



James J. Tedesco, III
County Executive

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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
July 2026



July 2	* America's 250th Birthday Celebration	All Day
July 3	Center Closed – Fourth of July	All Day
July 7	National Day of Rock & Roll	All Day
July 7	* Craft: Jewelry Making	9:00 AM
July 8	Stretching with Chris - YWCA	9:00 AM
July 8	Freezer Pop Day	12:30 PM
July 9	* Craft: Color & Sip (juice), w/ Agata Halat, Bergen County Division of Senior Services	1:00 PM
July 10	Presentation: Beat the Heat Roundup, w/ Harvey Silberstein, Bergen County Division of Senior Services	10:00 AM
July 15	Celebration: July Birthdays	12:30 PM
July 17	Game: Song Lyric Scramble	12:30 PM
July 20	* Manicure Monday (nail polish only)	9:00 AM
July 21	Daiquiris-by-the-Pool (non-alcoholic beverages)	12:30 PM
July 23	* Craft: Sun Catchers	12:30 PM
July 24	Game: Jeopardy, w/ Agata Halat & Dorene McBride, Bergen County Division of Senior Services	12:30 PM
July 30	* Hand Massage	10:00 AM

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.

The Amphitheater at Overpeck County Park

Bergen County's Star-Spangled Spectacular

FIREWORKS
FOOD TRUCKS
BEER & WINE GARDEN

LIVE MUSIC
CARNIVAL ATTRACTIONS
& MORE!

July 4th 2PM
Rain Date: July 5th

<p align="center">MONDAY</p> <p align="center">Continental Breakfast</p> <p>Monday-Friday 9:00AM</p> 	<p align="center">TUESDAY</p> <p align="center">Suggested Lunch Donation: \$1.25 Per Meal</p> <p align="center"><i>Please reserve lunch by 11:30AM the day before</i></p> <p align="center">Lunch is served at 12:00PM daily</p>	<p align="center">WEDNESDAY</p> <p>1 9:00 Brain Games 9:00 Walking Group 9:30 Crochet Class 10:30 Bingo 12:45 Tai Chi</p> <p align="center">Chicken Florentine</p>	<p align="center">THURSDAY</p>  <p align="center">ALL DAY Hot Dogs</p>	<p align="center">FRIDAY</p>  <p align="center">CENTER CLOSED</p>
<p>6 9:00 Brain Games 9:00 Walking Group 10:30 Bingo 10:30 Diamond Art 1:00 Zumba Gold</p> <p align="center">Cheeseburger w/ Lettuce and Tomato</p>	<p>7 9:00 Brain Games 9:00 Strength & Conditioning 10:30 Bingo 10:30 Diamond Art 12:45 Craft: Jewelry Making 1:00 Zumba Gold</p> <p align="center">Roast Turkey & Swiss w/ Lettuce</p>	<p>8 9:00 Brain Games 9:00 Stretching w/ Chris 9:30 Crochet Class 10:30 Bingo 12:45 Tai Chi 1:00 Color & Sip</p> <p align="center">Stuffed Cabbage</p>	<p>9 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 bus)</p> <p align="center">Korean BBQ Chicken Leg</p>	<p>10 9:00 Strength & Conditioning 9:00 Brain Games 10:00 Presentation: Beat the Heat Roundup 10:30 Bingo 10:30 Diamond Art 2:00 Shopping w/ Jorge (NA bus)</p> <p align="center">Roast Pork Loin w/ Apple Cinnamon</p>
<p>13 9:00 Brain Games 9:00 Walking Group 10:30 Bingo 10:30 Diamond Art 1:00 Zumba Gold</p> <p align="center">Hawaiian Chicken</p>	<p>14 9:00 Brain Games 9:00 Strength & Conditioning 10:00 Class: Total Brain Health 10:30 Bingo 10:30 Diamond Art 1:00 Zumba Gold</p> <p align="center">Chef Salad w/ Diced Turkey</p>	<p>15 9:00 Brain Games 9:00 Walking Group 9:30 Crochet Class 10:30 Bingo 12:30 Celebration: July Birthdays 12:45 Tai Chi</p> <p align="center">Chicken Parmesan</p>	<p>16 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 bus)</p> <p align="center">Egg Salad with Lettuce/Tomato</p>	<p>17 9:00 Strength & Conditioning 9:00 Brain Games 10:00 Walking Group 10:30 Bingo 10:30 Diamond Art 12:30 Game: Song Lyric Scramble 2:00 Shopping w/ Jorge (NA bus)</p> <p align="center">Teriyaki Glazed Salmon</p>
<p>20 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 align="center">Cheese Omelet</p>	<p>21 9:00 Brain Games 9:00 Strength & Conditioning 10:30 Bingo 10:30 Diamond Art 12:30 Daiquiris by the Pool (non-alcoholic) 1:00 Zumba Gold</p> <p align="center">Italian Meatballs</p>	<p>22 9:00 Brain Games 9:00 Walking Group 9:30 Crochet Class 10:30 Bingo 12:45 Tai Chi</p> <p align="center">Seafood Salad on Spinach</p>	<p>23 9:00 Brain Games 9:00 Walking Group 10:30 Bingo 10:30 Diamond Art 12:30 Craft: Sun Catchers 1:00 Zumba Gold Toning 2:00 Shopping w/ Jorge (NA bus)</p> <p align="center">BBQ Pulled Pork Sandwich</p>	<p>24 9:00 Strength & Conditioning 9:00 Brain Games 10:00 Walking Group 10:30 Bingo 10:30 Diamond Art 12:30 Game: Jeopardy 2:00 Shopping w/ Jorge (NA bus)</p> <p align="center">Chicken Cordon Bleu</p>
<p>27 9:00 Brain Games 9:00 Walking Group 10:30 Bingo 10:30 Diamond Art 1:00 Zumba Gold</p> <p align="center">Roast Beef with Gravy</p>	<p>28 9:00 Brain Games 9:00 Strength & Conditioning 10:30 Bingo 10:30 Diamond Art 1:00 Zumba Gold</p> <p align="center">Breaded Haddock</p>	<p>29 9:00 Brain Games 9:00 Walking Group 9:30 Crochet Class 10:30 Bingo 12:45 Tai Chi</p> <p align="center">LS Ham Steak with Pineapple</p>	<p>30 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 bus)</p> <p align="center">Chicken Piccata with Capers</p>	<p>31 9:00 Strength & Conditioning 9:00 Brain Games 10:00 Walking Group 10:30 Bingo 10:30 Diamond Art 12:45 Shopping w/ Jorge (NA bus)</p> <p align="center">Stuffed Peppers</p>