

BERGEN NEW JERSEY *County*

James J. Tedesco III
County Executive

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DIVISION OF SENIOR SERVICES
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Director



On behalf of the County of Bergen, we thank you for your patience during the Covid-19 pandemic. At this time, the County has lifted most restrictions related to Covid, but will continue to require health screenings upon entrance to the centers. Masks are now optional throughout the centers. Masks are still required on the bus for those who are unvaccinated although preferable for all to wear one when on the bus. Meals will return to congregate setting, and there will no longer be a Grab & Go option. We look forward to seeing you again as we resume all regular activities. 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

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** **September 2022**

Mondays	Card Games Bingo Lunch Zumba	9:30 AM 10:30AM 11:45AM 1:00PM
Tuesdays	Card Games Bingo Lunch Ladies Get Together	9:30 AM 10:30AM 11:45AM
Wednesdays	Walking Group Card Games Bingo Lunch Zumba	9:30 AM 9:30 AM 10:30AM 11:45AM 1:00PM
Thursdays	Card Games Bingo Lunch Zumba	9:30 AM 10:30AM 11:45AM 1:00PM
Fridays	Cars Games Bingo Lunch Yoga	9:30 AM 10:30AM 11:45AM 12:30PM
Tuesday, September 13th	Annual Senior Citizens Festival—Van Saun County Park, Paramus	10:00AM—2:00PM
Thursday, September 15th	Community Food Bank of NJ	10:00AM

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.




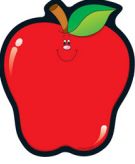




MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>North Arlington Senior Activity Center Hours 8:30 ~ 3:30 Lunch Served ~ 11:45</p> <p>Suggested Donation ~ \$1.25</p>	<p>Please Make Lunch Reservation</p> <p>One Day Before!</p>	 <p><i>Fun for Seniors</i></p>	<p>1 9:00 Continental Breakfast 9:30 Card Games 10:30 BINGO 11:45 LUNCH 1:00 ZUMBA GOLD TONING</p> <p>Sliced Turkey w/ Gravy</p>	<p>2 9:00 Continental Breakfast 9:30 Card Games 10:30 BINGO 11:45 LUNCH 12:30 YOGA</p> <p>Rigatoni Bolognese</p> 
<p>5</p>  <p>IN HONOR OF LABOR DAY We WILL BE CLOSED</p>	<p>6 9:00 Continental Breakfast 9:30 Card Games 10:30 BINGO 11:45 LUNCH 12:30 Ladies Get Together</p> <p>Hamburger (Beef) w/ Sausage & Garlic Olive Oil</p>	<p>7 9:00 Continental Breakfast 9:30 Walking Group 9:30 Card Games 10:30 BINGO 11:45 LUNCH 1:00 ZUMBA GOLD</p> <p>Chicken Florentine</p>	<p>8 9:00 Continental Breakfast 9:30 Card Games 10:30 BINGO 11:45 LUNCH 1:00 ZUMBA GOLD TONING</p> <p>Fish Sticks w/ Lemon Wedge & Tartar Sauce</p>	<p>9 9:00 Continental Breakfast 9:30 Card Games 10:30 BINGO 11:45 LUNCH 12:30 YOGA</p> <p>BBQ Pulled Pork Sandwich</p>
<p>12 9:00 Continental Breakfast 9:30 Card Games 10:30 BINGO 11:45 LUNCH 1:00 ZUMBA GOLD</p> <p>Grilled Chicken Caesar Salad</p>	<p>13 9:00 Continental Breakfast 9:30 Card Games 10:00 Annual Senior Citizen Festival 10:30 BINGO 12:30 Ladies Get Together</p>  <p>Salisbury Steak</p>	<p>14 9:00 Continental Breakfast 9:30 Walking Group 9:30 Card Games 10:30 BINGO 11:45 LUNCH 1:00 ZUMBA GOLD</p> <p>Italian Meatballs w/ Tomato Basil Sauce</p>	<p>15 9:00 Continental Breakfast 9:30 Card Games 10:00 Community Food Bank NJ 10:30 BINGO 11:45 LUNCH 1:00 ZUMBA GOLD TONING</p> <p>Turkey Burger</p>	<p>16 9:00 Continental Breakfast 9:30 Card Games 10:30 BINGO 11:45 LUNCH 12:30 YOGA</p> <p>Orange Chicken w/ Gravy</p>
<p>19 9:00 Continental Breakfast 9:30 Card Games 10:30 BINGO 11:45 LUNCH 1:00 ZUMBA GOLD</p> <p>Turkey & Swiss Cheese w/Arugula on WW Roll</p>	<p>20 9:00 Continental Breakfast 9:30 Card Games 10:30 BINGO 11:45 LUNCH 12:30 Ladies Get Together</p> <p>Stuffed Cabbage</p>	<p>21 9:00 Continental Breakfast 9:30 Walking Group 9:30 Card Games 10:30 BINGO 11:45 LUNCH 1:00 ZUMBA GOLD</p>  <p>Lemon Pepper Baked Fish</p>	<p>22 9:00 Continental Breakfast 9:30 Card Games 10:30 BINGO 11:45 LUNCH 1:00 ZUMBA GOLD TONING</p> <p>Sloppy Joe on Kaiser Roll</p>	<p>23 9:00 Continental Breakfast 9:30 Card Games 10:30 BINGO 11:45 LUNCH 12:30 YOGA</p> <p>Egg Salad on Romaine Lettuce</p>
<p>26 9:00 Continental Breakfast 9:30 Card Games 10:30 BINGO 11:45 LUNCH 1:00 ZUMBA GOLD</p>  <p>Tuna Noodle Salad</p>	<p>27 9:00 Continental Breakfast 9:30 Card Games 10:30 BINGO 11:45 LUNCH 12:30 Ladies Get Together</p> <p>Pork Tenderloin w/ Gravy</p>	<p>28 9:00 Continental Breakfast 9:30 Walking Group 9:30 Card Games 10:30 BINGO 11:45 LUNCH 1:00 ZUMBA GOLD</p> <p>Korean BBQ Chicken Leg Quarter</p>	<p>29 9:00 Continental Breakfast 9:30 Card Games 10:30 BINGO 11:45 LUNCH 1:00 ZUMBA GOLD TONING</p> <p>Cheese Ravioli in Spinach Sauce</p>	<p>30 9:00 Continental Breakfast 9:30 Card Games 10:30 BINGO 11:45 LUNCH 12:30 YOGA</p> <p>Shaved Chicken Sandwich</p>