



James J. Tedesco, III
County Executive

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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



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



Oct 2	Presentation: Beat the Cold w/ Harvey Silberstein, Bergen County Division of Senior Services	10:00 AM
Oct 7	Presentation: POW/MIA w/ Rich Daul, Bergen County Division of Veterans Services	10:00 AM
Oct 12	Indigenous Peoples' Day & Columbus Day – Center Closed	ALL DAY
Oct 13	Class: Total Brain Health w/ Agata Halat & Dorene McBride, Bergen County Division of Senior Services	10:00 AM
Oct 13	*Crafts: Pumpkin Garland	12:30 PM
Oct 15	*Presentation: Stress Management w/ Bill Wright, Bergen New Bridge Medical Center	10:00 AM
Oct 16	Fall Karaoke	12:30 PM
Oct 19	*Manicure Monday	9:00 AM
Oct 22	*Hand Massage w/ Agata Halat. Bergen County Division of Senior Services	9:00 AM
Oct 23	Presentation: Better Sleep, Better You w/ Cesar Bramon, Bergen County Department of Health Services	10:00 AM
Oct 23	Game: Halloween Concentration w/Agata Halat, Bergen County Division of Senior Services	12:30 PM
Oct 28	*Halloween Party	ALL DAY

Advanced registration for programs with * required.

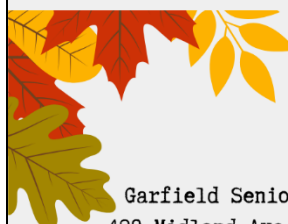
To register please call **(201) 336-7498** or email

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.



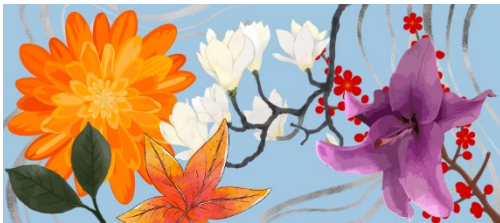
Thanksgiving Luncheon

THURSDAY, NOV. 26, 2026
10:00AM - 2:00PM
(RSVP BY NOV. 19)

Garfield Senior Activity Center
480 Midland Ave, Garfield NJ 07026

To RSVP call (973) 478-0502
or email seniors@bergencountynj.gov



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) Eggplant Rollatini w/ Meatballs		2 9:00 Strength & Conditioning 9:00 Brain Games 10:00 Presentation: Beat the Cold 10:30 Bingo 10:30 Diamond Art 2:00 Shopping w/ Jorge (NA bus) Bratwurst w/ Sauerkraut	
5 9:00 Brain Games 9:00 Walking Group 10:30 Bingo 10:30 Diamond Art 1:00 Zumba Gold Fish w/ Lemon Caper Sauce		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 Ham Steak w/ Pineapple		7 9:00 Brain Games 9:00 Walking Group 9:30 Crochet Class 10:00 Presentation: POW/MIA 10:30 Bingo 1:00 Tai Chi Italian Turkey Sausage		8 9:00 Brain Games 9:00 Walking Group 10:30 Bingo 10:30 Diamond Art 1:00 Zumba Gold Toning Seafood Salad Platter w/ Spinach		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) Ginger Soy Chicken	
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: Crafts: Pumpkin Garland 1:00 Zumba Gold Homestyle Meatloaf w/ Gravy		14 9:00 Brain Games 9:00 Walking Group 9:30 Crochet Class 10:30 Bingo 1:00 Tai Chi Chicken Tikka Masala		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) Tuna Noodle Salad over Romaine		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) Korean BBQ Chicken Leg	
19 9:00 Brain Games 9:00 Walking Group 9:00 Manicure Monday 10:30 Bingo 10:30 Diamond Art 1:00 Zumba Gold Roast Turkey w/ Gravy		20 9:00 Brain Games 9:00 Strength & Conditioning 10:30 Bingo 10:30 Diamond Art 1:00 Zumba Gold Chicken Marsala		21 9:00 Brain Games 9:00 Walking Group 9:30 Crochet Class 10:30 Bingo 1:00 Tai Chi Breaded Pork Chop w/ Gravy		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 Stuffed Cabbage		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) Egg Salad Sandwich	
26 9:00 Brain Games 9:00 Walking Group 10:30 Bingo 10:30 Diamond Art 1:00 Zumba Gold Cheese Omelet		27 9:00 Brain Games 9:00 Strength & Conditioning 10:30 Bingo 10:30 Diamond Art 1:00 Zumba Gold Beef Chili Con Carne		28 9:00 Brain Games 9:00 Walking Group 9:30 Crochet Class 10:30 Bingo 1:00 Tai Chi Turkey and Swiss w/ Lettuce & Tomato		29  Happy Halloween ALL DAY PARTY Chicken Cordon Bleu		30 9:00 Strength & Conditioning 9:00 Brain Games 10:00 Walking Group 10:30 Bingo 10:30 Diamond Art Chicken Parmesan 	