

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

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

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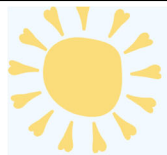
NORTH ARLINGTON SENIOR ACTIVITY CENTER **Bergen County Department of Human Services** **Division of Senior Services/ADRC** **April 2025**

April 1	Mini Health Fair w/ H & B Pharmacy	10:00am— 12:00pm
April 3	Easter Craft	12:30pm
April 4, 11	Presentation: Chronic Disease	10:00am – 12:00pm
April 10	Volunteer Recognition Celebration	12:00pm
April 11	Game Show—TBA	12:30pm
April 14	Easter Egg Fun	12:30pm
April 15	Presentation: Resources for Seniors & Give-A-Ways w/ ReMona Thompson, Meadowlands Family Success Center	10:00am
April 17	Hand Massage w/ Agata	9:00am— 11:00am
April 18	Good Friday	CLOSED
April 23	Total Brain Health w/ Agata & Dorene	10:00am
April 24	Craft: Sun Catcher Butterfly Painting	12:30pm
April 25	Karaoke	12:30pm
April 29	Crochet Class	10:00am
April 30	April 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.



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>1 9:00 Brain Games 10:00 Walking Group 10:00 Mini Health Fair 10:30 Bingo 1:00 Zumba Gold</p> <p style="text-align: center;">Chicken Florentine</p>	<p>2 9:00 Brain Games 10:00 Walking Group 10:30 Bingo 12:30 Zumba Gold Toning</p> <p style="text-align: center;">Tuna Salad Platter</p>	<p>3 9:00 Brain Games 10:00 Walking Group 10:30 Bingo 12:30 Easter Craft 1:00 Zumba Gold Toning</p> <p style="text-align: center;">Hungarian Goulash</p>	<p>4 9:00 Strength & Conditioning 9:00 Brain Games 10:00 Walking Group 10:00 Diamond Art Club 10:00 Presentation: Chronic Disease 10:30 Bingo 12:30 Yoga 12:30 Friday Matinee Manicotti with Tomato Sauce</p>
<p>7 9:00 Brain Games 10:00 Walking Group 10:30 Bingo 12:30 Zumba Gold</p> <p style="text-align: center;">Jamaican Jerk Chicken</p>	<p>8 9:00 Brain Games 10:00 Walking Group 10:30 Bingo 1:00 Zumba Gold</p> <p style="text-align: center;">Pork Loin with Gravy</p>	<p>9 9:00 Brain Games 10:00 Walking Group 10:30 Bingo 12:30 Zumba Gold Toning</p> <p style="text-align: center;">Oven Roasted Turkey Breast</p>	<p>10 9:00 Brain Games 10:00 Walking Group 10:30 Bingo 12:00 Volunteer Recognition 1:00 Zumba Gold Toning</p> <p style="text-align: center;">Chicken Parmesan</p>	<p>11 9:00 Strength & Conditioning 9:00 Brain Games 10:00 Walking Group 10:00 Diamond Art Club 10:00 Presentation: Chronic Disease 10:30 Bingo 12:30 Yoga 12:30 Game Show—TBA Seafood Salad Platter</p>
<p>14 9:00 Brain Games 10:00 Walking Group 10:30 Bingo 12:30 Zumba Gold 12:30 Easter Egg Fun</p> <p style="text-align: center;">Homestyle Meatloaf</p>	<p>15 9:00 Brain Games 10:00 Walking Group 10:00 Presentation: Resources for Seniors 10:30 Bingo 1:00 Zumba Gold</p> <p style="text-align: center;">Roast Turkey with Swiss Cheese</p>	<p>16 9:00 Brain Games 10:00 Walking Group 10:30 Bingo 12:30 Zumba Gold Toning</p> <p style="text-align: center;">Chicken Cordon Bleu</p>	<p>17 9:00 Brain Games 9:00 Hand Massage 10:00 Walking Group 10:30 Bingo 1:00 Zumba Gold Toning</p> <p style="text-align: center;">Beef Stir Fry</p>	 <p style="text-align: center;">Center Closed</p>
<p>21 9:00 Brain Games 10:00 Walking Group 10:30 Bingo 12:30 Zumba Gold</p> <p style="text-align: center;">Ham Steak with Pineapple</p>	<p>22 9:00 Brain Games 10:00 Walking Group 10:30 Bingo 1:00 Zumba Gold</p> <p style="text-align: center;">Cheese Omelet</p>	<p>23 9:00 Brain Games 10:00 Walking Group 10:00 Total Brain Health 10:30 Bingo 12:30 Zumba Gold Toning</p> <p style="text-align: center;">Meatballs with Marinara</p>	<p>24 9:00 Brain Games 10:00 Walking Group 10:30 Bingo 12:30 Sun Catcher Butterfly Painting 1:00 Zumba Gold Toning</p> <p style="text-align: center;">Chef Salad</p>	<p>25 9:00 Strength & Conditioning 9:00 Brain Games 10:00 Walking Group 10:00 Diamond Art Club 10:30 Bingo 12:30 Yoga 12:30 Karaoke</p> <p style="text-align: center;">Korean BBQ Leg</p>
<p>28 9:00 Brain Games 10:00 Walking Group 10:30 Bingo 12:30 Zumba Gold</p> <p style="text-align: center;">Chicken Piccata</p>	<p>29 9:00 Brain Games 10:00 Walking Group 10:00 Crochet Class 10:30 Bingo 1:00 Zumba Gold</p> <p style="text-align: center;">Pot Roast</p>	<p>30 9:00 Brain Games 10:00 Walking Group 10:30 Bingo 12:30 Zumba Gold Toning 12:30 April Birthday Celebration</p> <p style="text-align: center;">Egg Salad Platter</p>	<p style="text-align: center;">Continental Breakfast</p> <p style="text-align: center;"><i>9:00 am</i></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>