



James J. Tedesco III
County Executive

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DEPARTMENT OF HUMAN SERVICES
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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**

Connie Keeler, Director
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



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

Monday, March 4	Mandala Monday	10:00AM
Tuesday, March 5	Resources Available to Seniors Presentation w/ ReMona Thompson, Meadowlands Family Success Center	10:00AM
Thursday, March 7	Hand Massage w/ Dorene & Aggie	9:00AM-11:00AM
Tuesday, March 12	Total Brain Health w/ Dorene & Aggie	10:30AM
Tuesday, March 12	3D Egg Craft w/ Dorene & Aggie	12:30PM
Tuesday, March 19	St. Joseph's Day Traditional cake will be served	12:30PM
Monday, March 18	Wear Green Day	All Day
Wednesday, March 20	Word Search Wednesday	10:00AM
Friday, March 22	Drum Circle Registration Required (201) 998-5636	1:00PM
Thursday, March 28	Stress Management Presentation w/ Bill Wright, CTRS, Bergen New Bridge Medical Center	10:30AM
Thursday, March 28	March Birthday Celebration	12:30PM
Friday, March 29	Good Friday, Center Closed	All Day
Sunday, March 31	Spring Luncheon Registration Required (973) 478-0502 or email garfieldcenter@co.bergen.nj.us	10:00AM-2:00PM

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.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>Suggested Lunch Donation: \$1.25 Per Meal</div> <div>Please reserve lunch by 11:30 AM the day before</div> <div>Lunch Served Daily at 12:00PM</div>	<div></div> <div>Continental Breakfast 9:00 AM</div>	<div></div>	<div></div>	<div>1</div> <div>10:00 Diamond Art 10:30 Bingo 12:30 Yoga</div> <div>Eggplant Rollatini</div>
<div>4</div> <div>10:00 Mandala Monday 10:30 Bingo 1:00 Zumba Gold</div> <div></div> <div>Swedish Meatballs</div>	<div>5</div> <div>10:00 Presentation- Resources Available to Seniors 10:30 Bingo 1:00 Zumba Gold</div> <div></div>	<div>6</div> <div>8:30 Indoor Walking Group 10:30 Bingo 12:30 Zumba Gold</div> <div></div> <div>Homestyle Meatloaf w/ Gravy</div>	<div>7</div> <div>9:00 Hand Massage 10:30 Bingo 1:00 Zumba Gold Toning</div> <div>LS Ham Steak</div>	<div>8</div> <div>10:00 Diamond Art 10:30 Bingo 12:30 Yoga</div> <div></div> <div>Beer Battered Fish</div>
<div>11</div> <div>10:30 Bingo 1:00 Zumba Gold</div> <div>Sweet Chicken Sausage</div>	<div>12</div> <div>10:00 Total Brain Health 10:30 Bingo 12:30 3D Egg Craft 1:00 Zumba Gold</div> <div></div> <div>Stuffed Cabbage</div>	<div>13</div> <div>8:30 Indoor Walking Group 10:30 Bingo 12:30 Zumba Gold</div> <div>Korean BBQ Chicken Leg</div>	<div>14</div> <div>10:30 Bingo 1:00 Zumba Gold Toning</div> <div></div> <div>Hamburger</div>	<div>15</div> <div>10:00 Diamond Art 10:30 Bingo 12:30 Yoga</div> <div>Tuna Salad on Romaine Lettuce</div>
<div>18</div> <div>10:30 Bingo 1:00 Zumba Gold</div> <div></div> <div>Wear Green Day</div> <div>Corned Beef</div>	<div>19</div> <div>10:30 Bingo 12:30 St. Joseph's Day Cake 1:00 Zumba Gold</div> <div></div> <div>Pork Tenderloin w/ Gravy</div>	<div>20</div> <div>8:30 Indoor Walking Group 10:00 Word Search Wednesday 10:30 Bingo 12:30 Zumba Gold</div> <div>Roast Turkey w/ Gravy</div>	<div>21</div> <div>10:30 Bingo 1:00 Zumba Gold Toning</div> <div></div> <div>Shepherd's Pie w/ Mashed Potatoes</div>	<div>22</div> <div>10:00 Diamond Art 10:30 Bingo 12:30 Yoga 1:00 Drum Circle</div> <div></div> <div>Egg Salad</div>
<div>25</div> <div>10:30 Bingo 1:00 Zumba Gold</div> <div>Stuffed Peppers</div>	<div>26</div> <div>10:30 Bingo 1:00 Zumba Gold</div> <div>Herbed Roasted Chicken Leg</div>	<div>27</div> <div>8:30 Indoor Walking Group 10:30 Bingo 12:30 Zumba Gold</div> <div></div> <div>Baked Ziti & Meatballs</div>	<div>28</div> <div>10:30 Presentation- Stress Management 11:00 Bingo 12:30 March Birthday Celebration 1:00 Zumba Gold Toning</div> <div>Chicken Sausage w/ Onions & Peppers</div>	<div>29</div> <div></div> <div>CENTER CLOSED</div>