

# NORTH ARLINGTON SENIOR ACTIVITY CENTER

Connie Keeler, Center Director



## August - 2019



(201) 998-5636

### Monday

### Tuesday

### Wednesday

### Thursday

### Friday



<p>Please Make Lunch &amp; Transportation Reservation Day Before!</p>	<p>North Arlington Senior Activity Center Hours 8:30 ~ 3:30 Lunch Served ~ 11:30 Suggested Donation ~ \$1.25</p>		<p>1 8:30 CONTINENTAL BREAKFAST 10:00 BODY TONING EXERCISE 1:00 BINGO  Chicken Scampi</p>	<p>2 8:30 CONTINENTAL BREAKFAST 9:45 Bingo 10:30 YOGA 1:00 CARDS  Egg Omelet &amp; Breakfast Sausage</p>
<p>5 8:30 CONTINENTAL BREAKFAST 10:30 ZUMBA GOLD with Marisa 1:00 BINGO  Vegetable Lasagna / Soup</p>	<p>6 8:30 CONTINENTAL BREAKFAST 10:00 BODY TONING EXERCISE 1:00 BINGO  Beef Teriyaki</p> 	<p>7 8:30 CONTINENTAL BREAKFAST 10:30 ZUMBA GOLD 1:00 FOOD SHOPPING  Parmesan Crusted Fish / Soup</p>	<p>8 8:30 CONTINENTAL BREAKFAST 10:00 BODY TONING EXERCISE 1:00 BINGO  Roast Pork</p>	<p>9 8:30 CONTINENTAL BREAKFAST 9:45 Bingo 10:30 YOGA 1:00 CARDS  Chicken Milanese / Soup</p>
<p>12 8:30 CONTINENTAL BREAKFAST 10:30 ZUMBA GOLD with Marisa 1:00 BINGO  Beer-Battered Fish / Soup</p>	<p>13 8:30 CONTINENTAL BREAKFAST 10:00 BODY TONING EXERCISE 1:00 BINGO  Chicken Stuffed with Broccoli</p>	<p>14 8:30 CONTINENTAL BREAKFAST 10:30 ZUMBA GOLD 1:00 FOOD SHOPPING  Turkey &amp; Bean Chili / Soup</p>	<p>15 8:30 CONTINENTAL BREAKFAST 10:00 BODY TONING EXERCISE 1:00 BINGO  Eggplant Rollatini / Soup</p>	<p>16 8:30 CONTINENTAL BREAKFAST 9:45 Bingo 10:30 YOGA 1:00 CARDS  Meatloaf / Soup</p> 
<p>19 8:30 CONTINENTAL BREAKFAST 10:30 ZUMBA GOLD with Marisa 1:00 BINGO  Chinese Chicken &amp; Broccoli</p>	<p>20 8:30 CONTINENTAL BREAKFAST 10:00 BODY TONING EXERCISE 1:00 BINGO  Rigatoni w/ Turkey Bolognese Sauce / Soup</p>	<p>21 8:30 CONTINENTAL BREAKFAST 10:30 ZUMBA GOLD 1:00 FOOD SHOPPING  Sweet Italian Sausage</p>	<p>22 8:30 CONTINENTAL BREAKFAST 10:00 BODY TONING EXERCISE 1:00 BINGO  Roast Turkey</p> 	<p>23 8:30 CONTINENTAL BREAKFAST 9:45 Bingo 10:30 YOGA 1:00 CARDS  Coconut Crusted Haddock</p>
<p>26 8:30 CONTINENTAL BREAKFAST 10:30 ZUMBA GOLD with Marisa 1:00 BINGO  BBQ Beef Rib</p>	<p>27 8:30 CONTINENTAL BREAKFAST 10:00 BODY TONING EXERCISE 1:00 BINGO  Breaded Flounder / Soup</p> 	<p>28 End of Summer <b>BINGO BASH</b></p>	<p>29 8:30 CONTINENTAL BREAKFAST 10:00 BODY TONING EXERCISE 1:00 BINGO  Swedish Meatballs / Soup</p>	<p>30 8:30 CONTINENTAL BREAKFAST 9:45 Bingo 10:30 YOGA 1:00 CARDS  Baked Ziti / Soup</p>

# BERGEN NEW JERSEY County

**James J. Tedesco III**  
County Executive

## BOARD OF CHOSEN FREEHOLDERS

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## DEPARTMENT OF HUMAN SERVICES

Melissa DeBartolo, Esq.  
*Acting Department 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 on Disability Services**  
201-336-6500

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

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James J. Tedesco III, County Executive

NORTH ARLINGTON SENIOR ACTIVITY CENTER  
Bergen County Department of Human Services  
ADRC Division of Senior Services  
August~ 2019



AUGUST 8: "NUTRITION BINGO" NICK VESSICHELLI, SHOP-RITE NUTRITIONIST 10:30 AM

AUGUST 20: "Five Wishes Bingo"- Lorraine Siotta, Community Liaison,  
Hospice of New Jersey - 10:30 AM

AUGUST 22: THE MANDALA PROJECT - LINDA CROSS, BERGEN COUNTY ADRC  
Aging & Disabilities Resource Connection- 10:30AM

AUGUST 22: SNAP (FOOD STAMPS) OUTREACH - 9:00AM - 12:00PM

AUGUST 28: END OF SUMMER BINGO BASH - ALL DAY

August: BLOOD PRESSURE/HEALTH ASSESSMENT  
*North Arlington Health Dept.*  
Daily 8:30AM-12:00PM and 2:00PM-3:30PM  
Please call 201-991-6060 EXT. 121 OR 123



### UPCOMING EVENTS:

**Bergen County Annual Senior Citizen Picnic**  
Thursday, September 5, 2019- 10AM - 3:00PM  
Rain Date: Wednesday, September 19, 2018  
Van Saun County Park, Paramus  
Sign up 201-998-5636



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.

## NORTH ARLINGTON SENIOR ACTIVITY CENTER

11 York Road  
North Arlington, NJ 07031  
Phone: (201) 998-5636 • Fax (201) 998-9872  
Open: Monday - Friday, 8:00AM - 3:30PM  
[NorthArlingtonCenter@co.bergen.nj.us](mailto:NorthArlingtonCenter@co.bergen.nj.us)

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