



James J. Tedesco, III
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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
June 2026



June 2	*Herb Gardening	12:30 PM
June 4	Farmers' Market Voucher Distribution	9:00 AM
June 9	Class: Total Brain Health, w/ Agata Halat & Dorene McBride, Bergen County Division of Senior Services	10:00 AM
June 11	Presentation: Spot Skin Cancer, w/ Marielisa Rosado, Bergen County Department of Health Services	10:00 AM
June 12	Game: Pictionary	12:30 PM
June 15	Celebration: June Birthdays	12:30 PM
June 16	*Arts & Crafts: Mosaic Art	12:30 PM
June 18	Iced Tea & Lemonade on the Patio	12:30 PM
June 18	Games: KerPlunk	12:30 PM
June 19	Center Closed – Juneteenth	ALL DAY
June 22	*Manicure Monday (nail polish only)	9:00 AM
June 24	*Arts & Crafts: Scratch Art	12:30 PM
June 25	*Hand Massage, w/ Agata Halat & Dorene McBride, Bergen County Division of Senior Services	9:00 AM
June 25	National Bomb Pop Day: Enjoy a Popsicle!	12:30 PM
June 26	Karaoke	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.

SAVE THE DATE

SENIOR FESTIVAL

THURSDAY, SEPTEMBER 24
(RAIN DATE TUESDAY, SEPTEMBER 29)

VAN SAUN COUNTY PARK

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1 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;">Pot Roast w/ Gravy</p>	<p>2 9:00 Brain Games 9:00 Strength & Conditioning 10:30 Bingo 10:30 Diamond Art <u>12:30 Herb Gardening</u> 1:00 Zumba Gold</p> <p style="text-align: center;">Roast Turkey & Cheddar</p>	<p>3 9:00 Brain Games 9:00 Walking Group 9:30 Crochet Class 10:30 Bingo 1:00 Yoga</p> <p style="text-align: center;">Turkey Tacos</p>	<p>4 9:00 Brain Games 9:00 Walking Group <u>9:00 Farmers' Market Voucher Distribution</u> 10:30 Bingo 10:30 Diamond Art 1:00 Zumba Gold Toning</p> <p style="text-align: center;">Salisbury Steak w/ Mushroom Gravy</p>	<p>5 9:00 Strength & Conditioning 9:00 Brain Games 10:00 Walking Group 10:30 Bingo 10:30 Diamond Art</p> <p style="text-align: center;">Cheese Omelet</p>
<p>8 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;">Stuffed Peppers</p>	<p>9 9:00 Brain Games 9:00 Strength & Conditioning <u>10:00 Class: Total Brain Health</u> 10:30 Bingo 10:30 Diamond Art 1:00 Zumba Gold</p> <p style="text-align: center;">Pork Tenderloin</p>	<p>10 9:00 Brain Games 9:00 Walking Group 9:30 Crochet Class 10:30 Bingo 1:00 Yoga</p> <p style="text-align: center;">Korean BBQ Chicken Leg</p>	<p>11 9:00 Brain Games 9:00 Walking Group <u>10:00 Presentation: Spot Skin Cancer</u> 10:30 Bingo 10:30 Diamond Art 1:00 Zumba Gold Toning</p> <p style="text-align: center;">Seafood Salad w/ Romaine</p>	<p>12 9:00 Strength & Conditioning 9:00 Brain Games 10:00 Walking Group 10:30 Bingo 10:30 Diamond Art <u>12:30 Pictionary</u></p> <p style="text-align: center;">Chicken Marsala w/ Mushrooms</p>
<p>15 9:00 Brain Games 9:00 Walking Group 10:30 Bingo 10:30 Diamond Art <u>12:30 Celebration: June Birthdays</u> 1:00 Zumba Gold</p> <p style="text-align: center;">Italian Meatballs</p>	<p>16 9:00 Brain Games 9:00 Strength & Conditioning 10:30 Bingo 10:30 Diamond Art <u>12:30 Arts & Crafts: Mosaic Art</u> 1:00 Zumba Gold</p> <p style="text-align: center;">Egg Salad w/ Spinach & Tomato</p>	<p>17 9:00 Brain Games 9:00 Walking Group 9:30 Crochet Class 10:30 Bingo 1:00 Yoga</p> <p style="text-align: center;">Beef Stroganoff</p>	<p>18 9:00 Brain Games 9:00 Strength & Conditioning w/ Chris 10:30 Bingo 10:30 Diamond Art <u>12:30 Iced Tea & Lemonade on the Patio</u> <u>12:30 Games: KerPlunk</u> 1:00 Zumba Gold Toning</p> <p style="text-align: center;">Hawaiian Chicken</p>	<p>19</p> <p style="text-align: center; font-size: 2em;">Juneteenth</p> <p style="text-align: center;">CENTER CLOSED</p>
<p>22 9:00 Brain Games <u>9:00 Manicure Monday</u> 9:00 Walking Group 10:30 Bingo 10:30 Diamond Art 1:00 Zumba Gold</p> <p style="text-align: center;">Ham Steak w/ Pineapple</p>	<p>23 9:00 Brain Games 9:00 Strength & Conditioning 10:30 Bingo 10:30 Diamond Art 1:00 Zumba Gold</p> <p style="text-align: center;">Stuffed Cabbage</p>	<p>24 9:00 Brain Games 9:00 Walking Group 9:30 Crochet Class 10:30 Bingo <u>12:30 Arts & Crafts: Scratch Art</u> 1:00 Yoga</p> <p style="text-align: center;">Tuna Salad w/ Lettuce & Tomato Wrap</p>	<p>25 9:00 Brain Games 9:00 Walking Group <u>9:00 Hand Massage</u> 10:30 Bingo 10:30 Diamond Art <u>12:00 National Bomb Pop Day</u> 1:00 Zumba Gold Toning</p> <p style="text-align: center;">Chicken Parmesan</p>	<p>26 9:00 Strength & Conditioning 9:00 Brain Games 10:00 Walking Group 10:30 Bingo 10:30 Diamond Art <u>12:30 Karaoke</u></p> <p style="text-align: center;">Baked Stuffed Flounder w/ Broccoli</p>
<p>29 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;">Ham and Swiss w/ Lettuce & Tomato</p>	<p>30 9:00 Brain Games 9:00 Strength & Conditioning 10:30 Bingo 10:30 Diamond Art 1:00 Zumba Gold</p> <p style="text-align: center;">BBQ Pulled Pork Sandwich</p>	<p style="text-align: center;">Continental Breakfast</p> <p>Monday-Friday 9:00AM</p> 	<p style="text-align: center;">Suggested Lunch Donation: \$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;">Lunch is served at 12:00PM daily</p>	<p style="text-align: center;">World Elder Abuse Awareness Day  June 15</p>