



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



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

November 4	Center Closed– Election Day	All Day
November 6	National Men Make Dinner Day <i>The men of the center are today's lunch waiters.</i>	12:00 PM
November 7	Medicare Part D Presentation w/ H & B Pharmacy	10:00 AM
November 11	Center Closed– Veterans Day	All Day
November 12	Karaoke w/ Agata	12:30 PM
November 13	Hand Massage w/ Agata & Dorene	9:00 AM
November 18	Secret Santa Name Draw Registration Required (201) 998-5636	12:30 PM
November 21	Frankie Friday—listening to songs by Frank Sinatra	All Day
November 24	Manicure Monday (polish only)	9:00 AM
November 25	Total Brain Health Class w/ Agata & Dorene	10:00 AM
November 25	Thankful Jar Art Craft— Registration Required (201) 998-5636	12:30 PM
November 26	Wacky Wednesday Manicure (polish only)	12:30 PM
November 27	Center Closed– Thanksgiving Day	All Day
November 28	Center Closed– Thanksgiving Observed	All Day

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
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			
3 9:00 Brain Games 9:00 Walking Group 10:30 Bingo 10:30 Diamond Art 1:00 Zumba Gold Ham with Pineapple	4  Election Day Center Closed	5 9:00 Brain Games 9:00 Walking Group 10:30 Bingo 12:30 Puzzle Time 1:00 Spanish Lessons (Computer Learning) Korean BBQ Chicken Leg	6 9:00 Brain Games 9:00 Walking Group 10:30 Bingo 10:30 Diamond Art 12:00 National Men Make Dinner Day 1:00 Zumba Gold Toning Swedish Meatballs with Gravy	7 9:00 Strength & Conditioning 9:00 Brain Games 10:00 Presentation: Medicare Part D 10:30 Bingo 10:30 Diamond Art 12:30 Yoga Cheese Omelet
10 9:00 Brain Games 9:00 Walking Group 10:30 Bingo 10:30 Diamond Art 1:00 Zumba Gold Homestyle Meatloaf	11  Center Closed	12 9:00 Brain Games 9:00 Walking Group 10:30 Bingo 12:30 Karaoke Korean Beef	13 9:00 Brain Games 9:00 Walking Group 9:00 Hand Massage 10:30 Bingo 10:30 Diamond Art 1:00 Zumba Gold Toning Tuna Salad Platter	14 9:00 Strength & Conditioning 9:00 Brain Games 10:00 Walking Group 10:30 Bingo 10:30 Diamond Art 12:30 Yoga Broccoli Stuffed Chicken
17 9:00 Brain Games 9:00 Walking Group 10:30 Bingo 10:30 Diamond Art 1:00 Zumba Gold Chicken Parmesan	18 9:00 Brain Games 9:00 Strength & Conditioning 10:00 Crochet Class 10:30 Bingo 12:30 Secret Santa Name Draw 1:00 Zumba Gold Stuffed Cabbage	19 9:00 Brain Games 9:00 Walking Group 10:30 Bingo 12:30 Puzzle Time 1:00 Spanish Lessons (Computer Learning) Egg Salad Platter with Spinach	20 9:00 Brain Games 9:00 Walking Group 10:30 Bingo 10:30 Diamond Art 1:00 Zumba Gold Toning Cheeseburger	21 FRANKIE FRIDAY 9:00 Strength & Conditioning 9:00 Brain Games 10:00 Walking Group 10:30 Bingo 10:30 Diamond Art 12:30 Yoga Ham and Swiss
24 9:00 Brain Games 9:00 Walking Group 9:00 Manicure Monday 10:30 Bingo 10:30 Diamond Art 1:00 Zumba Gold Stuffed Peppers	25 9:00 Brain Games 9:00 Strength & Conditioning 10:00 Total Brain Health Class 10:30 Bingo 12:30 Thankful Jar Art Craft 1:00 Zumba Gold Chicken Florentine	26 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 Learning) Pot Roast with Gravy	27 Thanksgiving Luncheon Garfield Senior Center 10am-2pm Registration is Required Please call (973) 478-0502 Center Closed	28  Center Closed