



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
October 2025**

October 7	Presentation: Foods for Good Bone Health w/ Marla Klein, Dietician	10:00 am
October 8	Drum Circle w / Agata	12:30 pm
October 9	Craft: Wood Pumpkin Painting– Registration required call (201) 998-5636	12:30 pm
October 10	Presentation: Bullying Amongst Seniors w/ Cary Lopez, Act Now Foundation	10:00 am
October 13	Center Closed- Columbus/ Indigenous People Day	All Day
October 14	Sweet Traditions Day – share your favorite cultural or homemade dessert	All Day
October 16	Hand Massages w/ Agata & Dorene	9:00 am
October 16	Cake Decorating Contest –Registration required call (201) 998-5636	12:30 pm
October 21	Total Brain Health Class w/ Agata & Dorene	10:00 am
October 23	Presentation: Resources for Seniors with Give-A-Ways w/ ReMona Thompson, Meadowlands Family Success Center	10:00 am
October 23	Craft: Jack-O-Lantern Pompom- Registration required call (201) 998-5636	12:30 pm
October 27	Manicure Monday (polish only)	9:00 am
October 29	Wacky Wednesday Manicure (polish only)	12:30 pm
October 30	Halloween Party & October Birthday Celebration Registration required call (201) 998-5636	All Day

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

Bergen County Department of Human Services,
Division of Senior Services

Caregivers Conference

Saturday, October 4th, 2025
9:00 AM - 2:00 PM

Public Meeting Room (5th floor)
Bergen County Administration Building
One Bergen County Plaza, Hackensack, NJ 07601

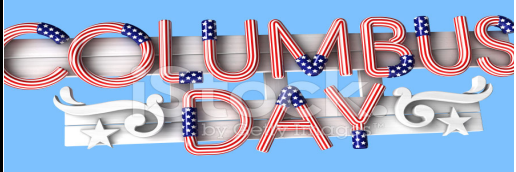
To RSVP Call 201-336-7400 or
Email seniors@bergencountynj.gov



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
Continental Breakfast 9:00 am Monday—Friday 	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	1 9:00 Brain Games 9:00 Walking Group 10:30 Bingo 12:30 Puzzle Time 1:00 Spanish Lessons (Computer) Eggplant Parmesan	2 9:00 Brain Games 9:00 Walking Group 10:30 Bingo 10:30 Diamond Art 1:00 Zumba Gold Toning Ham and Cheddar	3 9:00 Strength & Conditioning 9:00 Brain Games 10:00 Walking Group 10:30 Bingo 10:30 Diamond Art 12:30 Yoga Salisbury Steak
6 9:00 Brain Games 9:00 Walking Group 10:30 Bingo 10:30 Diamond Art 1:00 Zumba Gold Stuffed Cabbage	7 9:00 Brain Games 9:00 Strength & Conditioning 10:00 Presentation: Foods for Good Bone Health 10:00 Crochet Class 10:30 Bingo 1:00 Zumba Gold Tuna Noodle Salad	8 9:00 Brain Games 9:00 Walking Group 10:30 Bingo 12:30 Drum Circle Chicken Florentine	9 9:00 Brain Games 9:00 Walking Group 10:30 Bingo 10:30 Diamond Art 12:30 Craft: Wood Pumpkin Painting 1:00 Zumba Gold Toning BBQ Pulled Pork Sandwich	10 9:00 Strength & Conditioning 9:00 Brain Games 10:00 Presentation: Bullying Amongst Seniors 10:30 Bingo 10:30 Diamond Art 12:30 Yoga Roast Turkey with Gravy
13  Center Closed	14 Sweet Traditions Day 9:00 Brain Games 9:00 Strength & Conditioning 10:00 Crochet Class 10:30 Bingo 1:00 Zumba Gold Turkey Tacos	15 9:00 Brain Games 9:00 Walking Group 10:30 Bingo 12:30 Puzzle Time 1:00 Spanish Lessons (Computer) Lemon Caper Fish	16 9:00 Brain Games 9:00 Walking Group 9:00 Hand Massages 10:30 Bingo 10:30 Diamond Art 12:30 Cake Decorating Contest 1:00 Zumba Gold Toning Chicken Parmesan	17 9:00 Strength & Conditioning 9:00 Brain Games 10:00 Walking Group 10:30 Bingo 10:30 Diamond Art 12:30 Yoga Egg Salad Platter
20 9:00 Brain Games 9:00 Walking Group 10:30 Bingo 10:30 Diamond Art 1:00 Zumba Gold Hungarian Goulash	21 9:00 Brain Games 9:00 Strength & Conditioning 10:00 Total Brain Health Class 10:30 Bingo 1:00 Zumba Gold Ham Steak with Pineapple	22 9:00 Brain Games 9:00 Walking Group 10:30 Bingo 12:30 Puzzle Time 1:00 Spanish Lessons (Computer) Stuffed Peppers	23 9:00 Brain Games 9:00 Walking Group 10:00 Presentation: Resources For Seniors w/ Give-A-Ways 10:30 Bingo 10:30 Diamond Art 12:30 Craft: Jack-O-Lantern Pompom 1:00 Zumba Gold Toning Korean BBQ Chicken Leg Seafood Salad	24 9:00 Strength & Conditioning 9:00 Brain Games 10:00 Walking Group 10:30 Bingo 10:30 Diamond Art 12:30 Yoga Seafood Salad
27 9:00 Brain Games 9:00 Walking Group 9:00 Manicure Monday 10:30 Bingo 10:30 Diamond Art 1:00 Zumba Gold Pork Tenderloin with Gravy	28 9:00 Brain Games 9:00 Strength & Conditioning 10:00 Crochet Class 10:30 Bingo 1:00 Zumba Gold Bratwurst	29 9:00 Brain Games 9:00 Walking Group 10:30 Bingo 12:30 Puzzle Time 12:30 Wacky Wednesday Manicure 1:00 Spanish Lessons (Computer) Korean Beef	30  Chicken Cordon Bleu	31 9:00 Strength & Conditioning 9:00 Brain Games 10:00 Walking Group 10:30 Bingo 10:30 Diamond Art 12:30 Yoga Stuffed Peppers