



James J. Tedesco III
County Executive

BOARD OF COUNTY COMMISSIONERS

Germaine M. Ortiz
Chairwoman

Mary J. Amoroso
Vice Chairwoman

Dr. Joan M. Voss
Chair Pro Tempore

Rafael Marte
Thomas J. Sullivan
Steven A. Tanelli
Tracy Silna Zur

DEPARTMENT OF HUMAN SERVICES
Melissa H. DeBartolo, Esq.
Director

DIVISION OF SENIOR SERVICES
Lorraine Joewono
Director



For Your Information...

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

11 York Road,
North Arlington, NJ 07031
Phone: (201) 998-5636 • Fax: (201) 998-9872

NorthArlingtonCenter@co.bergen.nj.us

Open: Monday - Friday 8:00AM - 3:30PM



James J. Tedesco III, County Executive

NORTH ARLINGTON SENIOR ACTIVITY CENTER
Bergen County Department of Human Services
Division of Senior Services/ADRC
April 2024

April 1	Spring Social w/ Root Beer Floats	12:30PM
April 4	Presentation: Recourses Available to Seniors w/ Meadowlands Family Center	10:00AM
April 8	Hand Massage w/ Aggie & Dorene	9:00AM-11:00AM
April 11	Neurographic Art w/ Aggie & Dorene	10:00AM
April 12	Tax Day Crossword Puzzle	10:00AM
April 15	Total Brain Health w/ Aggie & Dorene	10:00AM
April 16	Cheese Ball Day	ALL DAY
April 17	Bingo w/ Senior Helpers	10:30AM
April 23	Connect the Dots– Dot-to-Dot Puzzles	10:00AM
April 26	Gardening Craft w/ Aggie & Dorene	10:00AM
April 29	Pretzel Day	ALL DAY
April 30	April Birthday Celebration	12:30PM
April 30	Crochet Class w/ Meadowlands Family Centert	10:00AM

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.

Caregivers Conference

Thursday, April 11th
5:00 PM - 9:00 PM
Bergen County Administration Building
Multi-Purpose Room



To RSVP Call 201-336-7400 or
Email seniors@co.bergen.nj.us

SAVE THE DATE

Public Hearing
on the
Needs of Older Adults

Tuesday, April 30th
8:30 AM - 11:30 AM
Bergen County Administration Building
Public Meeting Room (5th floor)


To RSVP Call 201-336-7417 or
Email seniors@co.bergen.nj.us



Lunch Served Daily at 11:30

NORTH ARLINGTON SENIOR ACTIVITY CENTER

April 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>1</div> <div>10:30 Bingo 12:30 Spring Social 1:00 Zumba Gold</div> <div>Pork Loin w/ Gravy</div>	<div>2</div> <div>10:30 Bingo 1:00 Zumba Gold</div> <div>Chicken Cordon Bleu</div>	<div>3</div> <div>8:30 Indoor/ Outdoor Walking Group 10:30 Bingo 1:00 Zumba Gold</div> <div>Homestyle Meatloaf w/ Gravy</div>	<div>4</div> <div>10:00 Presentation: Resources for Seniors 10:30 Bingo 1:00 Zumba Gold Toning</div> <div>Stuffed Cabbage</div>	<div>5</div> <div>10:00 Diamond Art Club 10:30 Bingo 12:30 Yoga</div> <div>Turkey & Swiss</div>
<div>8</div> <div>10:30 Line Dancing 10:00 Maze Puzzle 10:30 Bingo 1:00 Zumba Gold</div> <div>Korean BBQ Chicken Leg</div>	<div>9</div> <div>10:30 Bingo 1:00 Zumba Gold</div> <div>Egg Salad</div>	<div>10</div> <div>8:30 Indoor/ Outdoor Walking Group 10:30 Bingo 1:00 Zumba Gold</div> <div>LS Ham Steak</div>	<div>11</div> <div>10:00 Hand Massage 10:30 Bingo 1:00 Zumba Gold Toning</div> <div>Salisbury Steak</div>	<div>12</div> <div>10:00 Diamond Art Club 10:00 Neurographic Art 10:30 Bingo 12:30 Yoga</div> <div>Chicken Parmesan</div>
<div>15</div> <div>10:30 Line Dancing 10:00 Tax Day Crossword Puzzle 10:30 Bingo 1:00 Zumba Gold</div> <div>Stuffed Peppers (Turkey)</div>	<div>16</div> <div>10:30 Total Brain Health 11:00 Bingo 1:00 Zumba Gold</div> <div>Roast Beef w/ Gravy</div>	<div>17</div> <div>8:30 Indoor/ Outdoor Walking Group 10:30 Bingo 1:00 Zumba Gold</div> <div>Celebrate Cheese Ball Day—All Day</div> <div>Tuna Salad Platter</div>	<div>18</div> <div>10:30 Bingo 1:00 Zumba Gold Toning</div> <div>Cheeseburger</div>	<div>19</div> <div>10:00 Diamond Art Club 10:30 Bingo 12:30 Yoga</div> <div>Eggplant Rollatini</div>
<div>22</div> <div>10:30 Line Dancing 10:00 Mandala Mondays 10:30 Bingo 1:00 Zumba Gold</div> <div>Herb Roasted Chicken Leg</div>	<div>23</div> <div>10:30 Bingo w/ Senior Helpers 1:00 Zumba Gold</div> <div>Cheese Omelet</div>	<div>24</div> <div>8:30 Indoor/ Outdoor Walking Group 10:00 Dot-to-Dot Puzzle 10:30 Bingo 1:00 Zumba Gold</div> <div>Baked Ziti w/ Meatballs</div>	<div>25</div> <div>10:30 Bingo 1:00 Zumba Gold Toning</div> <div>Chicken Piccata</div>	<div>26</div> <div>10:00 Diamond Art Club 10:00 Gardening Craft 10:30 Bingo 12:30 Yoga</div> <div>Swedish Meatballs</div>
<div>29</div> <div>10:30 Line Dancing 10:00 Mandala Mondays 10:30 Bingo 1:00 Zumba Gold Celebrate Pretzel Day—All Day</div> <div>Chicken Cacciatore</div>	<div>30</div> <div>10:00 Crochet Class 10:30 Bingo 12:30 April Birthdays 1:00 Zumba Gold</div> <div>Beer Battered Fish</div>	<div>hello SPRING</div>	<div>Suggested Lunch Donation: \$1.25 Per Meal Please reserve lunch by 11:30 AM the day before</div> <div>Lunch will Be Served at 11:30 Daily</div>	<div><div>Continental Breakfast 9:00 AM</div></div>