

BERGEN NEW JERSEY *County*

James J. Tedesco III
County Executive

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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, 07644
Phone: (201) 998-5636 • Fax (201) 998-9872

northarlingtoncenter@co.bergen.nj.us

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

BERGEN NEW JERSEY *County*

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

MAY 6	Total Brain Health	10:30AM
MAY 9	OPEN HOUSE For Reservations please call (201) 998- 5636	9:00AM- 2:00PM
MAY 9	Hand Massage w/ Aggie & Dorene	9:00AM- 11:00AM
MAY 9	Karaoke	12:30PM- 2:30PM
MAY 15	Senior Planet: Smartphone Camera Uses Beyond Photography Lecture w/ Dawn	12:30PM
MAY 21	Protecting Yourself in the Retail World w/ Denis Niland, Investigator, Department of Public Safety	10:00AM
MAY 23	Farmers' Market Voucher Distribution <i>for questions call (201) 998-9872 Application and Self-Declarations can be obtained at the center</i>	10:00AM- 1:00PM



Open House

Please join us at one of the 24 Senior Activity Centers or Nutrition Sites in Bergen County to celebrate Older Americans Month

For More Information Email:
seniors@co.bergen.nj.us



Senior Festival

September 12, 2024


Rain Date: Tuesday September 17, 2023

10AM - 2PM





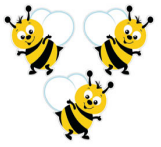


Van Saun County Park, Paramus

To RSVP Call 201-336-7417 or
Email seniors@co.bergen.nj.us

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.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Suggested Lunch Donation: \$1.25 Per Meal Please reserve lunch by 11:30 AM the day before</p> <p>Lunch will Be Served at 12:00 Daily</p>	 <p><i>Continental Breakfast 9:00 AM</i></p>	<p>1</p> <p>8:30 Indoor/ Outdoor Walking Group 10:30 Bingo 12:30 Zumba Gold</p> <p>Roasted Turkey w/ Gravy</p>	<p>2</p> <p>10:30 Bingo 1:00 Zumba Gold Toning</p> <p>Chef Salad</p>	<p>3</p> <p>10:00 Diamond Art Club 10:30 Bingo 12:30 Yoga</p> <p>Chicken Fajitas</p>
<p>6</p> <p>10:00 Line Dancing 10:30 Total Brain Health 1:00 Bingo 1:00 Zumba Gold</p> <p>Stuffed Cabbage</p>	<p>7</p> <p>10:30 Bingo 1:00 Zumba Gold</p> <p>Chicken Cordon Bleu</p>	<p>8</p> <p>8:30 Indoor/ Outdoor Walking Group 10:30 Bingo 12:30 Zumba Gold</p> <p>Pepper Steak w/ Onion & Peppers</p>	<p>9</p> <p>OPEN HOUSE</p> <p>9:00 Hand Massage 10:30 Bingo 12:30 Karaoke</p>  <p>Balsamic Chicken w/ Roasted Peppers</p>	<p>10</p> <p>10:00 Diamond Art Club 10:30 Bingo 12:30 Yoga</p> <p>Eggplant Rollatini</p>
<p>13</p> <p>10:00 Line Dancing 10:30 Bingo 1:00 Zumba Gold</p>  <p>Chicken Piccata</p>	<p>14</p> <p>10:30 Bingo 1:00 Zumba Gold</p> <p>Stuffed Peppers</p>	<p>15</p> <p>8:30 Indoor/ Outdoor Walking Group 10:30 Bingo 12:30 Zumba Gold 12:30 Senior Planet: Smartphone Camera Uses Beyond Photography</p> <p>Korean BBQ Leg</p>	<p>16</p> <p>10:30 Bingo 1:00 Zumba Gold Toning</p> <p>Homestyle Meatloaf w/ Gravy</p>	<p>17</p> <p>10:00 Diamond Art Club 10:30 Bingo 12:30 Yoga</p> <p>Chicken Parmesan</p>
<p>20</p> <p>10:00 Line Dancing 10:30 Bingo 1:00 Zumba Gold</p> <p>Pork Loin w/ Gravy</p>	<p>21</p> <p>10:00 Presentation: Protecting Yourself in the Retail World 10:30 Bingo 1:00 Zumba Gold</p> <p>Tuna Salad Platter on Romaine</p>	<p>22</p> <p>8:30 Indoor/ Outdoor Walking Group 10:30 Bingo 12:30 Zumba Gold</p>  <p>Baked Ziti & Meatballs</p>	<p>23</p> <p>10:00 Farmers' Market Vouchers 10:30 Bingo 1:00 Zumba Gold Toning</p> <p>Cheeseburger</p>	<p>24</p> <p>10:00 Diamond Art Club 10:30 Bingo 12:30 Yoga</p>  <p>Sliced Turkey w/ Swiss</p>
 <p>CENTER CLOSED</p>	<p>28</p> <p>10:30 Bingo 1:00 Zumba Gold</p> <p>Hawaiian Chicken</p>	<p>29</p> <p>8:30 Indoor/ Outdoor Walking Group 10:30 Bingo 12:30 Zumba Gold</p> <p>Egg Salad Platter on Spinach</p>	<p>30</p> <p>10:30 Bingo 1:00 Zumba Gold Toning</p>  <p>Beer Battered Fish</p>	<p>31</p> <p>10:00 Diamond Art Club 10:30 Bingo 12:30 Yoga</p> <p>Salisbury Steak w/ Gravy</p>