



James J. Tedesco III
County Executive

BOARD OF COUNTY COMMISSIONERS

Mary J. Amoroso
Chairwoman

Steven A. Tanelli
Vice Chairman

Dr. Joan M. Voss
Chair Pro Tempore

Rafael Marte
Germaine M. Ortiz
Thomas J. Sullivan
Tracy Silna Zur

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

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
December 2025**

December 4	Holiday Wreath Craft—Registration Required	12:30 PM
December 5	Presentation: Healthy Eating & Nutrition w/ Cary Lopez, Executive Director, Act Now Foundation	10:00 AM
December 11	Holiday Party—Registration Required	All Day
December 18	Hand Massage w/ Agata & Dorene- Registration Required	9:00 AM
December 18	Secret Santa— Registration Closed—prior sign-ups only	12:00 PM
December 19	Ugly Sweater Contest	10:00 AM
December 22	Manicure Monday (polish only) -Registration Required	9:00 AM
December 23	Total Brain Health Class w/ Agata & Dorene	10:00 AM
December 23	Diamond Art Santa w/ Agata -Registration Required	12:30 PM
December 25	Center Closed- Christmas Day	CLOSED
December 29	Hand Massage w/ Agata & Dorene —Registration Required	12:30 PM

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



Holiday Luncheon

Garfield Senior Activity Center
480 Midland Ave
Garfield, New Jersey, 07026

Thursday, December 25, 2025
10:00 AM - 2:00 PM

Reservations are required. Please RSVP by December 19, 2025.
To RSVP call (973) 478-0502 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
1 9:00 Brain Games 9:00 Walking Group 10:30 Bingo 10:30 Diamond Art 1:00 Zumba Gold Vegetable Lasagna	2 9:00 Brain Games 9:00 Strength & Conditioning 10:00 Crochet Class 10:30 Bingo 10:30 Diamond Art 1:00 Zumba Gold Tuna Salad Platter	3 9:00 Brain Games 9:00 Walking Group 10:30 Bingo 12:30 Puzzle Time 1:00 Spanish Lessons (Computer Learning) Chicken Piccata	4 9:00 Brain Games 9:00 Walking Group 10:30 Bingo 10:30 Diamond Art 12:30 Holiday Wreath Craft 1:00 Zumba Gold Toning Cheeseburger	5 9:00 Strength & Conditioning 9:00 Brain Games 10:00 Presentation-Healthy Eating & Nutrition 10:30 Bingo 10:30 Diamond Art 12:30 Yoga Roasted Pork Loin with Gravy
8 9:00 Brain Games 9:00 Walking Group 10:30 Bingo 10:30 Diamond Art 1:00 Zumba Gold BBQ Pulled Chicken	9 9:00 Brain Games 9:00 Strength & Conditioning 10:00 Crochet Class 10:30 Bingo 10:30 Diamond Art 1:00 Zumba Gold Homestyle Meatloaf with Gravy	10 9:00 Brain Games 9:00 Walking Group 10:30 Bingo 12:30 Puzzle Time 1:00 Spanish Lessons (Computer Learning) Turkey and Swiss	11 Holiday Party! Chicken Parmesan	12 9:00 Strength & Conditioning 9:00 Brain Games 10:00 Walking Group 10:30 Bingo 10:30 Diamond Art 12:30 Yoga Stuffed Peppers
15 9:00 Brain Games 9:00 Walking Group 10:30 Bingo 10:30 Diamond Art 1:00 Zumba Gold Pot Roast with Gravy	16 9:00 Brain Games 9:00 Strength & Conditioning 10:00 Crochet Class 10:30 Bingo 10:30 Diamond Art 1:00 Zumba Gold Seafood Salad Platter	17 9:00 Brain Games 9:00 Walking Group 10:30 Bingo 12:30 Puzzle Time 1:00 Spanish Lessons (Computer Learning) Chicken Tikka Masala	18 9:00 Brain Games 9:00 Walking Group 10:00 Hand Massage 10:30 Bingo & Diamond Art 12:00 Secret Santa 1:00 Zumba Gold Toning Spinach Quiche with Tomato and Feta	19 9:00 Strength & Conditioning 9:00 Brain Games 10:00 Ugly Sweater Contest 10:30 Bingo 10:30 Diamond Art 12:30 Yoga Korean BBQ Chicken Leg
22 9:00 Brain Games 9:00 Walking Group 9:00 Manicure Monday 10:30 Bingo 10:30 Diamond Art 1:00 Zumba Gold Beef Bourguignon	23 9:00 Brain Games 9:00 Strength & Conditioning 10:00 Total Brain Health Class 10:30 Bingo 12:30 Diamond Art Santa 1:00 Zumba Gold Potato Crusted Fish	24 9:00 Brain Games 9:00 Walking Group 10:30 Bingo 12:30 Puzzle Time 1:00 Spanish Lessons (Computer Learning) Stuffed Cabbage	25 Holiday Luncheon Garfield Senior Center 10am-2pm Registration is Required Please call (973) 478-0502 Center Closed	26 9:00 Strength & Conditioning 9:00 Brain Games 10:00 Walking Group 10:30 Bingo 10:30 Diamond Art 12:30 Yoga Chicken Cordon Bleu
29 9:00 Brain Games 9:00 Walking Group 10:30 Bingo 10:30 Diamond Art 12:30 Hand Massage 1:00 Zumba Gold Sweet and Sour Meatballs	30 9:00 Brain Games 9:00 Strength & Conditioning 10:00 Crochet Class 10:30 Bingo 10:30 Diamond Art 1:00 Zumba Gold Egg Salad Platter	31 9:00 Brain Games 9:00 Walking Group 10:30 Bingo 12:30 Puzzle Time 1:00 Spanish Lessons (Computer Learning) Italian Beef Sausage	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