

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

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

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** **February 2025**

February 11	Celebrate National Peppermint Patty Day	12:30PM
February 12	Senior Planet Presentation: Protecting Your Personal Information Online	10:00AM
February 13	Presentation: Resources for Seniors & Give-A-Ways w/ ReMona Thompson, Meadowlands Family Success Center	10:00AM
February 14	Valentine's Day Craft w/ Agata and Dorene	12:30 PM
February 17	Presidents' Day– Center Closed	ALL DAY
February 19	Total Brain Health w/ Agata and Dorene	10:00AM
February 20	Hand Massage w/ Agata	9:00AM
February 25	Crochet Class	10:00AM
February 27	February Birthday Celebration	12:30PM
February 28	Pancake Breakfast for National Pancake Day	9:00AM— 10:00AM

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

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.


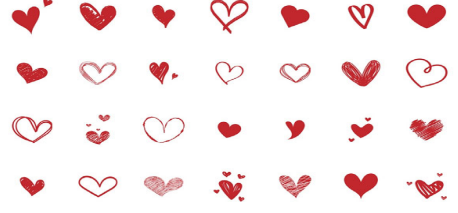



MONDAY

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 – Friday</p> 		<p>HAPPY</p> 	 <p>FEBRUARY IS AMERICAN HEART MONTH</p>
<p>3</p> <p>8:00 Walking Group 9:00 Brain Games 10:30 Bingo 12:30 Zumba Gold</p> <p>Asian Beef Stir Fry</p>	<p>4</p> <p>8:00 Walking Group 9:00 Brain Games 10:30 Bingo 12:30 Zumba Gold</p> <p>Chicken Tarragon</p>	<p>5</p> <p>8:00 Walking Group 9:00 Brain Games 10:30 Bingo 1:00 Zumba Gold Toning</p> <p>Tuna Noodle Salad</p>	<p>6</p> <p>8:00 Walking Group 9:00 Brain Games 10:30 Bingo 1:00 Zumba Gold Toning</p> <p>Korean BBQ Leg</p>	<p>7</p> <p>8:00 Walking Group 9:00 Strength & Conditioning 9:00 Brain Games 10:00 Diamond Art Club 10:30 Bingo 12:30 Yoga 12:30 Friday Matinee: Hidden Figures Stuffed Cabbage</p>
<p>10</p> <p>8:00 Walking Group 9:00 Brain Games 10:30 Bingo 12:30 Zumba Gold</p> <p>Lemon Pepper Tilapia</p>	<p>11</p> <p>8:00 Walking Group 9:00 Brain Games 10:30 Bingo 12:30 Zumba Gold 12:30 National Peppermint Patty Day</p> <p>Cheeseburger</p>	<p>12</p> <p>8:00 Walking Group 9:00 Brain Games 10:00 Senior Planet Presentation 10:30 Bingo 1:00 Zumba Gold Toning</p> <p>Chicken Cordon Bleu</p>	<p>13</p> <p>8:00 Walking Group 9:00 Brain Games 10:00 Presentation: Resources Available to Seniors 10:30 Bingo 1:00 Zumba Gold Toning</p> <p>Roast Turkey w/ Swiss</p>	<p>14</p> <p>8:00 Walking Group 9:00 Strength & Conditioning 9:00 Brain Games 10:00 Diamond Art Club 10:30 Bingo 12:30 Yoga 12:30 Friday Matinee Valentine's Day Craft 12:30 Chicken Parmesan</p>
<p>17</p>  <p>Center Closed</p>	<p>18</p> <p>8:00 Walking Group 9:00 Brain Games 10:30 Bingo 12:30 Zumba Gold</p> <p>Chili Con Carne</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 Toning</p> <p>Chicken Cranberry Dijon</p>	<p>20</p> <p>8:00 Walking Group 9:00 Brain Games 9:00 Hand Massage 10:30 Bingo 1:00 Zumba Gold Toning</p> <p>Italian Turkey Sausage</p>	<p>21</p> <p>8:00 Walking Group 9:00 Strength & Conditioning 9:00 Brain Games 10:00 Diamond Art Club 10:30 Bingo 12:30 Yoga 12:30 Friday Matinee Egg Salad Platter</p>
<p>24</p> <p>8:00 Walking Group 9:00 Brain Games 10:30 Bingo 12:30 Zumba Gold</p> <p>Sliced Pork Loin</p>	<p>25</p> <p>8:00 Walking Group 9:00 Brain Games 10:00 Crochet Class 10:30 Bingo 12:30 Zumba Gold</p> <p>Cheese Omelet</p>	<p>26</p> <p>8:00 Walking Group 9:00 Brain Games 10:30 Bingo 1:00 Zumba Gold Toning</p> <p>Potato Crusted Pollack</p>	<p>27</p> <p>8:00 Walking Group 9:00 Brain Games 10:30 Bingo 12:30 February Birthday Celebration 1:00 Zumba Gold Toning</p> <p>Stuffed Peppers</p>	<p>28</p> <p>8:00 Walking Group 9:00 Pancake Breakfast 9:00 Strength & Conditioning 9:00 Brain Games 10:00 Diamond Art Club 10:30 Bingo 12:30 Yoga 12:30 Friday Matinee Homestyle Meatloaf w/ Gravy</p>