

# BERGEN NEW JERSEY *County*

James J. Tedesco III  
*County Executive*

## BOARD OF COUNTY COMMISSIONERS

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DEPARTMENT OF HUMAN SERVICES  
Melissa H. DeBartolo, Esq.  
*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

Connie Keeler, Director  
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

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## NORTH ARLINGTON SENIOR ACTIVITY CENTER Bergen County Department of Human Services Division of Senior Services/ADRC February 2024

Thursday, February 1	Life's Essential "8"- Steps to Heart Health w/ Bergen County Health Services	10:30AM
Tuesday, February 6	Q&A w/ Senior Helpers— Meghan LaBruno, Director of Business Development	10:30AM
Thursday, February 8	Hand Massage w/ Dorene & Aggie	9:00AM - 11:00AM
Tuesday, February 13	Valentine's Day Celebration	ALL DAY
Friday, February 16	Senior Planet—Intro to Social Media w/ Dorene & Aggie	12:30 PM
Monday, February 19	President's Day	CLOSED
Thursday, February 22	Jeopardy w/ Dorene & Aggie	10:00AM
Monday, February 26	Heart Health Awareness—The DASH Diet w/ Sabrina Hauser, Dietitian, ShopRite	10:00AM
Thursday, February 29	February Birthday Celebration	12:30PM

*The 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.



**AMERICAN HEART MONTH FEATURING**

**BERGEN COUNTY  
HEALTH SERVICES:**

**LIFE'S ESSENTIAL EIGHT  
HEART HEALTH PRESENTATION**

*For the month of February, Bergen County Health Services will present at all ten county-operated centers.*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>Happy Valentine's Day</p>			<p><b>1</b> 10:30 BINGO 10:30 BC HEALTH SERVICES HEART HEALTH 12:00 LUNCH 1:00 ZUMBA GOLD TONING</p> <p>Chicken Piccata</p>	<p><b>2</b> 10:00 DIAMOND ART 10:30 BINGO 12:00 LUNCH 12:30 YOGA</p> <p>Ham Steak</p>
<p><b>5</b> 10:30 BINGO 12:00 LUNCH 1:00 ZUMBA GOLD</p> <p>Homestyle Meatloaf w/ Gravy</p>	<p><b>6</b> 10:30 SENIOR HELPERS PRESENTATION 11:30 BINGO 12:00 LUNCH 12:30 LADIES GET TOGETHER 1:00 ZUMBA GOLD</p> <p>Turkey &amp; Swiss</p>	<p><b>7</b> 9:30 INDOOR WALKING GROUP 10:30 BINGO 12:00 LUNCH 12:30 ZUMBA GOLD</p> <p>Korean BBQ Chicken Leg</p>	<p><b>8</b> 9:00 HAND MASSAGE 10:30 BINGO 12:00 LUNCH 1:00 ZUMBA GOLD TONING</p> <p>Pulled Pork</p>	<p><b>9</b> 10:00 DIAMOND ART 10:30 BINGO 12:00 LUNCH 12:30 YOGA</p>  <p>Pepper Steak</p>
<p><b>12</b> 10:30 BINGO 12:00 LUNCH 1:00 ZUMBA GOLD</p> <p>Egg Salad on Pumpernickel</p>	 <p>ALL DAY</p> <p>Chicken Marsala</p>	<p><b>14</b> 9:30 INDOOR WALKING GROUP 10:30 BINGO 12:00 LUNCH 12:30 ZUMBA GOLD</p>  <p>Eggplant Rollatini</p>	<p><b>15</b> 10:30 BINGO 12:00 LUNCH 1:00 ZUMBA GOLD TONING</p> <p>Cheeseburger</p>	<p><b>16</b> 10:00 DIAMOND ART 10:30 BINGO 12:00 LUNCH 12:30 YOGA 12:30 SENIOR PLANET</p> <p>Beer Battered Fish</p>
 <p><b>CENTER CLOSED</b></p> <p>President's Day</p> 	<p><b>20</b> 10:30 BINGO 12:00 LUNCH 12:30 LADIES GET TOGETHER 1:00 ZUMBA GOLD</p> <p>Roast Turkey Sandwich w/ Cheddar</p>	<p><b>21</b> 9:30 INDOOR WALKING GROUP 10:30 BINGO 12:00 LUNCH 12:30 ZUMBA GOLD</p> <p>Pork Loin w/ Gravy</p>	<p><b>22</b> 10:00 JEOPARDY 12:00 LUNCH 1:00 ZUMBA GOLD TONING</p>  <p>Sesame Chicken</p>	<p><b>23</b> 10:00 DIAMOND ART 10:30 BINGO 12:00 LUNCH 12:30 YOGA</p> <p>Spinach Quiche</p>
<p><b>26</b> 10:00 SHOPRITE HEART HEALTH PRESENTATION 10:30 BINGO 12:00 LUNCH 1:00 ZUMBA GOLD</p> <p>Stuffed Cabbage</p>	<p><b>27</b> 10:30 BINGO 12:00 LUNCH 1:00 ZUMBA GOLD</p>  <p>Tuna Salad on Whole Wheat</p>	<p><b>28</b> 9:30 INDOOR WALKING GROUP 10:30 BINGO 12:00 LUNCH 12:30 ZUMBA GOLD</p> <p>Chicken Florentine</p>	<p><b>29</b> 10:30 BINGO 12:00 LUNCH 12:30 FEBRUARY BIRTHDAYS 1:00 ZUMBA GOLD TONING</p> <p>Cranberry Glazed Turkey Meatballs</p>	<p><b>Suggested Lunch Donation: \$1.25 Per Meal</b></p> <p><b>Please reserve lunch by 11:30 AM the day before</b></p>