

# BERGEN NEW JERSEY *County*

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

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## 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.

## 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](mailto:NorthArlingtonCenter@co.bergen.nj.us)

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

# BERGEN NEW JERSEY *County*

James J. Tedesco III, County Executive

## **NORTH ARLINGTON SENIOR ACTIVITY CENTER** **Bergen County Department of Human Services** **Division of Senior Services/ADRC** **January 2022**

|            |                             |                                     |
|------------|-----------------------------|-------------------------------------|
| Mondays    | Grab & Go<br>Bingo<br>Zumba | 9:30am-2:00pm<br>10:30am<br>1:00pm  |
| Tuesdays   | Grab & Go<br>Bingo          | 9:30am-2:00pm<br>10:30am            |
| Wednesdays | Grab & Go<br>Zumba          | 9:30am-2:00pm<br>1:00 pm            |
| Thursdays  | Grab & Go<br>Bingo<br>Zumba | 9:30am-2:00pm<br>10:30am<br>1:00pm  |
| Fridays    | Grab & Go<br>Bingo<br>Yoga  | 9:30am-2:00pm<br>10:30am<br>12:30pm |

*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.

January 2022

NORTH ARLINGTON SENIOR ACTIVITY CENTER

Connie Keeler—Director









MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

|  |   |   |  |   |
|--|---|---|--|---|
| <p>3</p> <p>10:30 BINGO<br/>1:00 ZUMBA GOLD</p> <p>Tuna Salad on Croissant</p>  | <p>4</p> <p>10:30 BINGO</p> <p>Cheese &amp; Spinach Lasagna</p>   | <p>5</p> <p>1:00 ZUMBA GOLD</p> <p>Meatloaf</p>                | <p>6</p> <p>10:30 BINGO<br/>1:00 ZUMBA GOLD TONING</p> <p>Stuffed Flounder</p>   | <p>7</p> <p>10:30 Bingo<br/>2:30 YOGA</p> <p>Beef Stroganoff</p>                   |
| <p>10</p> <p>10:30 BINGO<br/>1:00 ZUMBA GOLD</p> <p>Roast Beef and Provolone Sandwich</p>  | <p>11</p> <p>10:30 BINGO</p> <p>Chicken Teriyaki</p>                                | <p>12</p> <p>1:00 ZUMBA GOLD</p> <p>Meat Lasagna</p>  | <p>13</p> <p>10:30 BINGO<br/>1:00 ZUMBA GOLD TONING</p> <p>Swedish Meatballs</p>  | <p>14</p> <p>10:30 Bingo<br/>2:30 YOGA</p> <p>Salisbury Steak</p>   |
| <p>17</p>  <p>CLOSED</p>  | <p>18</p> <p>10:30 BINGO</p> <p>Sliced Turkey &amp; Provolone Cheese Sandwich</p>  | <p>19</p> <p>1:00 ZUMBA GOLD</p> <p>Baked Penne with Ricotta</p>  | <p>20</p> <p>10:30 BINGO<br/>1:00 ZUMBA GOLD TONING</p> <p>Orange Chicken</p>     | <p>21</p> <p>10:30 Bingo<br/>12:30 YOGA</p> <p>Beef &amp; Macaroni Casserole</p>  |
| <p>24</p> <p>10:30 BINGO<br/>1:00 ZUMBA GOLD</p> <p>Milano Sandwich</p>  | <p>25</p> <p>10:30 BINGO</p> <p>Rotini w/Crumbled Italian Turkey Sausage, Peppers, Onions, w/Mariana</p>  | <p>26</p> <p>1:00 ZUMBA GOLD</p> <p>Marinated Pork Loin</p>  | <p>27</p> <p>10:30 BINGO<br/>1:00 ZUMBA GOLD TONING</p> <p>Chicken Fillet</p>  | <p>28</p> <p>10:30 Bingo<br/>12:30 YOGA</p> <p>Open Turkey Sandwich</p>           |
| <p>31</p> <p>10:30 BINGO<br/>1:00 ZUMBA GOLD</p> <p>Egg Salad</p>             | <p>North Arlington Senior Activity Center<br/>Hours 8:30 ~ 3:30<br/>Lunch Served ~ 11:30</p> <p>Suggested Donation ~ \$1.25</p>                                       |    | <p>Please Make Lunch Reservation<br/>One Day Before!</p>   |    |