

BERGEN

NEW JERSEY County

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



The County of Bergen
Wishes you a
Happy and Healthy
New Year



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

BERGEN NEW JERSEY

County 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	Memory Screenings w/ Cary Lopez, Executive Director, Act Now Foundation	9:00 AM-12:00 PM
January 9	Presentation: Bullying Among Seniors w/ Cary Lopez, Executive Director, Act Now Foundation	10:00 AM
January 12	Manicure Monday (Polish only) — Registration Required	9:00 AM-10:30 AM
January 13	Snowman Pushpin Art — Registration Required	12:30 PM
January 14	Wacky Wednesday Manicures — Registration Required	12:30 PM-1:30 PM
January 15	National Hat Day—Wear your favorite hat!	All Day
January 15	Winter Mandela & Hot Cocoa w/ Agata Registration Required	12:30 PM
January 20	Martin Luther King Jr. Day - Center Closed	Closed
January 22	Hand Massage w/ Agata & Dorene—Registration Required	9:00 AM-11:00 AM
January 23	Presentation: Flu &Handwashing w/ Marielisa Rosado, Assistant Health Educator	10:00 AM
January 27	Total Brain Health Class w/ Agata & Dorene	10:00 AM
January 28	Blueberry Pancake Day	9:00 AM-10:30 AM
January 29	January 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
<p>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</p>	<p>Continental Breakfast 9:00 am Monday—Friday</p> 		<p>1</p> <p>HAPPY New Year</p> <p>Center Closed</p>	<p>2</p> <p>9:00 Strength & Conditioning 9:00 Brain Games 10:00 Walking Group 10:30 Bingo 10:30 Diamond Art 12:30 Yoga</p> <p>Stuffed Peppers</p>
<p>5</p> <p>9:00 Brain Games 9:00 Walking Group 10:30 Bingo 10:30 Diamond Art 1:00 Zumba Gold</p> <p>Homestyle Meatloaf w/ Gravy</p>	<p>6</p> <p>9:00 Brain Games 9:00 Strength & Conditioning 10:00 Crochet Class 10:30 Bingo 10:30 Diamond Art 1:00 Zumba Gold</p> <p>Sliced Pork Loin</p>	<p>7</p> <p>9:00 Brain Games 9:00 Walking Group</p> <p>9:00 Act Now: Memory Screenings</p> <p>10:30 Bingo 12:30 Puzzle Time</p> <p>Roast Turkey and Cheddar</p>	<p>8</p> <p>9:00 Brain Games 9:00 Walking Group 10:30 Bingo 10:30 Diamond Art 1:00 Zumba Gold Toning</p> <p>Chicken Parmesan</p>	<p>9</p> <p>9:00 Strength & Conditioning 9:00 Brain Games</p> <p>10:00 Presentation: Bullying Among Seniors</p> <p>10:30 Bingo 10:30 Diamond Art 12:30 Yoga</p> <p>Cheese Omelet</p>
<p>12</p> <p>9:00 Brain Games 9:00 Walking Group</p> <p>9:00 Manicure Monday</p> <p>10:30 Bingo 10:30 Diamond Art 1:00 Zumba Gold</p> <p>Stuffed Cabbage</p>	<p>13</p> <p>9:00 Brain Games 9:00 Strength & Conditioning 10:00 Crochet Class 10:30 Bingo 10:30 Diamond Art</p> <p>12:30 Snowman Pushpin Art</p> <p>1:00 Zumba Gold</p> <p>Chicken Marsala</p>	<p>14</p> <p>9:00 Brain Games 9:00 Walking Group 10:30 Bingo</p> <p>12:30 Wacky Wednesday Manicures</p> <p>Ham and Swiss</p>	<p>15</p> <p>National Hat Day</p> <p>9:00 Brain Games 9:00 Walking Group 10:30 Bingo 10:30 Diamond Art</p> <p>12:30 Winter Mandela & Hot Cocoa</p> <p>1:00 Zumba Gold Toning</p> <p>Chicken Fajitas w/ Onions & Peppers</p>	<p>16</p> <p>9:00 Strength & Conditioning 9:00 Brain Games 10:00 Walking Group 10:30 Bingo 10:30 Diamond Art 12:30 Yoga</p> <p>Cheeseburger w/ Lettuce & Tomato</p>
<p>19</p>  <p>Center Closed</p>	<p>20</p> <p>9:00 Brain Games 9:00 Strength & Conditioning 10:00 Crochet Class 10:30 Bingo 10:30 Diamond Art 1:00 Zumba Gold</p> <p>Chicken Cordon Bleu</p>	<p>21</p> <p>9:00 Brain Games 9:00 Walking Group 10:30 Bingo 12:30 Puzzle Time</p> <p>Salisbury Steak w/ Mushroom Gravy</p>	<p>22</p> <p>9:00 Brain Games 9:00 Walking Group</p> <p>9:00 Hand Massage</p> <p>10:30 Bingo 10:30 Diamond Art 1:00 Zumba Gold Toning</p> <p>Seafood Salad Platter</p>	<p>23</p> <p>9:00 Strength & Conditioning 9:00 Brain Games</p> <p>10:00 Presentation: Flu & Handwashing</p> <p>10:30 Bingo 10:30 Diamond Art 12:30 Yoga</p> <p>Roast Pork</p>
<p>26</p> <p>9:00 Brain Games 9:00 Walking Group 10:30 Bingo 10:30 Diamond Art 1:00 Zumba Gold</p> <p>Roast Turkey w/ Gravy</p>	<p>27</p> <p>9:00 Brain Games 9:00 Strength & Conditioning</p> <p>10:00 Total Brain Health Class</p> <p>10:30 Bingo 1:00 Zumba Gold</p> <p>Italian Beef Meatballs</p>	<p>28</p> <p>9:00 Brain Games</p> <p>9:00 National Blueberry Pancake Day</p> <p>9:00 Walking Group 10:30 Bingo 12:30 Puzzle Time</p> <p>Beer Battered Cod</p>	<p>29</p> <p>9:00 Brain Games 9:00 Walking Group 10:30 Bingo 10:30 Diamond Art</p> <p>12:30 January Birthday Celebration</p> <p>1:00 Zumba Gold Toning</p> <p>Korean BBQ Chicken Leg</p>	<p>30</p> <p>9:00 Strength & Conditioning 9:00 Brain Games 10:00 Walking Group 10:30 Bingo 10:30 Diamond Art 12:30 Yoga</p> <p>Pot Roast with Gravy</p>