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
November 2026

Nov 3	**Election Day – Center Closed**	**ALL DAY**
Nov 6	**Presentation: Fall Recipe Demonstration** w/ Poonya Renjen, RD, ShopRite of Lyndhurst	**10:00 AM**
Nov 11	**Veterans Day – Center Closed**	**ALL DAY**
Nov 12	**Presentation: Exploring the Myths of Aging - Part II** w/ Harvey Silberstein, Bergen County Division of Senior	**10:00 AM**
Nov 13	**Game: Jeopardy**	**12:30 PM**
Nov 17	**Class: Total Brain Health** w/ Agata Halat & Dorene McBride, Bergen County Division of Senior Services	**10:00 AM**
Nov 18	**Celebration: November Birthdays**	**12:30 AM**
Nov 19	**Health Clinic** w/ H & B Pharmacy	**10:00 AM**
Nov 19	***Crafts: Paper Doily Snowflakes** w/ Agata Halat, Bergen County Division of Senior Services	**12:30 PM**
Nov 20	**Presentation: Medicare Open Enrollment** w/ Zaria Evans, SHIP Coordinator, Bergen County Division of Senior Services	**10:00 AM**
Nov 23	***Manicure Monday (nail polish only)**	**9:00 AM**
Nov 24	***Hand Massage** w/ Agata Halat, Bergen County Division of Senior Services	**9:00 AM**
Nov 26, 27	**Thanksgiving Break – Center Closed**	**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.

Thanksgiving Luncheon

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

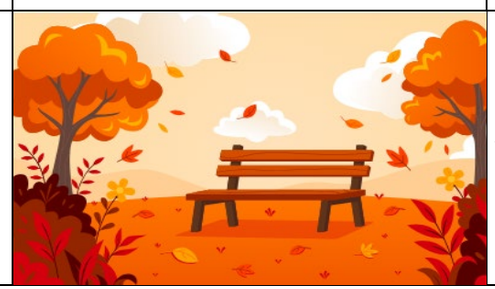
Garfield Senior Activity Center
480 Midland Ave, Garfield NJ 07026

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

(201) 336-7498, Dawn Murray, Director

NORTH ARLINGTON SENIOR ACTIVITY CENTER

November 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 9:00 Brain Games 9:00 Walking Group 10:30 Bingo 10:30 Diamond Art 1:00 Zumba Gold **Stuffed Cabbage**	**3**  **CENTER CLOSED**	**4** 9:00 Brain Games 9:00 Walking Group 9:30 Crochet Class 10:30 Bingo 1:00 Tai Chi **Homestyle Meatloaf w/ Mushroom Gravy**	**5** 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 Sandwich**	**6** 9:00 Strength & Conditioning 9:00 Brain Games **10:00 Presentation: Fall Recipe Demonstration** 10:30 Bingo 10:30 Diamond Art 2:00 Shopping w/Jorge (NA bus) **Chicken Florentine**
9 9:00 Brain Games 9:00 Walking Group 10:30 Bingo 10:30 Diamond Art 1:00 Zumba Gold **Sliced Pork Loin w/ Apple Cinnamon Glaze**	**10** 9:00 Brain Games 9:00 Strength & Conditioning 10:30 Bingo 10:30 Diamond Art 1:00 Zumba Gold **Chicken Fajitas**	**11**  **CENTER CLOSED**	**12** 9:00 Brain Games 9:00 Walking Group **10:00 Presentation: Exploring the Myths of Aging – Part II** 10:30 Bingo 10:30 Diamond Art 1:00 Zumba Gold Toning 2:00 Shopping w/ Jorge (NA bus) **Baked Herbed Chicken Leg**	**13** 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) **Turkey and Swiss Cheese**
16 9:00 Brain Games 9:00 Walking Group 10:30 Bingo 10:30 Diamond Art 1:00 Zumba Gold **Chicken Parmesan**	**17** 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 **Egg Salad with Lettuce & Tomato**	**18** 9:00 Brain Games 9:00 Walking Group 9:30 Crochet Class 10:30 Bingo **12:30 Celebration: November Birthdays** 1:00 Tai Chi **Lemon Pepper Tilapia**	**19** 9:00 Brain Games **9:00 Health Clinic w/ H&B Pharmacy** 10:30 Bingo 10:30 Diamond Art **12:30 Crafts: Paper Doily Snowflakes** 1:00 Zumba Gold Toning 2:00 Shopping w/ Jorge (NA bus) **Sweet & Sour Chicken**	**20** 9:00 Strength & Conditioning 9:00 Brain Games **10:00 Presentation: SHIP-Medicare Open Enrollment** 10:30 Bingo 10:30 Diamond Art 2:00 Shopping w/ Jorge (NA bus) **Cheeseburger w/ Lettuce and Tomato**
23 9:00 Brain Games 9:00 Walking Group **9:00 Manicure Monday** 10:30 Bingo 10:30 Diamond Art 1:00 Zumba Gold **Korean BBQ Chicken Leg**	**24** 9:00 Brain Games 9:00 Strength & Conditioning **9:00 Hand Massage** 10:30 Bingo 10:30 Diamond Art 12;30 Craft: Fall Leaf Bowls 1:00 Zumba Gold **Cheese Omelet**	**25** 9:00 Brain Games 9:00 Walking Group 9:30 Crochet Class 10:30 Bingo 1:00 Tai Chi **Ham Steak w/ Pineapple**	**26** *Thanksgiving Luncheon* GARFIELD SENIOR ACTIVITY CENTER 10AM-2PM REGISTRATION REQUIRED PLEASE CALL (973) 478-0502 **CENTER CLOSED**	 **CENTER CLOSED**
30 9:00 Brain Games 9:00 Walking Group 10:30 Bingo 10:30 Diamond Art 1:00 Zumba Gold **Eggplant Rollatini w/ Italian Meatballs**	National Alzheimer's Disease Awareness Month 		**Suggested Lunch Donation:** **$1.25 Per Meal** ***Please reserve lunch by 11:30AM the day before*** **Lunch is served at 12:00PM daily**	**Continental Breakfast** **Monday-Friday** **9:00AM - 11:00AM** 