

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, 07644
Phone: (201) 998-5636 • Fax (201) 998-9872

northarlingtoncenter@bergencountynj.gov

Open: Monday - Friday, 8:00AM - 3:30PM

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James J. Tedesco III, County Executive

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

November 4	National Candy Day	All Day
November 5	Election Day- Center Closed	Closed
November 11	Veterans Day- Center Closed	Closed
November 12	Presentation: Resources for Seniors & Give-A-Ways w/ ReMona Thompson, Meadowlands Family Success Center	10:00AM
November 12	Blood Pressure Screening w/ North Arlington Health Department	10:00 AM- 12:00PM
November 14	Hand Massage w/ Agata and Dorene	9:00AM- 11:00AM
November 14	Color & Sip w/ Agata and Dorene	12:30PM
November 15	Senior Planet Presentation: Podcast at a Glance	10:00AM
November 19	Total Brain Health - Agata and Dorene	10:00AM
November 21	Presentation: Healthy Through the Holidays w/ Corrin McCarthy	12:30PM
November 26	Crochet Class	10:00AM
November 28	Thanksgiving- Center Closed	Closed
November 29	Thanksgiving Observance - Center Closed	Closed

Thanksgiving Luncheon

Garfield Senior Activity Center
480 Midland Ave
Garfield, New Jersey, 07026

Thursday, November 28, 2024
10:00 AM - 2:00 PM

To RSVP call 973-478-0502 or email seniors@co.bergen.nj.us

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.




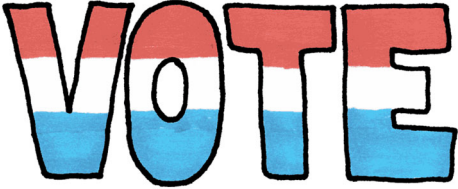

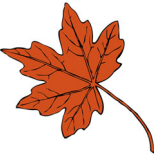

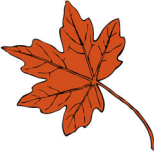
MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>Suggested Lunch Donation: \$1.25 Per Meal Please reserve lunch by 11:30 AM the day before</p> <p>Lunch will Be Served at 12:00 Daily</p>	<p>Continental Breakfast</p> <p>9:00am Monday - </p>			<p>1</p> <p>8:00 Walking Group 9:00 Brain Games 10:00 Diamond Art Club 10:30 Bingo 12:30 Yoga 1:00 Friday Matinee Turkey & Cheddar</p>
<p>4 NATIONAL CANDY DAY</p> <p>8:00 Walking Group 9:00 Brain Games 10:00 Dancing 10:30 Bingo 12:30 Zumba Gold</p> <p>Cheeseburger</p>	<p>5</p>  <p>Center Closed</p>	<p>6</p> <p>8:00 Walking Group 9:00 Brain Games 10:30 Bingo 12:30 Zumba Gold</p> <p>Chicken Salad</p>	<p>7</p> <p>8:00 Walking Group 9:00 Brain Games 10:30 Bingo 11:30 Lunch 1:00 Zumba Gold Toning</p> <p>Roasted Pork Loin w/ Gravy</p>	<p>8</p> <p>8:00 Walking Group 9:00 Brain Games 10:00 Diamond Art Club 10:30 Bingo 12:30 Yoga 1:00 Friday Matinee Herbed Chicken</p>
 <p>Center Closed</p>	<p>12</p> <p>8:00 Walking Group 9:00 Brain Games 10:00 Resources Available to Seniors 10:00 Blood Pressure Screening 10:30 Bingo 1:00 Zumba Gold</p> <p>Homestyle Meatloaf w/ Gravy</p>	<p>13</p> <p>8:00 Walking Group 9:00 Brain Games 10:30 Bingo 12:30 Zumba Gold</p> <p>Stuffed Peppers</p>	<p>14</p> <p>8:00 Walking Group 9:00 Brain Games 9:00 Hand Massage 10:30 Bingo 11:30 Lunch 12:30 Color & Sip 1:00 Zumba Gold Toning</p> <p>Swedish Meatballs w/ Gravy</p>	<p>15</p> <p>8:00 Walking Group 9:00 Brain Games 10:00 Diamond Art Club 10:00 Podcast at a Glance—Senior Planet 10:30 Bingo 12:30 Yoga 1:00 Friday Matinee Broccoli Stuffed Chicken</p>
<p>18</p> <p>8:00 Walking Group 9:00 Brain Games 10:00 Dancing 10:30 Bingo 12:30 Zumba Gold</p> <p>Italian Meatballs w/ Marinara Sauce</p>	<p>19</p> <p>8:00 Walking Group 9:00 Brain Games 10:00 Total Brain Health 10:30 Bingo 1:00 Zumba Gold</p>  <p>Cheese Omelet</p>	<p>20</p> <p>8:00 Walking Group 9:00 Brain Games 10:30 Bingo 12:30 Zumba Gold</p> <p>Korean BBQ Chicken</p>	<p>21</p> <p>8:00 Walking Group 9:00 Brain Games 10:30 Bingo 11:30 Lunch 12:30 Presentation: Healthy Through Holidays 1:00 Zumba Gold Toning</p> <p>Ham & Swiss on Whole Wheat</p>	<p>22</p> <p>8:00 Walking Group 9:00 Brain Games 10:00 Diamond Art Club 10:30 Bingo 12:30 Yoga 1:00 Friday Matinee Stuffed Cabbage</p>
<p>25</p> <p>8:00 Walking Group 9:00 Brain Games 10:00 Dancing 10:30 Bingo 12:30 Zumba Gold</p> <p>Chicken Marsala</p>	<p>26</p> <p>8:00 Walking Group 9:00 Brain Games 10:00 Crochet Class 10:30 Bingo 1:00 Zumba Gold</p> <p>Tuna Salad</p>	<p>27</p> <p>8:00 Walking Group 9:00 Brain Games 10:30 Bingo 12:30 Zumba Gold</p> <p>Turkey w/ Gravy</p>	 <p>Thanksgiving Luncheon at Garfield Senior Center Please RSVP</p>	 <p>Center Closed</p> 