

# BERGEN NEW JERSEY *County*

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

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**Melissa H. DeBartolo, Esq.**  
*Director*

**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](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 2023**

<b>Mondays</b>	Card Games Bingo Lunch Zumba	9:30AM 10:30AM 11:45AM 1:00 PM
<b>Tuesdays</b>	Card Games Bingo Lunch Ladies Get Together Zumba	9:30 AM 10:30AM 11:45AM 12:30 PM 1:00 PM
<b>Wednesdays</b>	Walking Group Card Games Bingo Lunch Zumba	9:30 AM 9:30 AM 10:30AM 11:45AM 1:00PM
<b>Thursdays</b>	Card Games Bingo Lunch Zumba	9:30 AM 10:30AM 11:45AM 1:00 PM
<b>Fridays</b>	Card Games Bingo Lunch Yoga	9:30 AM 10:30AM 11:45AM 12:30PM
<b>Jan. 10 Jan. 19 Jan 2 and 16</b>	<b>Silly Hat Day Health Screening CENTER CLOSED</b>	<b>ALL DAY 10:00 AM—12:00 PM CENTER CLOSED</b>

***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>2</p> 	<p>3</p> <p>9:00 Continental Breakfast 9:30 Card Games 10:00 Health Screening 10:30 BINGO 11:45 LUNCH 12:30 Ladies Get Together 1:00 Zumba Gold</p>  <p><b>Meatloaf with Gravy</b></p>	<p>4</p> <p>9:00 Continental Breakfast 9:30 Walking Group 9:30 Card Games 10:30 BINGO 11:45 LUNCH 1:00 ZUMBA GOLD</p> <p><b>Baked Fish with Garlic Lemon Sauce</b></p>	<p>5</p> <p>9:00 Continental Breakfast 9:30 Card Games 10:30 BINGO 11:45 LUNCH 1:00 ZUMBA GOLD TONING</p> <p><b>BBQ Pulled Pork with Sauce</b></p>	<p>6</p> <p>9:00 Continental Breakfast 9:30 Card Games 10:30 BINGO 11:45 LUNCH 12:30 YOGA</p>  <p><b>Roasted Chicken Leg w/Cacciatore Sauce</b></p>
<p>9</p> <p>9:00 Continental Breakfast 9:30 Card Games 10:30 BINGO 11:45 LUNCH 1:00 ZUMBA GOLD</p>  <p><b>Tuna Salad with Bowtie Salad</b></p>	<p>10 <i>SILLY HAT DAY—ALL DAY</i></p> <p>9:00 Continental Breakfast 9:30 Card Games 10:30 BINGO 11:45 LUNCH 12:30 Ladies Get Together 1:00 Zumba Gold</p> <p><b>Balsamic Breaded Chicken Breast</b></p>	<p>11</p> <p>9:00 Continental Breakfast 9:30 Walking Group 9:30 Card Games 10:30 BINGO 11:45 LUNCH 1:00 ZUMBA GOLD</p>  <p><b>Hamburger</b></p>	<p>12</p> <p>9:00 Continental Breakfast 9:30 Card Games 10:30 BINGO 11:45 LUNCH 1:00 ZUMBA GOLD TONING</p> <p><b>Sliced Turkey w/Turkey Gravy</b></p>	<p>13</p> <p>9:00 Continental Breakfast 9:30 Card Games 10:30 BINGO 11:45 LUNCH 12:30 YOGA</p> <p><b>Italian Meatballs</b></p>
<p>16</p> 	<p>17</p> <p>9:00 Continental Breakfast 9:30 Card Games 10:30 BINGO 11:45 LUNCH 12:30 Ladies Get Together 1:00 ZUMBA GOLD</p>  <p><b>Pork Chop w/Cinnamon Apple Glaze</b></p>	<p>18</p> <p>9:00 Continental Breakfast 9:30 Walking Group 9:30 Card Games 10:30 BINGO 11:45 LUNCH 1:00 ZUMBA GOLD</p> <p><b>Orange Chicken</b></p>	<p>19</p> <p>9:00 Continental Breakfast 9:30 Card Games 10:00 HEALTH SCREENING 10:30 BINGO 11:45 LUNCH 1:00 ZUMBA GOLD TONING</p> <p>Whole Wheat Rotini w/Crumbled Italian Turkey Sausage, Green &amp; Red Peppers, Onions w/Marinara Sauce &amp; Grated Cheese</p>	<p>20</p> <p>9:00 Continental Breakfast 9:30 Card Games 10:30 BINGO 11:45 LUNCH 12:30 YOGA</p>  <p><b>Pepper Steak</b></p>
<p>23</p> <p>9:00 Continental Breakfast 9:30 Card Games 10:30 BINGO 11:45 LUNCH 1:00 ZUMBA GOLD</p>  <p><b>Chicken Chow Mein</b></p>	<p>24</p> <p>9:00 Continental Breakfast 9:30 Card Games 10:30 BINGO 11:45 LUNCH 12:30 Ladies Get Together 1:00 Zumba Gold</p> <p><b>Salisbury Steak with Gravy</b></p>	<p>25</p> <p>9:00 Continental Breakfast 9:30 Walking Group 9:30 Card Games 10:30 BINGO 11:45 LUNCH 1:00 ZUMBA GOLD</p> <p><b>Tuna Salad with Lettuce Leaf</b></p>	<p>26</p> <p>9:00 Continental Breakfast 9:30 Card Games 10:30 BINGO 11:45 LUNCH 1:00 ZUMBA GOLD TONING</p> <p><b>Cheese &amp; Spinach Lasagna</b></p>	<p>27</p> <p>9:00 Continental Breakfast 9:30 Card Games 10:30 BINGO 11:45 LUNCH 12:30 YOGA</p> <p><b>Chicken Marsala</b></p>
<p>30</p> <p>9:00 Continental Breakfast 9:30 Card Games 10:30 BINGO 11:45 LUNCH 1:00 ZUMBA GOLD</p> <p><b>Egg Salad with Lettuce Leaf</b></p>	<p>31</p> <p>9:00 Continental Breakfast 9:30 Card Games 10:30 BINGO 11:45 LUNCH 12:30 Ladies Get Together 1:00 Zumba Gold</p> <p><b>Korean BBQ Chicken Leg</b></p>		<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 One Day Before!</p>