



James J. Tedesco, III
County Executive

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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) 336-7498 • 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
May 2026



May 1	* Game: Reverse the Letters	12:30 PM
May 7	* Arts & Crafts: Rainbow Bookmarks	12:30 PM
May 8	* Game: Jeopardy	12:30 PM
May 12	* Class: Total Brain Health w/Agata Halat & Dorene McBride, Bergen County Div. of Senior Services	10:00 AM
May 12	* Arts & Crafts: Bookmark Diamond Art	12:30 PM
May 13	* Wine Down Wednesday Serving Non-Alcoholic Alternative Beverages	12:30 PM
May 15	* Celebration: May Birthdays	12:30 PM
May 18	Manicure Monday (nail polish only)	9:00 AM
May 19	Presentation: Safe Seniors Traveling Talks w/ Silberstein, Bergen County Div. of Senior Services	10:00 AM
May 20	National Juice Slush Day	12:30PM
May 21	Presentation: Nutrition & Fall Prevention w/ Kara Motsch, Bergen New Bridge Medical Center	10:00 AM
May 25	Center Closed – Memorial Day	
May 28	* Hand Massage w/ Agata Halat & Dorene McBride, Bergen County Div. of Senior Services	9:00 AM
May 29	Spa Afternoon w/ Agata Halat & Dorene McBride, Bergen County Div. of Senior Services	12:30 PM

Advanced registration for programs with * required.

To register please call **(201) 336-7498** or email

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.

Public Hearing
on the



Needs of Older Adults

Bergen County Administration
Building
Commissioners Public Meeting
Room – 5th Floor
One Bergen County Plaza,
Hackensack, NJ

Tuesday, May 12, 2026
8:30 AM - 11:30 AM

To RSVP Call
201-336-7400

or email
seniors@bergencountynj.gov

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
				<p>Continental Breakfast</p> <p>Monday-Friday 9:00AM</p>		<p>Suggested Lunch Donation: \$1.25 Per Meal</p> <p><i>Please reserve lunch by 11:30AM the day before</i></p> <p>Lunch is served at 12:00 PM daily</p>		<p>1 9:00 Strength & Conditioning 9:00 Brain Games 10:30 Bingo 10:30 Diamond Art 12:30 Game: Reverse the Letters 2:00 Shopping w/ Jorge (NA Town Bus)</p> <p>Pot Roast w/ Gravy</p>	
<p>4 9:00 Brain Games 9:00 Walking Group 10:30 Bingo 10:30 Diamond Art 1:00 Zumba Gold</p> <p>Egg Salad w/ Spinach</p>	<p>5 9:00 Brain Games 9:00 Strength & Conditioning 10:30 Bingo 10:30 Diamond Art 1:00 Zumba Gold</p> <p>Chicken Fajitas</p>	<p>6 9:00 Brain Games 9:00 Walking Group 10:30 Bingo 1:00 Yoga</p> <p>Stuffed Peppers</p>	<p>7 9:00 Brain Games 9:00 Walking Group 10:30 Bingo 10:30 Diamond Art 12:30 Arts & Craft: Rainbow Bookmarks 1:00 Zumba Gold Toning 2:00 Shopping w/ Jorge (NA Town Bus)</p> <p>Salmon w/ Creamy Dill Sauce</p>	<p>8 9:00 Strength & Conditioning 9:00 Brain Games 10:30 Bingo 10:30 Diamond Art 12:30 Game: Jeopardy 2:00 Shopping w/ Jorge (NA Town Bus)</p> <p>Chicken Florentine</p>					
<p>11 9:00 Brain Games 9:00 Walking Group 10:30 Bingo 10:30 Diamond Art 1:00 Zumba Gold</p> <p>Cheese Omelette</p>	<p>12 9:00 Brain Games 9:00 Strength & Conditioning 10:00 Class: Total Brain Health 10:30 Bingo 10:30 Diamond Art 12:30 Crafts: Bookmark Diamond Art 1:00 Zumba Gold</p> <p>Meatloaf w/ Mushroom Gravy</p>	<p>13 9:00 Brain Games 9:00 Walking Group 10:30 Bingo 12:30 Wine Down Wednesday 1:00 Yoga</p> <p>Italian Meatballs</p>	<p>14 9:00 Brain Games 9:00 Walking Group 10:30 Bingo 10:30 Diamond Art 1:00 Zumba Gold Toning 2:00 Shopping w/ Jorge (NA Town Bus)</p> <p>Chicken w/ Broccoli & Cheese</p>	<p>15 9:00 Strength & Conditioning 9:00 Brain Games 10:30 Bingo 10:30 Diamond Art 12:30 Celebration: May Birthdays 2:00 Shopping w/ Jorge (NA Town Bus)</p> <p>Tuna Noodle Salad</p>					
<p>18 9:00 Brain Games 9:00 Walking Group 9:00 Manicure Monday 10:30 Bingo 10:30 Diamond Art 1:00 Zumba Gold</p> <p>Pork w/ Apple Cinnamon Glaze</p>	<p>19 9:00 Brain Games 9:00 Strength & Conditioning 10:00 Presentation: Safe Seniors Traveling Talks 10:30 Bingo 10:30 Diamond Art 1:00 Zumba Gold</p> <p>Chicken Tikka Masala</p>	<p>20 9:00 Brain Games 9:00 Walking Group 10:30 Bingo 12:30 National Juice Slush Day 1:00 Yoga</p> <p>Korean BBQ Chicken Leg</p>	<p>21 9:00 Brain Games or Walking Group 10:00 Presentation: Nutrition & Fall Prevention 10:30 Bingo 10:30 Diamond Art 1:00 Zumba Gold Toning 2:00 Shopping w/ Jorge (NA Town Bus)</p> <p>Roast Turkey & Swiss Cheese</p>	<p>22 9:00 Strength & Conditioning 9:00 Brain Games 10:30 Bingo 10:30 Diamond Art 2:00 Shopping w/ Jorge (NA Town Bus)</p> <p>Cheeseburger</p>					
<p>25</p> <p>Happy Memorial Day</p> <p>CENTER CLOSED</p>	<p>26 9:00 Brain Games 9:00 Strength & Conditioning 10:30 Bingo 10:30 Diamond Art 1:00 Zumba Gold</p> <p>Stuffed Cabbage</p>	<p>27 9:00 Brain Games 9:00 Walking Group 10:30 Bingo 1:00 Yoga</p> <p>Hawaiian Chicken</p>	<p>28 9:00 Brain Games 9:00 Walking Group 9:00 Hand Massage 10:30 Bingo 10:30 Diamond Art 1:00 Zumba Gold Toning 2:00 Shopping w/ Jorge (NA Town Bus)</p> <p>Roast Beef & Provolone</p>	<p>29 9:00 Strength & Conditioning 9:00 Brain Games 10:30 Bingo 10:30 Diamond Art 12:30 Spa Afternoon 2:00 Shopping w/ Jorge (NA Town Bus)</p> <p>Roast Turkey w/ Gravy</p>					