



James J. Tedesco III  
County Executive

**BOARD OF COUNTY COMMISSIONERS**

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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](mailto: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**  
**JANUARY 2026**

January 1	New Year's Day - Center Closed	Closed
January 7	<b>Memory Screenings</b> w/ Cary Lopez, Executive Director, Act Now Foundation	<b>9:00 AM-12:00 PM</b>
January 9	<b>Presentation: Bullying Among Seniors</b> w/ Cary Lopez, Executive Director, Act Now Foundation	<b>10:00 AM</b>
January 12	<b>Manicure Monday (Polish only)</b> — Registration Required	<b>9:00 AM-10:30 AM</b>
January 13	<b>Snowman Pushpin Art</b> — Registration Required	<b>12:30 PM</b>
January 14	<b>Wacky Wednesday Manicures</b> — Registration Required	<b>12:30 PM-1:30 PM</b>
January 15	<b>National Hat Day</b> —Wear your favorite hat!	<b>All Day</b>
January 15	<b>Winter Mandela &amp; Hot Cocoa</b> w/ Agata Registration Required	<b>12:30 PM</b>
January 20	<b>Martin Luther King Jr. Day</b> - Center Closed	<b>Closed</b>
January 22	<b>Hand Massage</b> w/ Agata & Dorene—Registration Required	<b>9:00 AM-11:00 AM</b>
January 23	<b>Presentation: Flu &amp; Handwashing</b> w/ Marielisa Rosado, Assistant Health Educator	<b>10:00 AM</b>
January 27	<b>Total Brain Health Class</b> w/ Agata & Dorene	<b>10:00 AM</b>
January 28	<b>Blueberry Pancake Day</b>	<b>9:00 AM-10:30 AM</b>
January 29	<b>January Birthday Celebration</b>	<b>12:30 PM</b>



**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>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>	<div></div>	<div>1  HAPPY New Year  Center Closed</div>	<div>2  9:00 Strength &amp; Conditioning 9:00 Brain Games 10:00 Walking Group 10:30 Bingo 10:30 Diamond Art 12:30 Yoga  Stuffed Peppers</div>
<div>5 9:00 Brain Games 9:00 Walking Group 10:30 Bingo 10:30 Diamond Art 1:00 Zumba Gold  Homestyle Meatloaf w/ Gravy</div>	<div>6 9:00 Brain Games 9:00 Strength &amp; Conditioning 10:00 Crochet Class 10:30 Bingo 10:30 Diamond Art 1:00 Zumba Gold  Sliced Pork Loin</div>	<div>7 9:00 Brain Games 9:00 Walking Group 9:00 Act Now: Memory Screenings 10:30 Bingo 12:30 Puzzle Time  Roast Turkey and Cheddar</div>	<div>8 9:00 Brain Games 9:00 Walking Group 10:30 Bingo 10:30 Diamond Art 1:00 Zumba Gold Toning  Chicken Parmesan</div>	<div>9 9:00 Strength &amp; Conditioning 9:00 Brain Games 10:00 Presentation: Bullying Among Seniors 10:30 Bingo 10:30 Diamond Art 12:30 Yoga  Cheese Omelet</div>
<div>12 9:00 Brain Games 9:00 Walking Group 9:00 Manicure Monday 10:30 Bingo 10:30 Diamond Art 1:00 Zumba Gold  Stuffed Cabbage</div>	<div>13 9:00 Brain Games 9:00 Strength &amp; Conditioning 10:00 Crochet Class 10:30 Bingo 10:30 Diamond Art 12:30 Snowman Pushpin Art 1:00 Zumba Gold  Chicken Marsala</div>	<div>14 9:00 Brain Games 9:00 Walking Group 10:30 Bingo 12:30 Wacky Wednesday Manicures  Ham and Swiss</div>	<div>15 National Hat Day 9:00 Brain Games 9:00 Walking Group 10:30 Bingo 10:30 Diamond Art 12:30 Winter Mandela &amp; Hot Cocoa 1:00 Zumba Gold Toning  Chicken Fajitas w/ Onions &amp; Peppers</div>	<div>16 9:00 Strength &amp; Conditioning 9:00 Brain Games 10:00 Walking Group 10:30 Bingo 10:30 Diamond Art 12:30 Yoga  Cheeseburger w/ Lettuce &amp; Tomato</div>
<div>19   Center Closed</div>	<div>20 9:00 Brain Games 9:00 Strength &amp; Conditioning 10:00 Crochet Class 10:30 Bingo 10:30 Diamond Art 1:00 Zumba Gold  Chicken Cordon Bleu</div>	<div>21 9:00 Brain Games 9:00 Walking Group 10:30 Bingo 12:30 Puzzle Time  Salisbury Steak w/ Mushroom Gravy</div>	<div>22 9:00 Brain Games 9:00 Walking Group 9:00 Hand Massage 10:30 Bingo 10:30 Diamond Art 1:00 Zumba Gold Toning  Seafood Salad Platter</div>	<div>23 9:00 Strength &amp; Conditioning 9:00 Brain Games 10:00 Presentation: Flu &amp; Handwashing 10:30 Bingo 10:30 Diamond Art 12:30 Yoga  Roast Pork</div>
<div>26 9:00 Brain Games 9:00 Walking Group 10:30 Bingo 10:30 Diamond Art 1:00 Zumba Gold  Roast Turkey w/ Gravy</div>	<div>27 9:00 Brain Games 9:00 Strength &amp; Conditioning 10:00 Total Brain Health Class 10:30 Bingo 1:00 Zumba Gold  Italian Beef Meatballs</div>	<div>28 9:00 Brain Games 9:00 National Blueberry Pancake Day 9:00 Walking Group 10:30 Bingo 12:30 Puzzle Time  Beer Battered Cod</div>	<div>29 9:00 Brain Games 9:00 Walking Group 10:30 Bingo 10:30 Diamond Art 12:30 January Birthday Celebration 1:00 Zumba Gold Toning  Korean BBQ Chicken Leg</div>	<div>30 9:00 Strength &amp; Conditioning 9:00 Brain Games 10:00 Walking Group 10:30 Bingo 10:30 Diamond Art 12:30 Yoga  Pot Roast with Gravy</div>