



James J. Tedesco III
County Executive

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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



James J. Tedesco III, County Executive

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




August 1	National Ice Cream Sandwich Day	12:30 pm
August 1	National Coloring Day—registration required	12:30 pm
August 7	Hand Massage w/ Agata	9:00 am
August 7, 14, 21, 28	Archery—Aim for Unity—registration required	12:30 pm
August 11	Manicure Monday (polish only)	9:00 am— 11:00 am
August 12	Protecting Yourself in the Retail World— Denis Niland, Outreach Coordinator Department of Public Safety County of Bergen	12:30 pm
August 14	National Creamsicle Day	12:30 pm
August 19	Total Brain Health Class w/ Agata & Dorene	10:00 am
August 19	Color and Sip Mocktails—registration required	12:30 pm
August 19	National Potato Day	10:00 am
August 22	End of Summer Fun!	All Day
August 26	Crochet Class	10:00 am
August 26	August Birthday Celebration	12:30 PM

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>Suggested Lunch Donation: \$1.25 Per Meal</div> <div>Please reserve lunch by 11:30 AM the day before</div> <div>Lunch will Be Served at 12:00 Daily</div>	<div></div>	<div></div>	<div>1</div> <div>9:00 Strength & Conditioning 9:00 Brain Games 10:00 Walking Group 10:30 Bingo/ Diamond Art 12:30 Yoga 12:30 National Ice Cream Sandwich Day 12:30 National Coloring Day</div> <div>Eggplant Rollatini</div>
<div>4</div> <div>9:00 Brain Games 9:00 Walking Group 10:30 Bingo 10:30 Diamond Art 1:00 Zumba Gold</div> <div>Roast Turkey with Gravy</div>	<div>5</div> <div>9:00 Brain Games 9:00 Walking Group 10:30 Bingo 1:00 Zumba Gold</div> <div>Ham Steak with Pineapple</div>	<div>6</div> <div>9:00 Brain Games 9:00 Walking Group 10:30 Bingo 12:30 Puzzle Time 1:00 NEW CLASS: Strength & Conditioning</div> <div>Chicken Parmesan</div>	<div>7</div> <div>9:00 Brain Games 9:00 Walking Group 9:00 Hand Massage 10:30 Bingo 10:30 Diamond Art 12:30 Archery 1:00 Zumba Gold Toning</div> <div>Roast Turkey with Swiss</div>	<div>8</div> <div>9:00 Strength & Conditioning 9:00 Brain Games 10:00 Walking Group 10:30 Bingo 10:30 Diamond Art 12:30 Yoga</div> <div>Lemon Caper Fish</div>
<div>11</div> <div>9:00 Brain Games 9:00 Walking Group 10:30 Bingo 10:30 Diamond Art 1:00 Zumba Gold</div> <div>Herbed Chicken Leg</div>	<div>12</div> <div>9:00 Brain Games 9:00 Walking Group 10:00 National Potato Day 10:30 Bingo 12:30 Presentation: Protecting Yourself in the Retail World 1:00 Zumba Gold</div> <div>Stuffed Peppers</div>	<div>13</div> <div>9:00 Brain Games 9:00 Walking Group 10:30 Bingo 12:30 Puzzle Time 1:00 NEW CLASS: Strength & Conditioning</div> <div>Korean Beef</div>	<div>14</div> <div>9:00 Brain Games 9:00 Walking Group 10:30 Bingo 10:30 Diamond Art 12:30 Archery 12:30 National Creamsicle Day 1:00 Zumba Gold Toning</div> <div>Egg Salad with Spinach</div>	<div>15</div> <div>9:00 Strength & Conditioning 9:00 Brain Games 10:00 Walking Group 10:30 Bingo 10:30 Diamond Art 12:30 Yoga</div> <div>BBQ Pork Sandwich</div>
<div>18</div> <div>9:00 Brain Games 9:00 Walking Group 10:30 Bingo 10:30 Diamond Art 1:00 Zumba Gold</div> <div>Italian Beef Meatballs</div>	<div>19</div> <div>9:00 Brain Games 9:00 Walking Group 10:00 Total Brain Health Class 10:30 Bingo 12:30 Color & Sip Mocktails 1:00 Zumba Gold</div> <div>Seafood Salad</div>	<div>20</div> <div>9:00 Brain Games 9:00 Walking Group 10:30 Bingo 12:30 Puzzle Time 1:00 NEW CLASS: Strength & Conditioning</div> <div>Sesame Chicken</div>	<div>21</div> <div>9:00 Brain Games 9:00 Walking Group 10:30 Bingo 10:30 Diamond Art 12:30 Archery 1:00 Zumba Gold Toning</div> <div>Pot Roast with Gravy</div>	<div>22</div> <div>End of Summer Fun!</div> <div>9:00 Strength & Conditioning 9:00 Brain Games 10:00 Walking Group 10:30 Bingo 10:30 Diamond Art 12:30 Yoga</div> <div>Stuffed Cabbage</div>
<div>25</div> <div>9:00 Brain Games 9:00 Walking Group 10:30 Bingo 10:30 Diamond Art 1:00 Zumba Gold</div> <div>Chicken Cordon Bleu</div>	<div>26</div> <div>9:00 Brain Games 9:00 Walking Group 10:00 Crochet Class 10:30 Bingo 12:30 August Birthday Celebration 1:00 Zumba Gold</div> <div>Cheeseburger</div>	<div>27</div> <div>9:00 Brain Games 9:00 Walking Group 10:30 Bingo 12:30 Puzzle Time 1:00 NEW CLASS: Strength & Conditioning</div> <div>Tuna Noodle Salad</div>	<div>28</div> <div>9:00 Brain Games 9:00 Walking Group 10:30 Bingo 10:30 Diamond Art 12:30 Archery 1:00 Zumba Gold Toning</div> <div>Beef Hot Dogs</div>	<div>29</div> <div>9:00 Strength & Conditioning 9:00 Brain Games 10:00 Walking Group 10:30 Bingo 10:30 Diamond Art 12:30 Yoga</div> <div>Crab Cakes</div>