James J. Tedesco, III
County Executive

Board of County Commissioners

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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

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.

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
October 2026

October 2	**Presentation: How to Beat the Cold** Traveling Talks w/ Harvey Silberstein, Bergen County Division of Senior Services	**10:00 AM**
October 7	**POW/MIA Presentation**	**10:00 AM**
October 12	**Indigenous Peoples' Day &** **Columbus Day- Center Closed**	**ALL DAY**
October13	**Class: Total Brain Health** w/ Agata Halat & Dorene McBride, Bergen County Division of Senior Services	**10:00 AM**
October13	***Craft: Pumpkin Garland**	**12:30 PM**
October15	***Presentation: Stress Management** w/ Bill Wright, Community Outreach Liaison, Bergen New Bridge	**10:00 AM**
October16	**Fall Karaoke**	**12:30 PM**
October19	***Manicure Monday**	**9:00 AM**
October22	***Hand massage** w/ Agata Halat. Bergen County Division of Senior Services	**9:00 AM**
October23	**Presentation: Better Sleep, Better You** w/ Cesar Bramon, Health Educator, Bergen County Department of Health Services	**10:00 AM**
October23	**Game: Halloween Concentration** w/Agata Halat, Bergen County Division of Senior Services	**12:30 PM**
October29	***Halloween Party**	**All Day**

Advanced registration for programs with * required.
To register please call **(201) 336-7498** or email

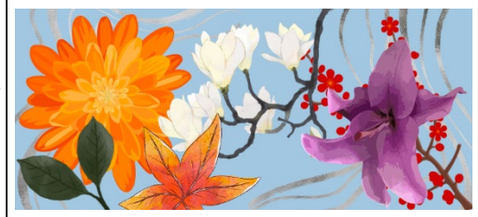
Fall
Caregiver Conference
Sat October 3, 10AM-2PM
One Bergen County Plaza
Hackensack, NJ 07601
RSVP 201-336-7417



(201) 336-7498, Dawn Murray, Director

NORTH ARLINGTON SENIOR ACTIVITY CENTER

October 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Continental Breakfast **Monday-Friday** **9:00AM** 	**Suggested Lunch Donation:** $1.25 Per Meal ***Please reserve lunch by 11:30AM the day before*** **Lunch is served at 12:00PM daily**		**1** 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) Description of meal	**2** 9:00 Strength & Conditioning 9:00 Brain Games 10:00 Safe Seniors Round-Up: How to Beat the Cold 10:30 Bingo 10:30 Diamond Art 2:00 Shopping w/ Jorge (NA bus) Description of meal
5 9:00 Brain Games 9:00 Walking Group 10:30 Bingo 10:30 Diamond Art 1:00 Zumba Gold Description of meal	**6** 9:00 Brain Games 9:00 Strength & Conditioning 10:15 Presentation: H & B Pharmacy 10:30 Bingo 10:30 Diamond Art 1:00 Zumba Gold Description of meal	**7** 9:00 Brain Games 9:00 Walking Group 9:30 Crochet Class 10:00 POW/MIA Presentation 10:30 Bingo 1:00 Tai Chi Description of meal	**8** 9:00 Brain Games 9:00 Walking Group 10:30 Bingo 10:30 Diamond Art 1:00 Zumba Gold Toning Description of meal	**9** 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) Description of meal
12   CENTER CLOSED	**13** 9:00 Brain Games 9:00 Strength & Conditioning 10:00 Class: Total Brain Health 10:30 Bingo 10:30 Diamond Art 12:30: Craft: Pumpkin Garland Craft 1:00 Zumba Gold Description of meal	**14** 9:00 Brain Games 9:00 Walking Group 9:30 Crochet Class 10:30 Bingo 1:00 Tai Chi Description of meal	**15** 9:00 Brain Games 9:00 Walking Group 10:00 Presentation: Stress Management 10:30 Bingo 10:30 Diamond Art 1:00 Zumba Gold Toning 2:00 Shopping w/ Jorge (NA bus) Description of meal	**16** 9:00 Strength & Conditioning 9:00 Brain Games 10:00 Walking Group 10:30 Bingo 10:30 Diamond Art 12:30 Fall Karaoke 2:00 Shopping w/ Jorge (NA bus) Description of meal
19 9:00 Brain Games 9:00 Walking Group 9:00 Manicure Monday 10:30 Bingo 10:30 Diamond Art 1:00 Zumba Gold Description of meal	**20** 9:00 Brain Games 9:00 Strength & Conditioning 10:30 Bingo 10:30 Diamond Art 1:00 Zumba Gold Description of meal	**21** 9:00 Brain Games 9:00 Walking Group 9:30 Crochet Class 10:30 Bingo 1:00 Tai Chi Description of meal	**22** 9:00 Brain Games 9:00 Walking Group 9:00 Hand Massage 10:30 Bingo 10:30 Diamond Art 1:00 Zumba Gold Toning Description of meal	**23** 9:00 Strength & Conditioning 9:00 Brain Games 10:00 Presentation: Better Sleep, Better You 10:30 Bingo 10:30 Diamond Art 12:30 Game: Halloween Concentration 2:00 Shopping w/ Jorge (NA bus) Description of meal
26 9:00 Brain Games 9:00 Walking Group 10:30 Bingo 10:30 Diamond Art 1:00 Zumba Gold Description of meal	**27** 9:00 Brain Games 9:00 Strength & Conditioning 10:30 Bingo 10:30 Diamond Art 1:00 Zumba Gold Description of meal	**28** 9:00 Brain Games 9:00 Walking Group 9:30 Crochet Class 10:30 Bingo 1:00 Tai Chi Description of meal	**29**  ALL DAY Description of meal	**30** 9:00 Strength & Conditioning 9:00 Brain Games 10:00 Walking Group 10:30 Bingo 10:30 Diamond Art  Description of meal