



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
August 2026



August 4	Presentation: Depression Myths – Part I Traveling Talks w/ Harvey Silberstein, Bergen County Division of Senior Services	10:00 AM
August 7	Sounds of Summer Karaoke	12:30 PM
August 10	Archery w/ Aim for Unity	12:30 PM
August 11	Class: Total Brain Health w/ Agata Halat & Dorene McBride, Bergen County Division of Senior Services	10:00 AM
August 11	*Craft: Tie Dye	12:30 PM
August 13	Presentation: Healthy Aging w/ Poonya Renjen, Registered Dietitian, ShopRite of Lyndhurst	10:00 AM
August 14	Creamsicle Day	12:30 PM
August 17	*Manicure Monday (nail polish only)	9:00 AM
August 19	Potato Chip Day	10:00 AM
August 20	*Hand Massage w/ Agata Halat, Bergen County Division of Senior Services	9:00 AM
August 21	Summer “Block Party”	12:30 PM
August 24	Waffle Day	9:00 AM
August 26	Women’s Equality Day – Movie: <i>RBG</i> Story of Ruth Bader Ginsberg’s fight for women’s equality <i>Dress in purple, green or white in recognition of women’s equality</i>	9:00 AM

Advanced registration for programs with * required.

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

northarlingtoncenter@bergencountynj.gov or visit the 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.

RSVP

Or visit <https://forms.office.com/g/xLLWgs2cv6>



SENIOR FESTIVAL
THURSDAY, SEPTEMBER 24
(RAIN DATE TUESDAY, SEPTEMBER 29)
VAN SAUN COUNTY PARK



For more INFO
Contact

transport: **(201) 368-5955**
general questions: **(201) 336-7417**
email: **seniors@Bergencountynj.gov**

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
3 9:00 Brain Games 9:00 Walking Group 10:30 Bingo 10:30 Diamond Art 1:00 Zumba Gold Chicken Scampi		4 9:00 Brain Games 9:00 Strength & Conditioning <u>10:00 Presentation: Depression Myths – Part I</u> 10:30 Bingo 10:30 Diamond Art 1:00 Zumba Gold Pork Loin w/ Apple Cinnamon Glaze		5 9:00 Brain Games 9:00 Walking Group 9:30 Crochet Class 10:30 Bingo 12:45 Tai Chi Vegetable Lasagna		6 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) Roast Turkey & Cheddar Cheese		7 9:00 Strength & Conditioning 9:00 Brain Games 10:00 Walking Group 10:30 Bingo 10:30 Diamond Art <u>12:30 Sounds of Summer Karaoke</u> 2:00 Shopping w/ Jorge (NA bus) Homestyle Meatloaf w/ Gravy	
10 9:00 Brain Games 9:00 Walking Group 10:30 Bingo 10:30 Diamond Art <u>12:30 Archery w/ Aim for Unity</u> 1:00 Zumba Gold Stuffed Cabbage		11 9:00 Brain Games 9:00 Strength & Conditioning <u>10:00 Class: Total Brain Health</u> 10:30 Bingo 10:30 Diamond Art <u>12:30 Craft: Tie Dye</u> 1:00 Zumba Gold Chicken Tikka Masala		12 9:00 Brain Games 9:00 Walking Group 9:30 Crochet Class 10:30 Bingo 12:45 Tai Chi Roast Beef & Provolone		13 9:00 Brain Games 9:00 Walking Group <u>10:00 Presentation: Healthy Aging</u> 10:30 Bingo 10:30 Diamond Art 1:00 Zumba Gold Toning 2:00 Shopping w/ Jorge (NA bus) Ham Steak w/ Pineapple		14 9:00 Strength & Conditioning 9:00 Brain Games 10:00 Walking Group 10:30 Bingo 10:30 Diamond Art <u>12:30 Creamsicle Day</u> 2:00 Shopping w/ Jorge (NA bus) BBQ Chicken Leg	
17 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 Stuffed Peppers		18 9:00 Brain Games 9:00 Strength & Conditioning 10:30 Bingo 10:30 Diamond Art 1:00 Zumba Gold Egg Salad w/ Lettuce & Tomato		19 9:00 Brain Games 9:00 Walking Group 9:30 Crochet Class <u>10:00 Potato Chip Day</u> 10:30 Bingo 12:45 Tai Chi Beer Battered Cod		20 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 w/ Jorge (NA bus) Beef & Broccoli		21 9:00 Strength & Conditioning 9:00 Brain Games 10:00 Walking Group 10:30 Bingo 10:30 Diamond Art <u>12:30 Summer “Block Party”</u> 2:00 Shopping w/ Jorge (NA bus) Chicken Cordon Bleu	
24 9:00 Brain Games 9:00 Walking Group <u>9:00 Waffle Day</u> 10:30 Bingo 10:30 Diamond Art 1:00 Zumba Gold Pot Roast w/ Gravy		25 9:00 Brain Games 9:00 Strength & Conditioning 10:00 Crochet Class 10:30 Bingo 10:30 Diamond Art 1:00 Zumba Gold Chicken Parmesan		26 9:00 Brain Games <u>9:00 Women’s Equality Day -- Movie: RBG</u> 9:30 Crochet Class 10:30 Bingo 12:30 Tai Chi Baked Herbed Chicken		27 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) Tuna Salad w/ Lettuce & Tomato		28 9:00 Strength & Conditioning 9:00 Brain Games 10:00 Walking Group 10:30 Bingo 10:30 Diamond Art 2:00 Shopping w/ Jorge (NA bus) Beef Hot Dog	
31 9:00 Brain Games 9:00 Walking Group 10:30 Bingo 10:30 Diamond Art 1:00 Zumba Gold Cheeseburger w/ Lettuce & Tomato		Continental Breakfast Monday-Friday 9:00AM 		Suggested Lunch Donation: \$1.25 Per Meal <i>Please reserve lunch by 11:30AM the day before</i> Lunch is served at 12:00PM daily		 August National Wellness Month			