



**James J. Tedesco, III**  
County Executive

**Board of County Commissioners**

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Chair Pro Tempore

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**Thomas J. Sullivan**

**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) 336-7498 • Fax (201) 998-9872**

**[norharlingtoncenter@bergencountynj.gov](mailto:norharlingtoncenter@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**  
**April 2026**



<b>April 1</b>	<b>April Birthday Celebration</b>	<b>12:30 PM</b>
<b>April 3</b>	<b>Center Closed – Good Friday</b>	
<b>April 6-17</b>	<b>Service Project: No Sew Pet Beds</b> Towel & Sheet Donations Welcomed!	<b>12:30 PM</b>
<b>April 9</b>	<b>*Arts &amp; Crafts: National Humor Month – Paint Your Pal</b>	<b>12:30 PM</b>
<b>April 16</b>	<b>*Hand Massage</b> w/ Agata Halat & Dorene McBride, Bergen County Div of Senior Services	<b>9:00 AM</b>
<b>April 16</b>	<b>*Relaxing Adult Coloring</b>	<b>12:30 PM</b>
<b>April 17</b>	<b>Movie: <i>Flipped</i> (w/ snacks)</b>	<b>12:30 PM</b>
<b>April 20</b>	<b>Class: Total Brain Health</b> w/ Agata Halat & Dorene McBride, Bergen County Div. of Senior Services	<b>10:00 AM</b>
<b>April 22</b>	<b>*Arts &amp; Crafts: Tie Dye</b>	<b>12:30 PM</b>
<b>April 23</b>	<b>Presentation: Safe Seniors Roundup</b> w/ Harvey Silberstein, Bergen County Division of Senior Services	<b>10:00 AM</b>
<b>April 23</b>	<b>Volunteer Luncheon</b>	<b>12:00 PM</b>
<b>April 24</b>	<b>Karaoke</b>	<b>12:30 PM</b>
<b>April 27</b>	<b>*Manicure Monday (nail polish only)</b>	<b>9:00 AM</b>
<b>April 29</b>	<b>*Wacky Wednesday Manicures (nail polish only)</b>	<b>12:30 PM</b>
<b>April 30</b>	<b>Health Screenings</b> w/ H & B Pharmacy	<b>10:00 AM</b>

**Advanced registration for programs with \* required.**

To register please call **(201) 336-7498** or email **[norharlingtoncenter@bergencountynj.gov](mailto:norharlingtoncenter@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.



**Caregivers Conference**

**Thursday, April 9, 2026**  
**5:00PM-9:00PM**  
(Registration will begin at 4:30PM)

**Bergen County Administration Building**  
**Multi-Purpose Room - 1st Floor**  
**One Bergen County Plaza, Hackensack, NJ**

To RSVP Call **201-336-7400**  
or email  
**[seniors@bergencountynj.gov](mailto:seniors@bergencountynj.gov)**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Suggested Lunch Donation:</b> \$1.25 Per Meal</p> <p><i>Please reserve lunch by 11:30AM the day before</i></p> <p>Lunch is served at 12:00PM daily</p>	<p><b>Continental Breakfast</b></p> <p><b>Monday-Friday</b> <b>9:00AM – 11:00AM</b></p> 	<p><b>1</b></p> <p>9:00 Brain Games 9:00 Walking Group 10:30 Bingo <u>12:30 April Birthday Celebration</u> 12:30 Puzzle Time 1:00 Yoga</p> <p><b>Cheese Omelet</b></p>	<p><b>2</b></p> <p>9:00 Brain Games OR Walking Group 10:30 Bingo 10:30 Diamond Art 1:00 Zumba Gold Toning 2:00 Shopping w/ Jorge (NA Town Bus)</p> <p><b>Cheeseburger</b></p>	 <p><b>CENTER CLOSED</b></p>
<p><b>6</b></p> <p>9:00 Brain Games 9:00 Walking Group 10:30 Bingo 10:30 Diamond Art <u>12:30 Service Project: No Sew Pet Beds</u> 1:00 Zumba Gold</p> <p><b>Korean BBQ Chicken Leg</b></p>	<p><b>7</b></p> <p>9:00 Brain Games 9:00 Strength &amp; Conditioning 10:00 Crochet Class 10:30 Bingo 10:30 Diamond Art <u>12:30 Service Project: No Sew Pet Beds</u> 1:00 Zumba Gold</p> <p><b>Eggplant, Peppers &amp; Mozzarella</b></p>	<p><b>8</b></p> <p>9:00 Brain Games 9:00 Walking Group 10:30 Bingo <u>12:30 Service Project: No Sew Pet Beds</u> 1:00 Yoga</p> <p><b>Chicken Florentine</b></p>	<p><b>9</b></p> <p>9:00 Brain Games OR Walking Group 10:30 Bingo 10:30 Diamond Art <u>12:30 Arts &amp; Crafts: Paint Your Pal</u> 1:00 Zumba Gold Toning 2:00 Shopping w/ Jorge (NA Town Bus)</p> <p><b>Stuffed Peppers</b></p>	<p><b>10</b></p> <p>9:00 Strength &amp; Conditioning 9:00 Brain Games 10:30 Bingo 10:30 Diamond Art <u>12:30 Service Project: No Sew Pet Beds</u> 2:00 Shopping w/ Jorge (NA town Bus)</p> <p><b>Pork w/ Apple Cinnamon Glaze</b></p>
<p><b>13</b></p> <p>9:00 Brain Games 9:00 Walking Group 10:30 Bingo 10:30 Diamond Art <u>12:30 Service Project: No Sew Pet Beds</u> 1:00 Zumba Gold</p> <p><b>Teriyaki Glazed Salmon</b></p>	<p><b>14</b></p> <p>9:00 Brain Games 9:00 Strength &amp; Conditioning 10:00 Crochet Class 10:30 Bingo 10:30 Diamond Art <u>12:30 Service Project: No Sew Pet Beds</u> 1:00 Zumba Gold</p> <p><b>Homestyle Meatloaf w/ Gravy</b></p>	<p><b>15</b></p> <p>9:00 Brain Games 9:00 Walking Group 10:30 Bingo <u>12:30 Service Project: No Sew Pet Beds</u> 1:00 Yoga</p> <p><b>Chicken Cordon Bleu</b></p>	<p><b>16</b></p> <p>9:00 Brain Games OR Walking Group <u>9:00 Hand Massage</u> 10:30 Bingo 10:30 Diamond Art <u>12:30 Relaxing Adult Coloring</u> 1:00 Zumba Gold Toning 2:00 Shopping w/ Jorge (NA Town Bus)</p> <p><b>Tuna Salad Sandwich</b></p>	<p><b>17</b></p> <p>9:00 Strength &amp; Conditioning 9:00 Brain Games 10:30 Bingo 10:30 Diamond Art 12:30 Service Project: No Sew Pet Beds <u>12:30 Movie: Flipped</u> 2:00 Shopping w/ Jorge (NA Town Bus)</p> <p><b>Roast Turkey &amp; Cheddar</b></p>
<p><b>20</b></p> <p>9:00 Brain Games 9:00 Walking Group <u>10:00 Class: Total Brain Health</u> 10:30 Bingo 10:30 Diamond Art 1:00 Zumba Gold</p> <p><b>Ham Steak w/ Pineapple</b></p>	<p><b>21</b></p> <p>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><b>Roast Turkey w/ Gravy</b></p>	<p><b>22</b></p> <p>9:00 Brain Games 9:00 Walking Group 10:30 Bingo <u>12:30 Arts &amp; Crafts: Tie Dye</u> 1:00 Yoga</p> <p><b>Swedish Meatballs</b></p>	<p><b>23</b></p> <p>9:00 Brain Games OR Walking Group <u>10:00 Presentation: Safe Seniors Roundup</u> 10:30 Bingo 10:30 Diamond Art <u>12:00 Volunteer Luncheon</u> 1:00 Zumba Gold Toning 2:00 Shopping w/ Jorge (NA Town Bus)</p> <p><b>Egg Salad on Spinach</b></p>	<p><b>24</b></p> <p>9:00 Strength &amp; Conditioning 9:00 Brain Games 10:30 Bingo 10:30 Diamond Art <u>12:30 Karaoke</u> 2:00 Shopping w/ Jorge (NA Town Bus)</p> <p><b>Chicken Parmesan</b></p>
<p><b>27</b></p> <p>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><b>Stuffed Cabbage</b></p>	<p><b>28</b></p> <p>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><b>Seafood Salad on Romaine</b></p>	<p><b>29</b></p> <p>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><b>Salisbury Steak w/ Gravy</b></p>	<p><b>30</b></p> <p>9:00 Brain Games OR Walking Group <u>10:00 Health Screenings w/ H &amp; B Pharmacy</u> 10:30 Bingo 10:30 Diamond Art 1:00 Zumba Gold Toning 2:00 Shopping w/ Jorge (NA Town Bus)</p> <p><b>Chicken Cacciatore</b></p>	 <p><b>April 22</b></p>