

BERGEN NEW JERSEY County

James J. Tedesco III
County Executive

BOARD OF COUNTY COMMISSIONERS

Mary J. Amoroso
Chairwoman

Steven A. Tanelli
Vice Chairman

Dr. Joan M. Voss
Chair Pro Tempore

Rafael Marte
Germaine M. Ortiz
Thomas J. Sullivan
Tracy Silna Zur

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

Dawn Murray, Director
11 York Road
North Arlington, NJ, 07031
Phone: (201) 998-5636 • Fax (201) 998-9872

northarlingtoncenter@bergencountynj.gov

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 March 2025

| | | |
|------------------------|--|-----------------------|
| March 3 | Craft: Make Your Own Mardi Gras Mask | 12:30 pm |
| March 4 | Mardi Gras Celebration | 10:00 am |
| March 5 | Craft: Aluminum Foil Art Technique | 12:30 pm |
| March 6 | Karaoke w/ Agata & Dorene | 12:30 pm |
| March 7, 14, 21, 28 | Chronic Disease Presentation w/ Agata & Dorene | 10:00 am— 12:00 pm |
| March 13 | Hand Massage w/ Agata | 9:00 am— 11:00 am |
| March 14 | National Potato Chip Day | All Day |
| March 17 | St. Patrick's Day Party | All Day |
| March 18 | Presentation: Resources for Seniors & Give-A-Ways w/ ReMona Thompson, Meadowlands Family Success Center | 10:00 am |
| March 19 | Total Brain Health w/ Agata & Dorene | 10:00 am |
| March 19 | Game Show | 12:30 pm |
| March 25 | Waffle Breakfast | 9:00 am— 10:30 am |
| March 25 | Crochet Class | 12:30 pm |
| March 27 | Presentation: The Role of the Primary Care Physician w/ Dr. Focella, New Bridge Medical Center | 10:00 am |
| March 27 | March Birthday Celebration | 12:30 pm |

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.

SPRING LUNCHEON

JOIN US FOR FOOD AND MUSIC ON
SUNDAY, APRIL 20, 2025
10:00AM - 2:00PM

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

Kindly RSVP with your Senior Activity Center Director

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|--|--|--|
| <p>3 8:00 Walking Group 9:00 Brain Games 10:30 Bingo 12:30 Zumba Gold 12:30 Craft: Mardi Gras Mask</p> <p style="text-align: center;">Roast Turkey w/ Gravy</p> | <p>4 8:00 Walking Group 9:00 Brain Games 10:00 Mardi Gras Celebration 10:30 Bingo 1:00 Zumba Gold</p> <p style="text-align: center;">Stuffed Cabbage</p> | <p>5 8:00 Walking Group 9:00 Brain Games 10:30 Bingo 12:30 Zumba Gold Toning 12:30 Craft: Aluminum Foil Technique</p> <p style="text-align: center;">Spinach Quiche</p> | <p>6 8:00 Walking Group 9:00 Brain Games 10:30 Bingo 12:30 Karaoke 1:00 Zumba Gold Toning</p> <p style="text-align: center;">Korean BBQ Chicken Leg</p> | <p>7 8:00 Walking Group 9:00 Strength & Conditioning 9:00 Brain Games 10:00 Diamond Art Club 10:00 Presentation: Chronic Disease 10:30 Bingo 12:30 Yoga 12:30 Friday Matinee Breaded Fish Filet</p> |
| <p>10 8:00 Walking Group 9:00 Brain Games 10:30 Bingo 12:30 Zumba Gold</p> <p style="text-align: center;">Salisbury Steak w/ Mushroom Gravy</p> | <p>11 8:00 Walking Group 9:00 Brain Games 10:30 Bingo 1:00 Zumba Gold</p> <p style="text-align: center;">Chef Salad</p> | <p>12 8:00 Walking Group 9:00 Brain Games 10:30 Bingo 12:30 Zumba Gold Toning</p> <p style="text-align: center;">Chicken Florentine</p> | <p>13 8:00 Walking Group 9:00 Brain Games 9:00 Hand Massage 10:30 Bingo 1:00 Zumba Gold Toning</p> <p style="text-align: center;">Roast Turkey & Swiss</p> | <p>14 <i>National Potato Chip Day</i> 9:00 Strength & Conditioning 9:00 Brain Games 10:00 Diamond Art Club 10:00 Presentation: Chronic Disease 10:30 Bingo 12:30 Yoga 12:30 Friday Matinee</p> <p style="text-align: center;">Eggplant Parmesan</p> |
| <p>17</p>  <p style="text-align: center;">Corned Beef</p> | <p>18 8:00 Walking Group 9:00 Brain Games 10:30 Bingo 10:00 Presentation: Resources for Seniors 1:00 Zumba Gold</p> <p style="text-align: center;">Pork Tenderloin w/ Gravy</p> | <p>19 8:00 Walking Group 9:00 Brain Games 10:00 Total Brain Health 10:30 Bingo 12:30 Zumba Gold Toning 12:30 Game Show</p> <p style="text-align: center;">Chicken Parmesan</p> | <p>20 8:00 Walking Group 9:00 Brain Games 10:30 Bingo 1:00 Zumba Gold Toning</p> <p style="text-align: center;">Fish Filet w/ Lemon Sauce</p> | <p>21 8:00 Walking Group 9:00 Strength & Conditioning 9:00 Brain Games 10:00 Diamond Art Club 10:00 Presentation: Chronic Disease 10:30 Bingo 12:30 Yoga 12:30 Friday Matinee Tuna Noodle Salad</p> |
| <p>24 8:00 Walking Group 9:00 Brain Games 10:30 Bingo 12:30 Zumba Gold</p> <p style="text-align: center;">Homestyle Meatloaf w/ Gravy</p> | <p>25 8:00 Walking Group 9:00 Brain Games 9:00 Waffle Breakfast 10:00 Crochet Class 10:30 Bingo 12:30 Craft Day 1:00 Zumba Gold</p> <p style="text-align: center;">Stuffed Shells</p> | <p>26 8:00 Walking Group 9:00 Brain Games 10:30 Bingo 12:30 Zumba Gold Toning</p> <p style="text-align: center;">Beef Stir Fry</p> | <p>27 8:00 Walking Group 9:00 Brain Games 10:00 Presentation: The Role of Primary Care Physician 10:30 Bingo 12:30 March Birthday Celebration 1:00 Zumba Gold Toning</p> <p style="text-align: center;">Herb Roasted Chicken Leg</p> | <p>28 8:00 Walking Group 9:00 Strength & Conditioning 9:00 Brain Games 10:00 Diamond Art Club 10:00 Presentation: Chronic Disease 10:30 Bingo 12:30 Yoga 12:30 Friday Matinee Egg Salad Platter on Spinach</p> |
| <p>31 8:00 Walking Group 9:00 Brain Games 10:30 Bingo 12:30 Zumba Gold</p> <p style="text-align: center;">Stuffed Peppers</p> |  | <p style="text-align: center;">*HAPPY ST. PATRICK'S DAY*</p> | <p style="text-align: center;">Continental Breakfast</p> <p style="text-align: center;">9:00 am</p> <p style="text-align: center;"><i>Monday—Friday</i></p>  | <p style="text-align: center;">Suggested Lunch Donation: \$1.25 Per Meal</p> <p style="text-align: center;">Please reserve lunch by 11:30 AM the day before</p> <p style="text-align: center;">Lunch will Be Served at 12:00 Daily</p> |