

# 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*



## KEY TELEPHONE NUMBERS

**Division of Senior Services**  
**Bergen ADRC (formerly NJ EASE)**  
(201) 336-7400  
(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) 336-7498 • 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**  
**March 2026**



March 2	March Birthday Celebration	12:30 PM
March 5	National Cheese Doodle Day	All Day
March 5	Presentation: Scams, Frauds, Staying Alert w/ Denis Niland, Bergen County Office of Consumer Affairs	10:00AM
March 6	National Dress in Blue Day	All Day
March 6	National Oreo Cookie Day	All Day
March 10 *	Craft Day (TBA)	12:30 PM
March 13	National Potato Chip Day	All Day
March 16	Motown Monday Enjoying Smooth Sounds of Motown	All Day
March 17	Presentation: Brain Health & Aging w/ Linda Lembo, Act Now Foundation	10:00AM
March 20 *	Spring Crafts w/ Agata Halat	12:30 PM
March 23 *	Manicure Monday (Polish only)	9:00 AM
March 25 *	Wacky Wednesday Manicures	12:30 PM
March 26 *	Hand Message w/ Agata Halat & Dorene McBride, Bergen County Div. of Senior Services	9:00AM
March 27	National Something on a Stick Day	All Day
March 30	Class: Total Brain Health w/ Agata Halat & Dorene McBride, Bergen County Div. of Senior Services	10:00AM

Advanced registration for programs with \* required.  
To register please call (201) 336-7498 or email [northarlingtoncenter@bergencountynj.gov](mailto:northarlingtoncenter@bergencountynj.gov) or visit the North Arlington Senior Center Office.

*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.

**Spring Luncheon**  
**Sunday April 5th, 10AM-2PM**  
Garfield Senior Activity Center, 480 Midland Avenue, Garfield NJ 07026  
RSVP by Monday March 30th to your Senior Activity Center Director

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>2</b> 9:00 Brain Games 9:00 Walking Group 10:30 Bingo 10:30 Diamond Art <u>12:30 March Birthday Celebration</u> 1:00 Zumba Gold</p> <p style="text-align: center;"><b>Stuffed Cabbage</b></p>	<p><b>3</b> 9:00 Brain Games 9:00 Strength &amp; Conditioning 10:00 Crochet Class 10:30 Bingo 10:30 Diamond Art 1:00 Zumba Gold</p> <p style="text-align: center;"><b>Tuna Salad w/ Romaine</b></p>	<p><b>4</b> 9:00 Brain Games 9:00 Walking Group 10:30 Bingo 12:30 Puzzle Time 1:00 Yoga</p>  <p style="text-align: center;"><b>Roast Turkey w/ Gravy</b></p>	<p><b>5</b> 9:00 Brain Games 9:00 Walking Group <u>10:00 Presentation: Scams, Frauds, Staying Alert</u> 10:30 Bingo 10:30 Diamond Art 1:00 Zumba Gold Toning 2:00 Shopping with Jorge (NA Town Bus)</p> <p style="text-align: center;"><b>Korean BBQ Chicken Leg</b></p>	<p><b>6</b> 9:00 Strength &amp; Conditioning 9:00 Brain Games 10:00 Walking Group 10:30 Bingo 10:30 Diamond Art 2:00 Shopping with Jorge (NA Town Bus)</p> <p style="text-align: center;"><b>Cheese Omelet</b></p>
<p><b>9</b> 9:00 Brain Games 9:00 Walking Group 10:30 Bingo 10:30 Diamond Art 1:00 Zumba Gold</p>  <p style="text-align: center;"><b>Cheeseburger w/ Lettuce &amp; Tomato</b></p>	<p><b>10</b> 9:00 Brain Games 9:00 Strength &amp; Conditioning 10:00 Crochet Class 10:30 Bingo 10:30 Diamond Art <u>12:30 Craft Day</u> 1:00 Zumba Gold</p> <p style="text-align: center;"><b>Chicken Salad Platter over Greens</b></p>	<p><b>11</b> 9:00 Brain Games 9:00 Walking Group 10:30 Bingo 12:30 Puzzle Time 1:00 Yoga</p> <p style="text-align: center;"><b>Pork Tenderloin w/ Apple Cinnamon Glaze</b></p>	<p><b>12</b> 9:00 Brain Games 9:00 Walking Group 10:30 Bingo 10:30 Diamond Art 1:00 Zumba Gold Toning 2:00 Shopping with Jorge (NA Town Bus)</p>  <p style="text-align: center;"><b>Chicken Florentine</b></p>	<p><b>13</b> 9:00 Strength &amp; Conditioning 9:00 Brain Games 10:00 Walking Group 10:30 Bingo 10:30 Diamond Art 2:00 Shopping with Jorge (NA Town Bus)</p> <p style="text-align: center;"><b>Stuffed Shells w/ Marinara</b></p>
<p><b>16</b> 9:00 Brain Games 9:00 Walking Group 10:30 Bingo 10:30 Diamond Art 1:00 Zumba Gold</p> <p style="text-align: center;"><b>Fish Filet with Lemon Sauce</b></p>	<p><b>17</b> 9:00 Brain Games 9:00 Strength &amp; Conditioning <u>10:00 Presentation: Brain Health &amp; Aging</u> 10:30 Bingo 10:30 Diamond Art 1:00 Zumba Gold</p>  <p style="text-align: center;"><b>Corned Beef</b></p>	<p><b>18</b> 9:00 Brain Games 9:00 Walking Group 10:30 Bingo 12:30 Puzzle Time 1:00 Yoga</p> <p style="text-align: center;"><b>Chicken Parmesan</b></p>	<p><b>19</b> 9:00 Brain Games 9:00 Walking Group 10:30 Bingo 10:30 Diamond Art 1:00 Zumba Gold Toning 2:00 Shopping with Jorge (NA town Bus)</p> <p style="text-align: center;"><b>Meatloaf w/ Mushroom Gravy</b></p>	<p><b>20</b> 9:00 Strength &amp; Conditioning 9:00 Brain Games 10:00 Walking Group 10:30 Bingo 10:30 Diamond Art <u>12:30 Spring Crafts</u> 2:00 Shopping with Jorge (NA Town Bus)</p> <p style="text-align: center;"><b>Egg Salad Platter on Spinach</b></p>
<p><b>23</b> 9:00 Brain Games 9:00 Walking Group <u>9:00 Manicure Monday</u> 10:30 Bingo 10:30 Diamond Art 1:00 Zumba Gold</p> <p style="text-align: center;"><b>Stuffed Peppers</b></p>	<p><b>24</b> 9:00 Brain Games 9:00 Strength &amp; Conditioning 10:00 Crochet Class 10:30 Bingo 10:30 Diamond Art 1:00 Zumba Gold</p> <p style="text-align: center;"><b>LS Ham Steak w/ Pineapple</b></p>	<p><b>25</b> 9:00 Brain Games 9:00 Walking Group 10:30 Bingo 12:30 Puzzle Time <u>12:30 Wacky Wednesday Manicures</u> 1:00 Yoga</p> <p style="text-align: center;"><b>Pot Roast w/ Gravy</b></p>	<p><b>26</b> 9:00 Brain Games 9:00 Walking Group <u>9:00 Hand Massage</u> 10:30 Bingo 10:30 Diamond Art 1:00 Zumba Gold Toning 2:00 Shopping with Jorge (NA Town Bus)</p>  <p style="text-align: center;"><b>Seafood Salad on Spinach</b></p>	<p><b>27</b> 9:00 Strength &amp; Conditioning 9:00 Brain Games 10:00 Walking Group 10:30 Bingo 10:30 Diamond Art 2:00 Shopping with Jorge (NA Town Bus)</p> <p style="text-align: center;"><b>Manicotti w/ Marinara</b></p>
<p><b>30</b> 9:00 Brain Games 9:00 Walking Group <u>10:00 Total Brain Health Class</u> 10:30 Bingo 10:30 Diamond Art 1:00 Zumba Gold</p>  <p style="text-align: center;"><b>Sweet Chicken Sausage</b></p>	<p><b>31</b> 9:00 Brain Games 9:00 Strength &amp; Conditioning 10:00 Crochet Class 10:30 Bingo 10:30 Diamond Art 1:00 Zumba Gold</p> <p style="text-align: center;"><b>Roast Turkey &amp; Cheddar w/ Lettuce &amp; Tomato</b></p>	<p style="text-align: center;"><b>Happy International Women's day</b></p>  <p style="text-align: center;"><b>March 8</b></p>	<p style="text-align: center;"><b>Suggested Lunch Donation:</b> \$1.25 Per Meal</p> <p style="text-align: center;"><i>Please reserve lunch by 11:30AM the day before</i></p> <p style="text-align: center;"><b>Lunch is served at 12:00PM daily</b></p>	<p style="text-align: center;"><b>Continental Breakfast</b></p> <p style="text-align: center;"><b>Served Daily 9:00AM</b></p> 