

BERGEN NEW JERSEY *County*

James J. Tedesco III
County Executive

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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.

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

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

Mondays	Grab & Go Bingo Zumba	9:30am-2:00pm 10:30am 1:00pm
Tuesdays	Grab & Go Bingo	9:30am-2:00pm 10:30am
Wednesdays	Grab & Go Zumba	9:30am-2:00pm
Thursdays	Grab & Go Bingo Zumba	9:30am-2:00pm 10:30am 1:00pm
Fridays	Grab & Go Bingo Yoga	9:30am-2:00pm 10:30am 12:30pm
Nov 2; Nov 11; Nov 25; Nov 26	CENTER CLOSED	ALL DAY

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.

NOVEMBER

NORTH ARLINGTON SENIOR ACTIVITY CENTER

NOVEMBER










MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>1</p> <p>10:30 BINGO 1:00 ZUMBA GOLD</p> <p>Turkey and Swiss Cheese Sandwich</p>	<p>2</p> 	<p>3</p> <p>1:00 ZUMBA GOLD</p> <p>Breaded Chicken Cutlet</p>	<p>4</p> <p>10:30 BINGO 1:00 ZUMBA GOLD TONING</p> <p>Beef Stroganoff</p>	<p>5</p> <p>10:30 Bingo 12:30 YOGA</p>  <p>Broccoli Stuffed Chicken</p>
<p>8</p> <p>10:30 BINGO 1:00 ZUMBA GOLD</p> <p>Chicken Salad Sandwich</p> 	<p>9</p> <p>10:30 BINGO</p> <p>BBQ Pulled Pork</p>	<p>10</p> <p>1:00 ZUMBA GOLD</p> <p>Hamburger</p>		<p>12</p> <p>10:30 Bingo 2:30 YOGA</p> <p>Roast Turkey</p>
<p>15</p> <p>10:30 BINGO 1:00 ZUMBA GOLD</p> <p>Black Forest Ham & Cheese</p>	<p>16</p> <p>10:30 BINGO</p> <p>Chicken Teriyaki</p>	<p>17</p> <p>1:00 ZUMBA GOLD</p> <p>Salisbury Steak</p>	<p>18</p> <p>10:30 BINGO 1:00 ZUMBA GOLD TONING</p> <p>Italian Meatballs</p>	<p>19</p> <p>10:30 Bingo 12:30 YOGA</p> <p>Shaved Chicken</p> 
<p>22</p> <p>10:30 BINGO 1:00 ZUMBA GOLD</p> <p>Egg Salad Sandwich</p>	<p>23</p> <p>10:30 BINGO</p>  <p>Korean BBQ Chicken Leg</p>	<p>24</p> <p>1:00 ZUMBA GOLD</p> <p>Stuffed Cabbage</p>	<p>25</p> 	<p>26</p> 
<p>29</p> <p>10:30 BINGO 1:00 ZUMBA GOLD</p> <p>Chicken Cutlet & Provolone Sandwich</p>	<p>30</p> <p>10:30 BINGO</p> <p>Meatloaf</p>		<p>Please Make Lunch Reservation</p> <p>One Day Before!</p>	<p>North Arlington Senior Activity Center Hours 8:30 ~ 3:30 Lunch Served ~ 11:30</p> <p>Suggested Donation ~ \$1.25</p>