

BERGEN NEW JERSEY *County*

James J. Tedesco III
County Executive

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DIVISION OF SENIOR SERVICES
Lorraine Joewono
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-19, but will continue to require health screenings upon entrance to the centers. Masks are now optional throughout the centers. Meals have returned 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** **December 2022**

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| Mondays | Card Games Bingo Lunch | 9:30AM 10:30AM 11:45AM |
| Tuesdays | Card Games Bingo Lunch Ladies Get Together | 9:30 AM 10:30AM 11:45AM 12:30 PM |
| 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 | 9:30 AM 10:30AM 11:45AM |
| Fridays | Card Games Bingo Lunch Yoga | 9:30 AM 10:30AM 11:45AM 12:30PM |
| Dec. 6th Dec. 8th Dec. 13th Dec. 26th | Health Screening Community Food Bank of NJ Holiday Party CLOSED | 10:00 AM—12:00 pm 11:15 am 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.



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>1 9:00 Continental Breakfast 9:30 Card Games 10:30 BINGO 11:45 LUNCH</p> <p>Homestyle Meatloaf w/ Brown Gravy</p> | <p>2 9:00 Continental Breakfast 9:30 Card Games 10:30 BINGO 11:45 LUNCH 12:30 YOGA</p> <p>Herb Roasted Chicken Leg</p> |
| <p>5 9:00 Continental Breakfast 9:30 Card Games 10:30 BINGO 11:45 LUNCH</p> <p>Whole Wheat Ziti w/Crumbled Turkey Sausage, Green/Red Peppers, Onions, Marinara Sauce & Parmesan Cheese</p> | <p>6 9:00 Continental Breakfast 9:30 Card Games 10:00 Health Screening 10:30 BINGO 11:45 LUNCH 12:30 Ladies Get Together</p> <p>Tuna Salad</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>Pulled BBQ Chicken</p>  | <p>8 9:00 Continental Breakfast 9:30 Card Games 10:30 BINGO 11:15 Community Food Bank of NJ 11:45 LUNCH</p> <p>Sliced Roast Beef w/ Gravy</p> | <p>9 9:00 Continental Breakfast 9:30 Card Games 10:30 BINGO 11:45 LUNCH 12:30 YOGA</p> <p>Tortellini and Chicken Alfredo</p>  |
| <p>12 9:00 Continental Breakfast 9:30 Card Games 10:30 BINGO 11:45 LUNCH</p> <p>Egg Salad on Romaine Lettuce</p> | <p>13 HOLIDAY PARTY ALL DAY SPECIAL LUNCH</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>Sliced Turkey w/ Gravy</p> | <p>15 9:00 Continental Breakfast 9:30 Card Games 10:30 BINGO 11:45 LUNCH</p> <p>Stuffed Cabbage</p> | <p>16 9:00 Continental Breakfast 9:30 Card Games 10:30 BINGO 11:45 LUNCH 12:30 YOGA</p> <p>Unbreaded Chicken Marsala</p> |
| <p>19 9:00 Continental Breakfast 9:30 Card Games 10:30 BINGO 11:45 LUNCH</p> <p>Turkey and Red Kidney Bean Chili</p> | <p>20 9:00 Continental Breakfast 9:30 Card Games 10:30 BINGO 11:45 LUNCH 12:30 Ladies Get Together</p> <p>Beef Goulash (Beef, Onion, Bell Peppers in Tomato Sauce)</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>Baked Fish w/ Dill Sauce</p>  | <p>22 9:00 Continental Breakfast 9:30 Card Games 10:30 BINGO 11:45 LUNCH</p> <p>BBQ Chicken Quarter</p> | <p>23 9:00 Continental Breakfast 9:30 Card Games 10:30 BINGO 11:45 LUNCH 12:30 YOGA</p> <p>Salisbury Steak w/Gravy and Sauteed Onions</p>  |
|  | <p>27 9:00 Continental Breakfast 9:30 Card Games 10:30 BINGO 11:45 LUNCH 12:30 Ladies Get Together</p> <p>Broccoli Stuffed Fish</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>Sloppy Joe</p> | <p>29 9:00 Continental Breakfast 9:30 Card Games 10:30 BINGO 11:45 LUNCH</p> <p>Chicken Parmesan</p>  | <p>30 9:00 Continental Breakfast 9:30 Card Games 10:30 BINGO 11:45 LUNCH 12:30 YOGA</p> <p>Pork Tenderloin w/ Gravy</p> |