



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](mailto:northarlingtoncenter@bergencountynj.gov)

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  
June 2025**

|                   |  |          |
|-------------------|--|----------|
| June 2            | Hand Massage w/ Agata  | 9:00 am  |
| June 2            | Pictionary w/ Agata & Dorene   | 12:30 pm |
| June 5, 12, 19,26 | Watercolor Painting w/ Vicky Katzman   | 12:30 pm |
| June 10           | National Ice Tea Day   | All Day  |
| June 12           | Resources for Seniors & Give-A-Ways<br>w/ ReMona Thompson, Meadowlands Family Success Center | 10:00 am |
| June 13           | Game Show—TBA  | 12:30 pm |
| June 13           | National Wear Blue Day   | All Day  |
| June 16           | Senior Planet: Digital Tools for Brain Health  | 12:30 pm |
| June 17           | Mini Health Fair—H & B Pharmacy  | 10:00 am |
| June 17           | National Root Beer Day   | 12:30 pm |
| June 18           | National Wear Purple for Alzheimer Day   | All Day  |
| June 18           | Total Brain Health w/ Agata & Dorene   | 10:00 am |
| June 18           | Cardboard Crafting   | 12:30 pm |
| June 20           | Center Closed– Juneteenth Observed   | CLOSED   |
| June 23           | National Wear Pink Day   | All Day  |
| June 24           | Crochet Class  | 10:00 am |
| June 26           | National Ice Bomb Pop Day  | 12:30 pm |
| June 27           | Karaoke w/ Agata   | 12:30 pm |
| June 30           | June 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.

| MONDAY   | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY   |
|--|--|--|--|--|
| <div>2</div> <div>9:00 Brain Games<br/>10:00 <b>Hand Massage</b><br/>10:00 Walking Group<br/>10:30 Bingo<br/>12:30 <b>Pictionary</b><br/>1:00 Zumba Gold</div> <div>Roast Turkey with Swiss Cheese</div> | <div>3</div> <div>9:00 Brain Games<br/>10:00 Walking Group<br/>10:30 Bingo<br/>1:00 Zumba Gold</div> <div>Hawaiian Chicken</div>   | <div>4</div> <div>9:00 Brain Games<br/>10:00 Walking Group<br/>10:30 Bingo<br/>12:30 Diamond Art Club</div> <div>Pork Tenderloin with Gravy</div>  | <div>5</div> <div>9:00 Brain Games<br/>10:00 Walking Group<br/>10:30 Bingo<br/>12:30 <b>Watercolor Painting</b><br/>1:00 Zumba Gold Toning</div> <div>Seafood Salad Platter</div>                                      | <div>6</div> <div>9:00 Strength &amp; Conditioning<br/>9:00 Brain Games<br/>10:00 Walking Group<br/>10:30 Bingo<br/>12:30 Yoga<br/>12:30 Friday Matinee: Unstoppable</div> <div>Chicken Cordon Bleu</div>                            |
| <div>9</div> <div>9:00 Brain Games<br/>10:00 Walking Group<br/>10:30 Bingo<br/>1:00 Zumba Gold</div> <div>Stuffed Peppers</div>  | <div>10</div> <div><b>National Ice Tea Day</b><br/>9:00 Brain Games<br/>10:00 Walking Group<br/>10:30 Bingo<br/>1:00 Zumba Gold</div> <div>Tuna Noodle Salad</div>   | <div>11</div> <div>9:00 Brain Games<br/>10:00 Walking Group<br/>10:30 Bingo<br/>12:30 Diamond Art Club</div> <div>Turkey Tacos</div>   | <div>12</div> <div>9:00 Brain Games<br/>10:00 Walking Group<br/>10:00 <b>Resources for Seniors</b><br/>10:30 Bingo<br/>12:30 <b>Watercolor Painting</b><br/>1:00 Zumba Gold Toning</div> <div>Chicken Florentine</div> | <div>13</div> <div><b>National Wear Blue Day</b><br/>9:00 Strength &amp; Conditioning<br/>9:00 Brain Games<br/>10:00 Walking Group<br/>10:30 Bingo<br/>12:30 Yoga<br/>12:30 <b>Game Show –TBA</b></div> <div>Eggplant Parmesan</div> |
| <div>16</div> <div>9:00 Brain Games<br/>10:00 Walking Group<br/>10:30 Bingo<br/>12:30 <b>Presentation: Senior Planet</b><br/>1:00 Zumba Gold</div> <div>Chicken Fettucine Alfredo</div>                  | <div>17</div> <div>9:00 Brain Games<br/>10:00 <b>Mini Health Fair</b><br/>10:00 Walking Group<br/>10:30 Bingo<br/>12:30 <b>National Root Beer Day</b><br/>1:00 Zumba Gold</div> <div>Homestyle Meatloaf with Gravy</div> | <div>18</div> <div>9:00 Brain Games<br/>10:00 <b>Total Brain Health</b><br/>10:00 Walking Group<br/>10:30 Bingo<br/>12:30 Diamond Art Club<br/>12:30 <b>Cardboard Craft</b></div> <div>Jamaican Jerk Chicken Leg</div> | <div>19</div> <div>9:00 Brain Games<br/>10:00 Walking Group<br/>10:30 Bingo<br/>12:30 <b>Watercolor Painting</b><br/>1:00 Zumba Gold Toning</div> <div>BBQ Pulled Pork Sandwich</div>                                  | <div>20</div> <div></div> <div>Center Closed</div>  |
| <div>23</div> <div><b>National Wear Pink Day</b><br/>9:00 Brain Games<br/>10:00 Walking Group<br/>10:30 Bingo<br/>1:00 Zumba Gold</div> <div>Stuffed Cabbage</div>                                       | <div>24</div> <div>9:00 Brain Games<br/>10:00 Walking Group<br/>10:00 <b>Crochet Class</b><br/>10:30 Bingo<br/>1:00 Zumba Gold</div> <div>Ham Steak with Pineapple</div>   | <div>25</div> <div>9:00 Brain Games<br/>10:00 Walking Group<br/>10:30 Bingo<br/>12:30 Diamond Art Club</div> <div>Chicken Parmesan</div>   | <div>26</div> <div>9:00 Brain Games<br/>10:00 Walking Group<br/>10:30 Bingo<br/>12:30 <b>National Ice Bomb Pop Day</b><br/>12:30 <b>Watercolor Painting</b><br/>1:00 Zumba Gold Toning</div> <div>Chef Salad</div>     | <div>27</div> <div>9:00 Strength &amp; Conditioning<br/>9:00 Brain Games<br/>10:00 Walking Group<br/>10:30 Bingo<br/>12:30 Yoga<br/>12:30 <b>Karaoke</b></div> <div>Pot Roast with Gravy</div>                                       |
| <div>30</div> <div>9:00 Brain Games<br/>10:00 Walking Group<br/>10:30 Bingo<br/>12:30 <b>June Birthday Celebration</b><br/>1:00 Zumba Gold</div> <div>Korean BBQ Chicken Leg</div>                       | <div></div>  | <div><b>Be sure to check the center's board for pop-up events!</b></div>   | <div><b>Continental Breakfast</b><br/><br/>9:00 am<br/><i>Monday—Friday</i><br/></div>  | <div><b>Suggested Lunch Donation: \$1.25 Per Meal</b><br/><b>Please reserve lunch by 11:30 AM the day before</b><br/><br/><b>Lunch will Be Served at 12:00 Daily</b></div>   |