



James J. Tedesco III  
County Executive

**BOARD OF COUNTY COMMISSIONERS**

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Director

DIVISION OF SENIOR SERVICES  
Lorraine Joewono  
Director



**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



James J. Tedesco III, County Executive

**NORTH ARLINGTON SENIOR ACTIVITY CENTER**  
**Bergen County Department of Human Services**  
**Division of Senior Services/ADRC**  
**March 2023**

|            |  |   |
|------------|--|---|
| Mondays    | Card Games<br>Bingo<br>Lunch<br>Zumba                        | 9:30AM<br>10:30AM<br>11:45AM<br>1:00 PM             |
| Tuesdays   | Card Games<br>Bingo<br>Lunch<br>Ladies Get Together<br>Zumba | 9:30AM<br>10:30AM<br>11:45AM<br>12:30 PM<br>1:00 PM |
| Wednesdays | Walking Group<br>Card Games<br>Bingo<br>Lunch<br>Zumba       | 9:30AM<br>9:30AM<br>10:30AM<br>11:45AM<br>1:00PM    |
| Thursdays  | Card Games<br>Bingo<br>Lunch<br>Zumba                        | 9:30AM<br>10:30AM<br>11:45AM<br>1:00 PM             |
| Fridays    | Card Games<br>Bingo<br>Lunch<br>Yoga                         | 9:30AM<br>10:30AM<br>11:45AM<br>12:30PM             |

Thursday, March 16th



ALL DAY











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.

***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>Please Make Lunch Reservation One Day Before!</p>   | <p>North Arlington Senior Activity Center<br/>Hours 8:30 ~ 3:30<br/>Lunch Served ~ 11:45<br/>Suggested Donation ~ \$1.25</p>   | <p>1<br/>9:00 Continental Breakfast<br/>9:30 Walking Group<br/>9:30 Card Games<br/>10:30 BINGO<br/>11:45 LUNCH<br/>1:00 ZUMBA GOLD<br/><b>Korean BBQ Pulled Pork</b></p>   | <p>2<br/>9:00 Continental Breakfast<br/>9:30 Card Games<br/>10:30 BINGO<br/>11:45 LUNCH<br/>1:00 ZUMBA GOLD TONING<br/><b>Herb Roasted Chicken Leg</b></p>   | <p>3<br/>9:00 Continental Breakfast<br/>9:30 Card Games<br/>10:30 BINGO<br/>11:45 LUNCH<br/>12:30 YOGA<br/><b>Eggplant Rollatini</b></p>               |
| <p>6<br/>9:00 Continental Breakfast<br/>9:30 Card Games<br/>10:30 BINGO<br/>11:45 LUNCH<br/>1:00 ZUMBA GOLD<br/><b>Sweet &amp; Sour Meatballs</b></p>   | <p>7<br/>9:00 Continental Breakfast<br/>9:30 Card Games<br/>10:30 BINGO<br/>11:45 LUNCH<br/>12:30 Ladies Get Together<br/>1:00 Zumba Gold<br/><b>Baked Fish w/ Dill Sauce</b></p>      | <p>8<br/>9:00 Continental Breakfast<br/>9:30 Walking Group<br/>9:30 Card Games<br/>10:30 BINGO<br/>11:45 LUNCH<br/>1:00 ZUMBA GOLD<br/><b>Chicken Florentine</b></p>              | <p>9<br/>9:00 Continental Breakfast<br/>9:30 Card Games<br/>10:30 BINGO<br/>11:45 LUNCH<br/>1:00 ZUMBA GOLD TONING<br/><b>Hamburger</b></p>  | <p>10<br/>9:00 Continental Breakfast<br/>9:30 Card Games<br/>10:30 BINGO<br/>11:45 LUNCH<br/>12:30 YOGA<br/><b>Tuna &amp; Bowtie Pasta Salad</b></p>  |
| <p>13<br/>9:00 Continental Breakfast<br/>9:30 Card Games<br/>10:30 BINGO<br/>11:45 LUNCH<br/>1:00 ZUMBA GOLD<br/><b>Pork Tenderloin w/ Applesauce</b></p>  | <p>14<br/>9:00 Continental Breakfast<br/>9:30 Card Games<br/>10:30 BINGO<br/>11:45 LUNCH<br/>12:30 Ladies Get Together<br/>1:00 ZUMBA GOLD<br/><b>Salisbury Steak w/ Brown Gravy</b></p>   | <p>15<br/>9:00 Continental Breakfast<br/>9:30 Walking Group<br/>9:30 Card Games<br/>10:30 BINGO<br/>11:45 LUNCH<br/>1:00 ZUMBA GOLD<br/><b>Chicken Cutlet Parmesan</b></p>   | <p>16<br/><br/><b>Corned Beef</b></p>   | <p>17<br/>9:00 Continental Breakfast<br/>9:30 Card Games<br/>10:30 BINGO<br/>11:45 LUNCH<br/>12:30 YOGA<br/><b>Baked Fish w/ Garlic &amp; Lemon Sauce</b></p>   |
| <p>20<br/>9:00 Continental Breakfast<br/>9:30 Card Games<br/>10:30 BINGO<br/>11:45 LUNCH<br/>1:00 ZUMBA GOLD<br/><b>Turkey &amp; Swiss Cheese w/ Arugula on Whole Wheat Roll</b></p>  | <p>21<br/>9:00 Continental Breakfast<br/>9:30 Card Games<br/>10:30 BINGO<br/>11:45 LUNCH<br/>12:30 Ladies Get Together<br/>1:00 Zumba Gold<br/><b>Hot Tuna Noodle Casserole</b></p>  | <p>22<br/>9:00 Continental Breakfast<br/>9:30 Walking Group<br/>9:30 Card Games<br/>10:30 BINGO<br/>11:45 LUNCH<br/>1:00 ZUMBA GOLD<br/><b>Chicken Cordon Bleu</b></p>   | <p>23<br/><b>Crazy Hair Day</b><br/>9:00 Continental Breakfast<br/>9:30 Card Games<br/>10:30 BINGO<br/>11:45 LUNCH<br/>1:00 ZUMBA GOLD TONING<br/><b>Sloppy Joe on Whole Wheat Kaiser Roll</b></p> | <p>24<br/>9:00 Continental Breakfast<br/>9:30 Card Games<br/>10:30 BINGO<br/>11:45 LUNCH<br/>12:30 YOGA<br/><b>Egg Salad on Romaine Lettuce</b></p>  |
| <p>27<br/>9:00 Continental Breakfast<br/>9:30 Card Games<br/>10:30 BINGO<br/>11:45 LUNCH<br/>1:00 ZUMBA GOLD<br/><b>Swedish Meatballs</b></p>            | <p>28<br/>9:00 Continental Breakfast<br/>9:30 Card Games<br/>10:00 Shop-Rite Nutritionist<br/>10:30 BINGO<br/>11:45 LUNCH<br/>12:30 Ladies Get Together<br/>1:00 Zumba Gold<br/><b>Meatloaf w/ Gravy</b></p>   | <p>29<br/>9:00 Continental Breakfast<br/>9:30 Walking Group<br/>9:30 Card Games<br/>10:30 BINGO<br/>11:45 LUNCH<br/>1:00 ZUMBA GOLD<br/><b>Shaved Philly Beef Sandwich</b></p>  | <p>30<br/>9:00 Continental Breakfast<br/>9:30 Card Games<br/>10:30 BINGO<br/>11:45 LUNCH<br/>1:00 ZUMBA GOLD TONING<br/><b>Korean BBQ Chicken Leg Qtr.</b></p>                                     | <p>31<br/>9:00 Continental Breakfast<br/>9:30 Card Games<br/>10:30 BINGO<br/>11:45 LUNCH<br/>12:30 YOGA<br/><b>Baked Fish w/ Dill Sauce</b></p>   |