

BERGEN NEW JERSEY *County*

James J. Tedesco III
County Executive

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DEPARTMENT OF HUMAN SERVICES
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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

Connie Keeler, Director
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

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NORTH ARLINGTON SENIOR ACTIVITY CENTER Bergen County Department of Human Services Division of Senior Services/ADRC July 2024

JULY 2	Emergency Preparedness—Barry Leventhal, Operations/Training Officer Bergen County Office of Emergency Management	10AM
JULY 4	CLOSED—4TH OF JULY	ALL DAY
JULY 2, 9, 16, 23, 30	Tuesday Matinee—Movies TBA	2:00PM
JULY 9	Resources Available to Seniors & Give-A-Ways <i>w/ ReMona Thompson, Meadowlands Family Success Center</i>	10:00AM
JULY 11	Hand Massage w/ Agata & Dorene	9:00 AM-11:00 AM
JULY 11	Karaoke w/ Agata & Dorene	12: 00PM-1:00PM
JULY 17	Pancake Breakfast w/ Dorene & Dawn	8:30AM-9:30AM
JULY 18	Jeopardy w/ Dorene	12:00PM
JULY 22	Total Brain Health	10:30AM
JULY 25	Connect & Color	12:30PM
JULY 30	Bone Health Presentation w/ Marla Klein, RDN, MCHES Partnership Coordinator, Bergen County Department of Health Services	10:00AM
July 30	CROCHET CLASS Last Tuesday of Every Month	10:00AM

The 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.

Save the Date

Senior Festival

September 12, 2024

Rain Date: Tuesday September 17, 2024

10AM - 2PM

Van Saun County Park, Paramus

Registration Recommended: Call: 201-336-7417 or Email: seniors@co.bergen.nj.us

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1 8:00 Walking Group 9:00 Brain Games 10:00 Line Dancing 10:30 Bingo 1:00 Zumba Gold</p> <p style="text-align: center;">Stuffed Peppers</p>	<p>2 8:00 Walking Group 9:00 Brain Games 10:00 Emergency Preparedness Presentation 10:30 Bingo 1:00 Zumba Gold 2:00 Tuesday Matinee</p> <p style="text-align: center;">Home Style Meatloaf w/ Gravy</p>	<p>3 8:00 Walking Group 9:00 Brain Games 10:30 Bingo 12:30 Zumba Gold</p> <p style="text-align: center;">Hawaiian Chicken</p>	<p style="text-align: center;"></p> <p style="text-align: center;">Center Closed</p>	<p>5 8:00 Walking Group 9:00 Brain Games 10:00 Diamond Art Club 10:30 Bingo 12:30 Yoga</p> <p style="text-align: center;">Roast Turkey w/ Swiss</p>
<p>8 8:00 Walking Group 9:00 Brain Games 10:00 Line Dancing 10:30 Bingo 1:00 Zumba Gold</p> <p style="text-align: center;"></p> <p style="text-align: center;">Chicken Marsala</p>	<p>9 8:00 Walking Group 9:00 Brain Games 10:00 Resources Available to Seniors 10:30 Bingo 1:00 Zumba Gold 2:00 Tuesday Matinee</p> <p style="text-align: center;">Pork Loin w/ Gravy</p>	<p>10 8:30 Walking Group 9:00 Brain Games 10:30 Bingo 12:30 Zumba Gold</p> <p style="text-align: center;">Roast Beef w/ Gravy</p>	<p>11 8:00 Walking Group 9:00 Brain Games 9:00 Hand Massage 10:30 Bingo 11:30 Lunch 12:00 Karaoke 1:00 Zumba Gold Toning</p> <p style="text-align: center;">BBQ Chicken Leg</p>	<p>12 8:00 Walking Group 9:00 Brain Games 10:00 Diamond Art Club 10:30 Bingo 12:30 Yoga</p> <p style="text-align: center;">Cheeseburger</p>
<p>15 8:00 Walking Group 9:00 Brain Games 10:00 Line Dancing 10:30 Bingo 1:00 Zumba Gold</p> <p style="text-align: center;">Sweet Chicken Sausage</p>	<p>16 8:00 Walking Group 9:00 Brain Games 10:30 Bingo 1:00 Zumba Gold 2:00 Tuesday Matinee</p> <p style="text-align: center;">Stuffed Cabbage</p>	<p>17 8:00 Walking Group 8:30 Pancake Breakfast 9:00 Brain Games 10:30 Bingo 12:30 Zumba Gold</p> <p style="text-align: center;"></p> <p style="text-align: center;">Ziti & Meatballs</p>	<p>18 8:00 Walking Group 9:00 Brain Games 10:30 Bingo 11:30 Lunch 12:00 Jeopardy 1:00 Zumba Gold Toning</p> <p style="text-align: center;">Chef Salad</p>	<p>19 8:00 Walking Group 9:00 Brain Games 10:00 Diamond Art Club 10:30 Bingo 12:30 Yoga</p> <p style="text-align: center;">Chicken Cordon Bleu</p>
<p>22 8:00 Walking Group 9:00 Brain Games 10:00 Line Dancing 10:30 Total Brain Health 11:00 Bingo 1:00 Zumba Gold</p> <p style="text-align: center;">Roast Turkey w/ Gravy</p>	<p>23 8:00 Walking Group 9:00 Brain Games 10:30 Bingo 1:00 Zumba Gold 2:00 Tuesday Matinee</p> <p style="text-align: center;"></p> <p style="text-align: center;">Swedish Meatballs w/ Gravy</p>	<p>24 8:00 Walking Group 9:00 Brain Games 10:30 Bingo 12:30 Zumba Gold</p> <p style="text-align: center;">Beef & Cheese Lasagna</p>	<p>25 8:00 Walking Group 9:00 Brain Games 10:30 Bingo 12:30 Connect & Color 1:00 Zumba Gold Toning</p> <p style="text-align: center;">Balsamic Chicken</p>	<p>26 8:00 Walking Group 9:00 Brain Games 10:00 Diamond Art Club 10:30 Bingo 12:30 Yoga</p> <p style="text-align: center;">Egg Salad Platter w/ Romaine</p>
<p>29 8:00 Walking Group 9:00 Brain Games 10:00 Line Dancing 10:30 Bingo 1:00 Zumba Gold</p> <p style="text-align: center;">Herbed Chicken Leg</p>	<p>30 8:00 Walking Group 10:00 Crochet Class 9:00 Brain Games 10:00 Bone Health Presentation 10:30 Bingo 1:00 Zumba Gold 2:00 Tuesday Matinee</p> <p style="text-align: center;">Cheese Omelet</p>	<p>31 8:00 Walking Group 9:00 Brain Games 10:30 Bingo 12:30 Zumba Gold</p> <p style="text-align: center;">Salisbury Steak w/ Gravy</p>	<p style="text-align: center;">Suggested Lunch Donation: \$1.25 Per Meal</p> <p style="text-align: center;">Please reserve lunch by 11:30 AM the day before</p> <p style="text-align: center;">Lunch will Be Served at 12:00 Daily</p>	<p style="text-align: center;"></p> <p style="text-align: center;"><i>Continental Breakfast 9:00 AM</i></p>