOGA</p> <p>Turkey and Black Bean Chili</p> 																														
<p>6</p> <p>9:00 Continental Breakfast 9:30 Card Games 10:30 BINGO 11:45 LUNCH 1:00 ZUMBA GOLD</p> <p>BBQ Beef Ribque (Patty)</p>	<p>7</p> <p>9:00 Continental Breakfast 9:30 Card Games 10:30 BINGO 11:45 LUNCH 12:30 Ladies Get Together 1:00 Zumba Gold</p> <p>Chicken Cacciatore</p>	<p>8</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>Italian Meatballs</p> 	<p>9</p> <p>9:00 Continental Breakfast 9:30 Card Games 10:30 BINGO 11:45 LUNCH 1:00 ZUMBA GOLD TONING</p> <p>Beef and Broccoli</p>	<p>10</p> <p><i>Valentine's Day</i></p> <table border="1"> <tr> <th colspan="5">B I N G O</th> </tr> <tr> <td>4</td> <td>21</td> <td>31</td> <td>56</td> <td>65</td> </tr> <tr> <td>5</td> <td>17</td> <td>43</td> <td>52</td> <td>63</td> </tr> <tr> <td>6</td> <td>30</td> <td><i>Free Space</i></td> <td>60</td> <td>74</td> </tr> <tr> <td>1</td> <td>18</td> <td>39</td> <td>47</td> <td>72</td> </tr> <tr> <td>15</td> <td>26</td> <td>34</td> <td>49</td> <td>68</td> </tr> </table> <p>Chicken Cordon Bleu</p>	B I N G O					4	21	31	56	65	5	17	43	52	63	6	30	<i>Free Space</i>	60	74	1	18	39	47	72	15	26	34	49	68
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<p>13</p> <p>9:00 Continental Breakfast 9:30 Card Games 10:30 BINGO 11:45 LUNCH 1:00 ZUMBA GOLD</p> <p>Meatloaf w/ Brown Gravy</p>	<p>14</p> <p>9:00 Continental Breakfast 9:30 Card Games 10:30 BINGO 11:45 LUNCH 12:30 Ladies Get Together 1:00 ZUMBA GOLD</p> <p>BBQ Chicken Leg</p>	<p>15</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>Sliced Turkey w/ Gravy</p>	<p>16</p> <p>9:00 Continental Breakfast 9:30 Card Games 10:30 BINGO 11:45 LUNCH 1:00 ZUMBA GOLD TONING</p> <p>Sweet and Sour Meatballs</p> 	<p>17</p> <p>9:00 Continental Breakfast 9:30 Card Games 10:30 BINGO 11:45 LUNCH 12:30 YOGA</p> <p>Sliced Pork Tenderloin w/ Applesauce</p>																														
<p>20</p> 	<p>21</p> <p>9:00 Continental Breakfast 9:30 Card Games 10:30 BINGO 11:45 LUNCH 12:30 Ladies Get Together 1:00 Zumba Gold</p> <p>Salisbury Steak w/ Gravy</p> 	<p>22</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>Lemon-Pepper Baked Fish</p>	<p>23</p> <p>9:00 Continental Breakfast 9:30 Card Games 10:30 BINGO 11:45 LUNCH 1:00 ZUMBA GOLD TONING</p> <p>Chicken Marsala</p>	<p>24</p> <p>9:00 Continental Breakfast 9:30 Card Games 10:30 BINGO 11:45 LUNCH 12:30 YOGA</p> <p>Mini Cheese Ravioli</p> 																														
<p>27</p> <p>9:00 Continental Breakfast 9:30 Card Games 10:30 BINGO 11:45 LUNCH 1:00 ZUMBA GOLD</p> <p>Breaded Chicken Piccata</p>	<p>28</p> <p>9:00 Continental Breakfast 9:30 Card Games 10:30 BINGO 11:45 LUNCH 12:30 Ladies Get Together 1:00 Zumba Gold</p> <p>Baked Macaroni and Cheese</p>	<p><i>Happy Valentines Day</i></p>  	<p>North Arlington Senior Activity Center Hours 8:30 ~ 3:30 Lunch Served ~ 11:45</p> <p>Suggested Donation ~ \$1.25</p>	