

# NORTH ARLINGTON SENIOR ACTIVITY CENTER

Connie Keeler, Center Director

## SEPTEMBER



(201) 998-5636





**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

	<p>Please Make Lunch Reservation  Day Before!</p>	<p>1 1:00 ZUMBA GOLD  Breaded Chicken Cutlet</p>	<p>2 10:30 BINGO 1:00 ZUMBA GOLD TONING  Beef Stroganoff</p>	<p>3 10:30 Bingo 12:30 YOGA  Broccoli Stuffed Chicken</p> 
	<p>7 10:30 BINGO  Pulled Pork</p>	<p>8 1:00 ZUMBA GOLD  Hamburger</p> 	<p>9 10:30 BINGO 1:00 ZUMBA GOLD TONING  Chicken Florentine</p>	<p>10 10:30 Bingo 12:30 YOGA  Rigatoni Bolognese</p>
<p>13 10:30 BINGO 1:00 ZUMBA GOLD  Ham &amp; Swiss Cheese Sandwich</p>	<p>14 10:30 BINGO  Chicken Teriyaki</p> 	<p>15 1:00 ZUMBA GOLD  Salisbury Steak</p>	<p>16 10:30 BINGO 1:00 ZUMBA GOLD TONING  Italian Meatballs</p>	<p>17 10:30 Bingo 12:30 YOGA  Shaved Chicken Sandwich</p> 
<p>20 10:30 BINGO 1:00 ZUMBA GOLD  Turkey and Cheese Sandwich</p>	<p>21 10:30 BINGO  Korean BBQ Chicken Leg Qtr.</p>	<p>22 1:00 ZUMBA GOLD  Stuffed Cabbage</p>	<p>23 10:30 BINGO 1:00 ZUMBA GOLD TONING  Chicken Fillet</p> 	<p>24 10:30 Bingo 12:30 YOGA  Meatballs Marsala</p>
<p>27 10:30 BINGO 1:00 ZUMBA GOLD  Salami &amp; Provolone Sandwich</p>	<p>28 10:30 BINGO  Meatloaf</p>	<p>29 1:00 ZUMBA GOLD  Baked Penne with Ricotta</p>	<p>23 10:30 BINGO 1:00 ZUMBA GOLD TONING  Orange Chicken</p>	<p>North Arlington Senior Activity Center Hours 8:30 ~ 3:30 Lunch Served ~ 11:30  Suggested Donation ~ \$1.25</p>



**James J. Tedesco III**  
*County Executive*

**BOARD OF COUNTY COMMISSIONERS**

**Steven A. Tanelli**  
*Chairman*

**Tracy Silna Zur**  
*Vice Chairwoman*

**Dr. Joan M. Voss**  
*Chair Pro Tempore*

**Mary J. Amoroso**  
**Ramon M. Hache, Sr.**  
**Germaine M. Ortiz**  
**Thomas J. Sullivan**

**DEPARTMENT of HUMAN SERVICES**

**Melissa H. DeBartolo, Esq.**  
*Director*

**DIVISION of SENIOR SERVICES**  
**Lorraine Joewono**  
*Director*



Thank you for your patience and understanding as we continue to navigate necessary COVID-19 protocols and preventative measures at our Senior Activity Centers. These protocols are intended to further ensure the health and safety of everyone at the center. Our senior activity center staff are diligently working to bring safe, but fun and enjoyable activities and programming to our centers. At this time, we ask that you please continue to pre-register for morning or afternoon sessions, as well as, for to-go lunches. Please know that your cooperation during these challenging times is very much appreciated. If you have any questions, kindly contact your center directly at 201-998-5636 or the Division of Senior Services at 201-336-

*For Your Information...*

**KEY TELEPHONE NUMBERS**

**Division of Senior Services**  
**Bergen ADRC (formerly NJ EASE)**  
201-336-7443  
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

*Bergen County Division of Senior Services supports & promotes diverse & inclusive communities, & 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.*



James J. Tedesco III, *County Executive*

**NORTH ARLINGTON SENIOR ACTIVITY CENTER**  
Bergen County Department of Human Services  
ADRC Division of Senior Services  
September~ 2021



Monday, Tuesday, Thursday, Friday - 10:30 am



*with Marisa Gelsomino*

Monday, Wednesday, Thursday - 1:00 pm



*with Christine Guida*

Friday - 12:30 pm



Monday - Friday  
9:30 am - 2:00 pm

**NORTH ARLINGTON ACTIVITY CENTER**

11 York Road  
North Arlington, NJ 07031  
Phone: (201) 998-5636 • Fax: (201) 998-9872  
Open: Monday - Friday, 8:00 AM - 3:30 PM

11 York Road • North Arlington, NJ 07031  
Phone: (201) 998-5636 • Fax: (201) 998-9872  
**NorthArlingtonCenter@co.bergen.nj.us**  
Connie Keeler, Center Director  
Open Monday - Friday ~ 8:00 AM - 3:30 PM

