

# BERGEN NEW JERSEY County

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](mailto:northarlingtoncenter@bergencountynj.gov)

Open: Monday - Friday, 8:00AM - 3:30PM

# BERGEN NEW JERSEY County

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## North Arlington Senior Activity Center Bergen County Department of Human Services Division of Senior Services/ADRC September 2025

September 1	LABOR DAY—CLOSED	All Day
September 5	National Cheese Pizza Day	12:30 pm
September 8	Craft Day Registration required: Please call (201) 998-5636 or visit the main office to register.	12:45 pm
September 9	POW/ MIA Recognition Ceremony w/ Bergen County Veterans Services	11:30 am
September 11	Presentation: Bullying Amongst Seniors w/ Cary Lopez, Act Now Foundation	10:00 am
September 15	Manicure Monday ( <i>Polish Only</i> )	9:00 am- 10:30 am
September 16	Karaoke w/ Agata & Dorene	12:30 pm
September 18	Annual Senior Festival At Van Saun County Park in Paramus Registration Required. Please call (201) 998-5636 to RSVP.	10:00am- 2:00pm
September 23	Total Brain Health Class w/ Agata & Dorene	10:00 am
September 25	Senior Olympics Day Day filled with games and fun!	9:00 am- 12:00 pm
September 26	Movie: Free Willy Let's watch a movie & celebrate National Shamu the Whale Day	12:30 pm
September 29	September 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



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.





# Senior Festival

Thursday, September 18, 2025  
Rain Date: Thursday, September 25, 2025  
10:00AM - 2:00PM  
Van Saun County Park, Paramus

When traveling to the Senior Festival we encourage everyone to carpool or use Bergen County Community Transportation.

For more information, please contact  
Community Transportation at  
(201) 368-5955.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>1</div> <div></div> <div>Center Closed</div>	<div>2</div> <div>9:00 Brain Games 9:00 Strength &amp; Conditioning 10:00 Crochet Class 10:30 Bingo 1:00 Zumba Gold</div> <div>Stuffed Cabbage</div>	<div>3</div> <div>9:00 Brain Games 9:00 Walking Group 10:30 Bingo 12:30 Puzzle Time</div> <div>Korean BBQ Chicken Leg</div>	<div>4</div> <div>9:00 Brain Games 9:00 Walking Group 9:00 Hand Massage 10:30 Bingo 10:30 Diamond Art 1:00 Zumba Gold Toning</div> <div>Tuna Noodle Salad</div>	<div>5</div> <div>9:00 Strength &amp; Conditioning 9:00 Brain Games 10:00 Walking Group 10:30 Bingo 10:30 Diamond Art 12:30 Yoga 12:30 National Cheese Pizza Day Salisbury Steak</div>
<div>8</div> <div>9:00 Brain Games 9:00 Walking Group 10:30 Bingo 10:30 Diamond Art 12:45 Craft Day 1:00 Zumba Gold</div> <div>Chicken Stir Fry w/ Peppers &amp; Onions</div>	<div>9</div> <div>9:00 Brain Games 9:00 Strength &amp; Conditioning 10:00 Crochet Class 10:30 Bingo 11:30 POW/MIA Recognition Ceremony 1:00 Zumba Gold</div> <div>Pork Tenderloin w/ Gravy</div>	<div>10</div> <div>9:00 Brain Games 9:00 Walking Group 10:30 Bingo 12:30 Puzzle Time</div> <div>Lemon Caper Fish</div>	<div>11</div> <div>9:00 Brain Games 9:00 Walking Group 9:00 Hand Massage 10:00 Presentation: Bullying Among Seniors 10:30 Bingo 10:30 Diamond Art 1:00 Zumba Gold Toning</div> <div>Roast Turkey &amp; Swiss</div>	<div>12</div> <div>9:00 Strength &amp; Conditioning 9:00 Brain Games 10:00 Walking Group 10:30 Bingo 10:30 Diamond Art 12:30 Yoga</div> <div>Italian Meatballs w/ Tomato Sauce</div>
<div>15</div> <div>9:00 Brain Games 9:00 Walking Group 9:00 Manicure Monday 10:30 Bingo 10:30 Diamond Art 1:00 Zumba Gold</div> <div>BBQ Pulled Pork Sandwich</div>	<div>16</div> <div>9:00 Brain Games 9:00 Strength &amp; Conditioning 10:00 Crochet Class 10:30 Bingo 12:30 Karaoke 1:00 Zumba Gold</div> <div>Cheese Omelet</div>	<div>17</div> <div>9:00 Brain Games 9:00 Walking Group 10:30 Bingo 12:30 Puzzle Time</div> <div>Beef Teriyaki</div>	<div>18</div> <div>Annual Senior Festival 9:00 Brain Games 9:00 Walking Group 10:30 Bingo 10:30 Diamond Art 1:00 Zumba Gold Toning</div> <div>Cheese Ravioli</div>	<div>19</div> <div>9:00 Strength &amp; Conditioning 9:00 Brain Games 10:00 Walking Group 10:30 Bingo 10:30 Diamond Art 12:30 Yoga</div> <div>Chicken Piccata</div>
<div>22</div> <div>9:00 Brain Games 9:00 Walking Group 10:30 Bingo 10:30 Diamond Art 1:00 Zumba Gold</div> <div>Homestyle Meatloaf</div>	<div>23</div> <div>9:00 Brain Games 9:00 Strength &amp; Conditioning 10:00 Total Brain Health Class 10:30 Bingo 1:00 Zumba Gold</div> <div>Egg Salad over Spinach</div>	<div>24</div> <div>9:00 Brain Games 9:00 Walking Group 10:30 Bingo 12:30 Puzzle Time</div> <div>Stuffed Peppers</div>	<div>25</div> <div>9:00 Senior Olympics Day 1:00 Zumba Gold Toning</div> <div>Cheeseburger</div>	<div>26</div> <div>9:00 Strength &amp; Conditioning 9:00 Brain Games 10:00 Walking Group 10:30 Bingo 10:30 Diamond Art 12:30 Movie: Free Willy 12:30 Yoga</div> <div>Korean Beef</div>
<div>29</div> <div>9:00 Brain Games 9:00 Pancake Breakfast 9:00 Walking Group 10:30 Bingo 10:30 Diamond Art 1:00 Zumba Gold</div> <div>Chicken Fajitas</div>	<div>30</div> <div>9:00 Brain Games 9:00 Strength &amp; Conditioning 10:00 Crochet Class 10:30 Bingo 12:30 September Birthday Celebration 1:00 Zumba Gold</div> <div>Chicken Cordon Bleu</div>	<div>When traveling to the Senior Festival we encourage everyone to carpool or use Bergen County Community Transportation.  For more information, please contact Community Transportation at (201) 368-5955.</div>	<div>Suggested Lunch Donation: \$1.25 Per Meal Please reserve lunch by 11:30 AM the day before  Lunch will Be Served at 12:00 Daily</div>	<div>Continental Breakfast  9:00 am  Monday—Friday</div> <div></div>