



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
September 2026



Sept 7	Labor Day – Center Closed	All Day
Sept 9	Presentation: Depression Myths w/ Harvey Silberstein, Bergen County Division of Senior Services	10:00 AM
Sept 11	9/11 Moment of Silence A brief moment of silence will be observed in remembrance of 9/11 to honor the lives lost and the heroes of that day	9:00 AM
Sept 11	Presentation: Exploring the Myths of Aging – Part I w/ Harvey Silberstein, Bergen County Division of Senior Services	10:00 AM
Sept 14	*Manicure Monday (nail polish only)	9:00 AM
Sept 14	Celebration: September Birthdays	12:30 PM
Sept 15	*Class: Total Brain Health w/ Agata Halat & Dorene McBride, Bergen County Division of Senior Services	10:00 AM
Sept 15	*Crafts: Lavender Abstract Painting w/ Agata Halat, Bergen County Division of Senior Services	12:30 PM
Sept 18	Presentation: Bergen Volunteers CHEER Program w/Lisa Tredici, Director of Community Programs, Bergen Volunteers	10:00 AM
Sept 18	Game: Jeopardy	12:30 PM
Sept 24	*Annual Senior Festival at Van Saun Park Rain Date: Tuesday, Sept 29 (Registration required by Sept 11)	10:00 AM
Sept 25	September Karaoke	12:30 PM

The Senior Activity Center will hold an event in honor of POW/MIA on a date to be announced.

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.

RSVP

(SCAN)

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

SENIOR FESTIVAL

THURSDAY, SEPTEMBER 24

(RAIN DATE TUESDAY, SEPTEMBER 29)

VAN SAUN COUNTY PARK

transport: **(201) 368-5955**

general questions: **(201) 336-7417**

email: **seniors@Bergencountynj.gov**

For more INFO

Contact

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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	1 9:00 Brain Games 9:00 Strength & Conditioning 10:30 Bingo 10:30 Diamond Art 1:00 Zumba Gold Ham Steak w/ Pineapple	2 9:00 Brain Games 9:00 Walking Group 9:30 Crochet Class 10:30 Bingo 12:45 Tai Chi Korean BBQ Chicken Leg	3 9:00 Brain Games 9:00 Walking Group 10:00 Bowling 10:30 Bingo 10:30 Diamond Art 1:00 Zumba Gold Toning 2:00 Shopping w/ Jorge (NA bus) Seafood Salad over Spinach	4 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) Roast Turkey w/ Gravy
7  CENTER CLOSED	8 9:00 Brain Games 9:00 Strength & Conditioning 10:30 Bingo 10:30 Diamond Art 1:00 Zumba Gold Stuffed Cabbage	9 9:00 Brain Games 9:00 Walking Group <u>10:00 Presentation: Traveling Talk – Depression & Anxiety</u> 10:30 Bingo 12:45 Tai Chi Italian Meatballs	10 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 Noodle Salad over Romaine	11 <u>9:00 9/11 Moment of Silence</u> 9:00 Strength & Conditioning 9:00 Brain Games <u>10:00 Presentation: Exploring the Myths of Aging</u> 10:30 Bingo 10:30 Diamond Art 2:00 Shopping w/ Jorge (NA bus) Chicken with Pineapple
14 9:00 Brain Games 9:00 Walking Group <u>9:00 Manicure Monday</u> 10:30 Bingo 10:30 Diamond Art <u>12:30 Celebration: September Birthdays</u> 1:00 Zumba Gold BBQ Pulled Pork Sandwich	15 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 Crafts: Lavender Abstract Painting</u> 1:00 Zumba Gold Fish w/ Lemon Dill Sauce	16 9:00 Brain Games 9:00 Walking Group 9:30 Crochet Class 10:30 Bingo 12:45 Tai Chi Egg Salad Sandwich	17 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) Homestyle Meatloaf w/ Gravy	18 9:00 Strength & Conditioning 9:00 Brain Games <u>10:00 Presentation: Bergen Volunteers CHEER Program</u> 10:30 Bingo 10:30 Diamond Art <u>12:30 Game: Jeopardy</u> 2:00 Shopping w/ Jorge (NA bus) Sweet & Sour Chicken
21 9:00 Brain Games 9:00 Walking Group 10:00 Miniature Golf 10:30 Bingo 10:30 Diamond Art 1:00 Zumba Gold Roast Beef w/ Gravy	22 9:00 Brain Games 9:00 Strength & Conditioning 10:30 Bingo 10:30 Diamond Art 1:00 Zumba Gold Cheese Omelet	23 9:00 Brain Games 9:00 Walking Group 9:30 Crochet Class 10:30 Bingo 12:45 Tai Chi Chicken Cacciatore	24 9:00 Brain Games 9:00 Walking Group 10:30 Bingo 10:30 Diamond Art 1:00 Zumba Gold Toning Annual Senior Festival at Van Saun Park Cheeseburger w/ Lettuce & Tomato	25 9:00 Strength & Conditioning 9:00 Brain Games 10:00 Walking Group 10:30 Bingo 10:30 Diamond Art <u>12:30 September Karaoke</u> 2:00 Shopping w/ Jorge (NA bus) Chicken Salad Sandwich
28 9:00 Brain Games 9:00 Walking Group 10:30 Bingo 10:30 Diamond Art 1:00 Zumba Gold Chicken Florentine	29 9:00 Brain Games 9:00 Strength & Conditioning 10:30 Bingo 10:30 Diamond Art 1:00 Zumba Gold Stuffed Peppers	30 9:00 Brain Games 9:00 Walking Group 10:30 Bingo 12:45 Tai Chi Roast Beef w/ Provolone	 HISPANIC HERITAGE MONTH	Continental Breakfast Monday-Friday 9:00AM 