



James J. Tedesco III  
County Executive

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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@co.bergen.nj.us](mailto: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**  
**January 2024**

<b>Monday, January 1</b>	<b>New Year's Day</b>	<b>CLOSED</b>
<b>Friday, January 5, 12, 19, 26</b>	<b>Diamond Art with Dorene and Aggie</b>	<b>10:00AM - 12:00PM</b>
<b>Monday, January 8</b>	<b>Elvis Themed Bingo</b>	<b>10:30AM - 12:00PM</b>
<b>Monday, January 15</b>	<b>Martin Luther King Jr. Day</b>	<b>CLOSED</b>
<b>Tuesday, January 16</b>	<b>Hand Massage with Dorene and Aggie Sign-up by January 12th</b>	<b>9:00AM- 11:00AM</b>
<b>Thursday, January 11</b>	<b>Information on New and Updated Vaccine's— H &amp; B Pharmacy</b>	<b>10:00AM</b>
<b>Thursday, January 25</b>	<b>Emergency Preparedness &amp; File of Life— William Wright, CTRS, New Bridge Medical Center</b>	<b>10:30AM</b>
<b>Tuesday, January 30</b>	<b>January Birthday Celebration</b>	<b>12:30PM</b>

*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>1</div> <div>CENTER CLOSED</div> <div>Happy New Year</div>	<div>2</div> <div>9:00 HAND MASSAGE 10:30 BINGO 12:00 LUNCH 12:30 LADIES GET TOGETHER 1:00 ZUMBA GOLD</div> <div>Sweet Sausage (Chicken)</div>	<div>3</div> <div>9:30 WALKING GROUP 10:30 BINGO 12:00 LUNCH 1:00 ZUMBA GOLD</div> <div>Cheeseburger w/ Lettuce &amp; Tomato on Whole Wheat Bun</div>	<div>4</div> <div>10:30 BINGO 12:00 LUNCH 1:00 ZUMBA GOLD TONING</div> <div>Korean BBQ Chicken Leg</div>	<div>5</div> <div>10:00 DIAMOND ART 10:30 BINGO 12:00 LUNCH 12:30 YOGA</div> <div></div> <div>Vegan Meatball Marsala</div>
<div>8</div> <div>10:30 ELVIS THEME BINGO 12:00 LUNCH 1:00 ZUMBA GOLD</div> <div></div> <div>Baked Chicken Cutlet w/ Garlic Lemon Sauce</div>	<div>9</div> <div>9:00 HAND MASSAGE 10:30 BINGO 12:00 LUNCH 12:30 LADIES GET TOGETHER 1:00 ZUMBA GOLD</div> <div></div> <div>Pork Tenderloin w/ Gravy</div>	<div>10</div> <div>9:30 WALKING GROUP 10:30 BINGO 12:00 LUNCH 1:00 ZUMBA GOLD</div> <div></div> <div>Tuna Salad on Romaine</div>	<div>11</div> <div>10:00 VACCINE PRESENTATION 10:30 BINGO 12:00 LUNCH 1:00 ZUMBA GOLD TONING</div> <div>Stewed Beef Tips</div>	<div>12</div> <div>10:00 DIAMOND ART 10:30 BINGO 12:00 LUNCH 12:30 YOGA</div> <div>Turkey Sloppy Joe on a Whole Wheat Bun</div>
<div>15</div> <div></div> <div>CENTER CLOSED</div> <div>Martin Luther King Jr. Day</div> <div></div>	<div>16</div> <div>9:00 HAND MASSAGE 10:30 BINGO 12:00 LUNCH 12:30 LADIES GET TOGETHER 1:00 ZUMBA GOLD</div> <div>Baked BBQ Chicken</div>	<div>17</div> <div>9:30 WALKING GROUP 10:30 BINGO 12:00 LUNCH 1:00 ZUMBA GOLD</div> <div>Pulled Pork</div>	<div>18</div> <div>10:30 BINGO 12:00 LUNCH 1:00 ZUMBA GOLD TONING</div> <div></div> <div>Turkey &amp; Swiss Cheese w/ Romaine on Pumpernickel (2)</div>	<div>19</div> <div>10:00 DIAMOND ART 10:30 BINGO 12:00 LUNCH 12:30 YOGA</div> <div>Baked Ziti &amp; Meatballs w/ Marinara Sauce</div>
<div>22</div> <div>10:30 BINGO 12:00 LUNCH 1:00 ZUMBA GOLD</div> <div>Baked Egg, Spinach, Onion, &amp; Mushroom Casserole</div>	<div>23</div> <div>10:30 BINGO 12:00 LUNCH 12:30 LADIES GET TOGETHER 1:00 ZUMBA GOLD</div> <div>Homestyle Meatloaf w/ Gravy</div>	<div>24</div> <div>9:30 WALKING GROUP 10:30 BINGO 12:00 LUNCH 1:00 ZUMBA GOLD</div> <div></div> <div>Sesame Chicken</div>	<div>25</div> <div>10:30 EMERGENCY PREPAREDNESS PRESENTATION 11:00 BINGO 12:00 LUNCH 1:00 ZUMBA GOLD TONING</div> <div>LS Ham Steak</div>	<div>26</div> <div>10:00 DIAMOND ART 10:30 BINGO 12:00 LUNCH 12:30 YOGA</div> <div></div> <div>Baked Chicken Cutlet w/ Gravy</div>
<div>29</div> <div>10:30 BINGO 12:00 LUNCH 1:00 ZUMBA GOLD</div> <div></div> <div>Roast Turkey w/ Cheddar, Lettuce &amp; Tomato on Rye (2)</div>	<div>30</div> <div>10:30 BINGO 12:00 LUNCH 12:30 JANUARY BIRTHDAYS 12:30 LADIES GET TOGETHER 1:00 ZUMBA GOLD</div> <div>Beer Battered Fish</div>	<div>31</div> <div>9:30 WALKING GROUP 10:30 BINGO 12:00 LUNCH 1:00 ZUMBA GOLD</div> <div>Eggplant Rollatini</div>	<div>North Arlington Senior Activity Center Hours 8:30 ~ 3:30 Continental Breakfast ~ 9:00 AM Lunch Served ~ 12:00 PM</div> <div></div>	<div>Suggested Lunch Donation: \$1.25 Per Meal</div> <div>Please reserve lunch by 11:30 AM the day before</div>