



**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*

**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**



**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**








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

*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>2</div> <div>9 00 Brain Games 9:00 Walking Group 10:30 Bingo 10:30 Diamond Art 1:00 Zumba Gold</div> <div>Korean BBQ Chicken</div>	<div>3</div> <div>9:00 Brain Games 9:00 Strength &amp; Conditioning 10:00 Presentation: Heart Health Trivia 10:30 Bingo 10:30 Diamond Art 1:00 Zumba Gold</div> <div>Ham Steak with Pineapple</div>	<div>4</div> <div>9:00 Brain Games 9:00 Walking Group 10:30 Bingo 12:30 Puzzle Time</div> <div>Roast Turkey and Cheddar</div>	<div>5</div> <div>National Chocolate Fondue Day 9:00 Brain Games 9:00 Walking Group 10:30 Bingo 10:30 Diamond Art 1:00 Zumba Gold Toning</div> <div>Italian Meatballs</div>	<div>6</div> <div>9:00 Strength &amp; Conditioning 9:00 Brain Games 10:00 Presentation: Poor Sleep &amp; Dementia 10:30 Bingo 10:30 Diamond Art</div> <div>Stuffed Cabbage</div>
<div>9</div> <div>9 00 Brain Games 9:00 Walking Group 10:30 Bingo 10:30 Diamond Art 1:00 Zumba Gold</div> <div>Salisbury Steak</div>	<div>10</div> <div>9:00 Brain Games 9:00 Strength &amp; Conditioning 10:00 Crochet Class 10:30 Bingo 10:30 Diamond Art 1:00 Zumba Gold</div> <div>Chicken Florentine</div>	<div>11</div> <div>9:00 Brain Games 9:00 Walking Group 9:00 Act Now: Memory Screenings 10:30 Bingo 12:30 Puzzle Time</div> <div>Chicken Cordon Bleu</div>	<div>12</div> <div>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</div> <div>Egg Salad Platter</div>	<div>13</div> <div>9:00 Strength &amp; Conditioning 9:00 Brain Games 10:00 Walking Group 10:30 Bingo 10:30 Diamond Art</div> <div>Chicken Parmesan</div>
<div>16</div> <div></div> <div>Center Closed</div>	<div>17</div> <div>9:00 Brain Games 9:00 Strength &amp; Conditioning 10:00 Crochet Class 10:30 Bingo 10:30 Diamond Art 12:30 No Pattern Diamond Art 1:00 Zumba Gold</div> <div>Sesame Chicken</div>	<div>18</div> <div>9:00 Brain Games 9:00 Walking Group 10:30 Bingo 12:30 Puzzle Time</div> <div>Cheese Omelet</div>	<div>19</div> <div>9:00 Brain Games 10:00 Presentation: Emergency Preparedness &amp; File of Life 10:30 Bingo 12:30 No Pattern Diamond Art 1:00 Zumba Gold Toning</div> <div>Cheeseburger</div>	<div>20</div> <div>Love Your Pet Day 9:00 Strength &amp; Conditioning 9:00 Brain Games 10:00 Animal Shelter Visit 10:30 Bingo 10:30 Diamond Art</div> <div>Breaded Fish Filet</div>
<div>23</div> <div>9:00 Brain Games 9:00 Walking Group 9:00 Manicure Monday 10:30 Bingo 10:30 Diamond Art 1:00 Zumba Gold</div> <div>Chicken Tikka Masala</div>	<div>24</div> <div>9:00 Brain Games 9:00 Strength &amp; Conditioning 10:00 Total Brain Health Class 10:30 Bingo 10:30 Diamond Art 1:00 Zumba Gold</div> <div>Stuffed Peppers</div>	<div>25</div> <div>9:00 Brain Games 9:00 Walking Group 10:30 Bingo 12:30 Wacky Wednesday Manicures</div> <div>Sliced Pork Loin</div>	<div>26</div> <div>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</div> <div>Pot Roast</div>	<div>27</div> <div>9:00 Strength &amp; Conditioning 9:00 Brain Games 10:00 Walking Group 10:30 Bingo 10:30 Diamond Art</div> <div>Seafood Salad</div>
<div></div>	<div></div>	<div></div>	<div>Continental Breakfast</div> <div>9:00 am</div> <div>Monday—Friday</div> <div></div>	<div>Suggested Lunch Donation: \$1.25 Per Meal Please reserve lunch by 11:30 AM the day before</div> <div>Lunch will Be Served at 12:00 Daily</div>