



James J. Tedesco, III
County Executive

Board of County Commissioners

Steven A. Tanelli
Chairman

Tracy Silna Zur
Vice Chairwoman

Dr. Joan M. Voss
Chair Pro Tempore

Mary J. Amoroso

Rafael Marte

Germaine M. Ortiz

Thomas J. Sullivan

Department of Human Services

Melissa H. DeBartolo, Esq.
Director

Division of Senior Services
Lorraine Joewono
Director

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.

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
February 2026



February 3	Presentation: Heart Health Trivia w/ Stephanie Sass, Shoprite Dietician	10:00 AM
February 5	National Chocolate Fondue Day	9:00 AM
February 6	Presentation: Poor Sleep & Dementia w/ Cary Lopez, Executive Director, Act Now Foundation	10:00 AM
February 11	Memory Screenings w/ Cary Lopez, Executive Director, Act Now Foundation	9:00 AM-12:00 PM
February 12	Valentine's Day Craft w/Agata– Registration Required	12:30 PM
February 16	Center Closed– Presidents Day	All Day
February 17	No Pattern Diamond Art Project-Registration Required	12:30 PM
February 19	Presentation: Emergency Preparedness & File of Life w/ William Wright	10:00 AM
February 19	No Pattern Diamond Art Project-Registration Required	12:30 PM
February 20	Bergen County Animal Shelter Visit	10:00 AM
February 23	Manicure Monday (Polish only)-Registration Required	9:00 AM-10:30 AM
February 24	Total Brain Health Class w/Agata & Dorene	10:00 AM
February 25	Wacky Wednesday Manicures– Registration Required	12:30 PM-1:30 PM
February 26	Hand Massage w/ Agata & Dorene– Registration Required	9:00 AM-11:00 AM
February 26	February Birthday Celebration	12:30 PM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 9:00 Brain Games 9:00 Walking Group 10:30 Bingo 10:30 Diamond Art 1:00 Zumba Gold Korean BBQ Chicken	3 9:00 Brain Games 9:00 Strength & Conditioning 10:00 Presentation: Heart Health Trivia 10:30 Bingo 10:30 Diamond Art 1:00 Zumba Gold Ham Steak with Pineapple	4 9:00 Brain Games 9:00 Walking Group 10:30 Bingo 12:30 Puzzle Time Roast Turkey and Cheddar	5 National Chocolate Fondue Day 9:00 Brain Games 9:00 Walking Group 10:30 Bingo 10:30 Diamond Art 1:00 Zumba Gold Toning Italian Meatballs	6 9:00 Strength & Conditioning 9:00 Brain Games 10:00 Presentation: Poor Sleep & Dementia 10:30 Bingo 10:30 Diamond Art Stuffed Cabbage
9 9:00 Brain Games 9:00 Walking Group 10:30 Bingo 10:30 Diamond Art 1:00 Zumba Gold Salisbury Steak	10 9:00 Brain Games 9:00 Strength & Conditioning 10:00 Crochet Class 10:30 Bingo 10:30 Diamond Art 1:00 Zumba Gold Chicken Florentine	11 9:00 Brain Games 9:00 Walking Group 9:00 Act Now: Memory Screenings 10:30 Bingo 12:30 Puzzle Time Chicken Cordon Bleu	12 9:00 Brain Games 9:00 Walking Group 10:30 Bingo 10:30 Diamond Art 12:30 Valentine's Day Craft 1:00 Zumba Gold Toning Egg Salad Platter	13 9:00 Strength & Conditioning 9:00 Brain Games 10:00 Walking Group 10:30 Bingo 10:30 Diamond Art Chicken Parmesan
16  Center Closed	17 9:00 Brain Games 9:00 Strength & Conditioning 10:00 Crochet Class 10:30 Bingo 10:30 Diamond Art 12:30 No Pattern Diamond Art 1:00 Zumba Gold Sesame Chicken	18 9:00 Brain Games 9:00 Walking Group 10:30 Bingo 12:30 Puzzle Time Cheese Omelet	19 9:00 Brain Games 10:00 Presentation: Emergency Preparedness & File of Life 10:30 Bingo 12:30 No Pattern Diamond Art 1:00 Zumba Gold Toning Cheeseburger	20 Love Your Pet Day 9:00 Strength & Conditioning 9:00 Brain Games 10:00 Animal Shelter Visit 10:30 Bingo 10:30 Diamond Art Breaded Fish Filet
23 9:00 Brain Games 9:00 Walking Group 9:00 Manicure Monday 10:30 Bingo 10:30 Diamond Art 1:00 Zumba Gold Chicken Tikka Masala	24 9:00 Brain Games 9:00 Strength & Conditioning 10:00 Total Brain Health Class 10:30 Bingo 10:30 Diamond Art 1:00 Zumba Gold Stuffed Peppers	25 9:00 Brain Games 9:00 Walking Group 10:30 Bingo 12:30 Wacky Wednesday Manicures Sliced Pork Loin	26 9:00 Brain Games 9:00 Hand Massage 10:30 Bingo 10:30 Diamond Art 12:30 February Birthday Celebration 1:00 Zumba Gold Toning Pot Roast	27 9:00 Strength & Conditioning 9:00 Brain Games 10:00 Walking Group 10:30 Bingo 10:30 Diamond Art Seafood Salad
 HAPPY VALENTINE'S DAY	 Valentine's Day	 FEBRUARY IS HEART HEALTH MONTH	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