



James J. Tedesco III
County Executive

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DEPARTMENT OF HUMAN SERVICES
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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



James J. Tedesco III, County Executive

**North Arlington Senior Activity Center
Bergen County Department of Human Services
Division of Senior Services/ADRC
July 2025**



July 2	Armchair Aerobics w/ Bill Wright, Bergen New Bridge Medical Center	12:30 pm
July 3, 10, 24, 31	Clay for Beginners w/ Vicky Katzman - <i>Registration Required</i>	12:30 pm
July 4	Center Closed– 4th of July	CLOSED
July 8	National Freezer Pop Day	12:30 pm
July 10	Hand Massage w/ Agata	9:00 am
July 15	National Tapioca Pudding Day	12:30 pm
July 17	Craft Day- <i>Registration Required</i>	12:30 pm
July 18	Presentation: Staying Hydrated through the Summer w/ Stephanie Sass, ShopRite Dietician	10:00 am
July 18	Daiquiri's by the Pool (non-alcoholic)	12:30 pm
July 21	National Junk Food Day	All Day
July 22	Total Brain Health Class w/ Agata & Dorene	10:00 am
July 22	Resources for Seniors & Give-A-Ways w/ ReMonna Thompson, Meadowlands Family Success Center	10:00 am
July 22	July Birthday Celebration	12:30 pm
July 23	National Vanilla Ice Cream Day	12:30 pm
July 24	Summer BBQ Fun	All Day
July 25	National Wine & Cheese Day (non-alcoholic)	12:30 pm
July 28	National Milk Chocolate Day	All Day
July 29	Crochet Class	10:00 am

Be sure to check the center's board for pop-up events!

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>Continental Breakfast</div> <div>9:00 am</div> <div>Monday—Friday</div> <div></div>	<div>1</div> <div>9:00 Brain Games 10:00 Walking Group 10:30 Bingo 1:00 Zumba Gold</div> <div>Egg Salad Platter with Spinach</div>	<div>2</div> <div>9:00 Brain Games 10:00 Walking Group 10:30 Bingo 12:30 Diamond Art Club 12:30 Armchair Aerobics</div> <div>Roast Turkey with Gravy</div>	<div>3</div> <div>9:00 Brain Games 10:00 Walking Group 10:30 Bingo 12:30 Clay for Beginners 1:00 Zumba Gold Toning</div> <div>Beef Hot Dogs</div>	<div>4</div> <div></div> <div>Center Closed</div>
<div>7</div> <div>9:00 Brain Games 10:00 Walking Group 10:30 Bingo 1:00 Zumba Gold</div> <div>Hawaiian Chicken</div>	<div>8</div> <div>9:00 Brain Games 10:00 Walking Group 10:30 Bingo 12:30 National Freezer Pop Day 1:00 Zumba Gold</div> <div>Stuffed Peppers</div>	<div>9</div> <div>9:00 Brain Games 10:00 Walking Group 10:30 Bingo 12:30 Diamond Art Club</div> <div>Tuna Noodle Salad over Spinach</div>	<div>10</div> <div>9:00 Brain Games 9:00 Hand Massage 10:00 Walking Group 10:30 Bingo 12:30 Clay for Beginners 1:00 Zumba Gold Toning</div> <div>Stuffed Shells</div>	<div>11</div> <div>9:00 Strength & Conditioning 9:00 Brain Games 10:00 Walking Group 10:30 Bingo 12:30 Yoga</div> <div>Cheeseburger</div>
<div>14</div> <div>9:00 Brain Games 10:00 Walking Group 10:30 Bingo 1:00 Zumba Gold</div> <div>Chicken Cordon Bleu</div>	<div>15</div> <div>9:00 Brain Games 10:00 Walking Group 10:30 Bingo 12:30 National Tapioca Day 1:00 Zumba Gold</div> <div>Salisbury Steak with Gravy</div>	<div>16</div> <div>9:00 Brain Games 10:00 Walking Group 10:30 Bingo 12:30 Diamond Art Club</div> <div>BBQ Pulled Pork Sandwich</div>	<div>17</div> <div>9:00 Brain Games 10:00 Walking Group 10:30 Bingo 12:30 Craft Day—TBA 1:00 Zumba Gold Toning</div> <div>Chicken Parmesan</div>	<div>18</div> <div>9:00 Strength & Conditioning 9:00 Brain Games 10:00 Presentation: Staying Hydrated through the Summer 10:30 Bingo 12:30 Yoga 12:30 Daiquiris by the Pool Seafood Salad with Mixed Greens</div>
<div>21</div> <div>National Junk Food Day 9:00 Brain Games 10:00 Walking Group 10:30 Bingo 1:00 Zumba Gold</div> <div>Homestyle Meatloaf with Gravy</div>	<div>22</div> <div>9:00 Brain Games 10:00 Total Brain Health 10:00 Resources for Seniors 10:30 Bingo 12:30 July Birthday Celebration 1:00 Zumba Gold</div> <div>Cheese Omelet</div>	<div>23</div> <div>9:00 Brain Games 10:00 Walking Group 10:30 Bingo 12:30 Diamond Art Club 12:30 Vanilla Ice Cream Day</div> <div>Eggplant Rollatini</div>	<div>24</div> <div>Summer BBQ Fun 9:00 Brain Games 10:00 Walking Group 10:30 Bingo 12:30 Clay for Beginners 1:00 Zumba Gold Toning</div> <div>Turkey and Swiss</div>	<div>25</div> <div>9:00 Strength & Conditioning 9:00 Brain Games 10:00 Walking Group 10:30 Bingo 12:30 Yoga 12:30 National Wine & Cheese Day</div> <div>Korean BBQ Chicken Leg</div>
<div>28</div> <div>National Milk Chocolate Day 9:00 Brain Games 10:00 Walking Group 10:30 Bingo 1:00 Zumba Gold</div> <div>Beer Battered Fish</div>	<div>29</div> <div>9:00 Brain Games 10:00 Walking Group 10:00 Crochet Class 10:30 Bingo 1:00 Zumba Gold</div> <div>Chicken Florentine</div>	<div>30</div> <div>9:00 Brain Games 10:00 Walking Group 10:30 Bingo 12:30 Diamond Art Club</div> <div>Chef Salad</div>	<div>31</div> <div>9:00 Brain Games 10:00 Walking Group 10:30 Bingo 12:30 Clay for Beginners 1:00 Zumba Gold Toning</div> <div>Roast Pork with Gravy</div>	<div>Suggested Lunch Donation: \$1.25 Per Meal Please reserve lunch by 11:30 AM the day before</div> <div>Lunch will Be Served at 12:00 Daily</div>