

BERGEN NEW JERSEY *County*

James J. Tedesco III
County Executive

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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

Connie Keeler, Director
11 York Road
North Arlington, NJ, 07644
Phone: (201) 998-5636 • Fax (201) 998-9872

northarlingtoncenter@bergencountynj.gov

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

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

December 5	Presentation: Healthy Eating from Head to Toe w/ Stephanie Sass, ShopRite Dietician	10:00 AM
December 5	Mason Jar Craft w/ Agata & Dorene	12:30 PM
December 10	Diamond Art Christmas Card Craft	12:30 PM
December 11	Welcome Sign Craft w/ Agata & Dorene	12:30 PM
December 12	Presentation: Resources for Seniors & Give-A-Ways w/ ReMona Thompson, Meadowlands Family Success Center	10:00 AM
December 13	National Ice Cream Day	12:30 PM
December 16	National Chocolate Covered Anything Day	10:00 AM
December 16	Performance: North Arlington High School Band	11:00 AM
December 17	Secret Santa Grab Bag	12:00 PM
December 18	Holiday Cookie Potluck	10:00 AM
December 19	Holiday Party	ALL DAY
December 20	Ugly Christmas Sweater Contest	12:30 PM
December 25	Center Closed	All Day
December 30	Total Brain Health w/ Agata & Dorene	10:00 AM
December 31	Crochet Class	10:00 AM

Please Note Center will be closed Wednesday, January 1, 2025

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.

Holiday Luncheon

Garfield Senior Activity Center

480 Midland Ave


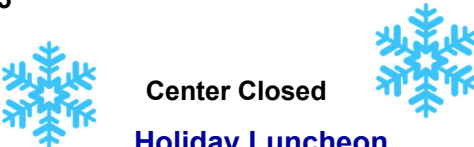


Garfield, New Jersey, 07026

Wednesday, December 25, 2024

10:00 AM - 2:00 PM

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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2 8:00 Walking Group 9:00 Brain Games 10:00 Dancing 10:30 Bingo 12:30 Zumba Gold</p> <p style="text-align: center;">Turkey & Red Bean Chili</p>	<p>3 8:00 Walking Group 9:00 Brain Games 10:30 Bingo 1:00 Zumba Gold</p> <p style="text-align: center;">Eggplant Rollatini</p>	<p>4 8:00 Walking Group 9:00 Brain Games 10:30 Bingo 12:30 Zumba Gold</p> <p style="text-align: center;">Chicken Piccata</p>	<p>5 8:00 Walking Group 9:00 Brain Games 10:00 Presentation: Healthy Eating 10:30 Bingo 11:30 Lunch 12:30 Mason Jar Craft 1:00 Zumba Gold Toning</p> <p style="text-align: center;">Pork Loin w/ Gravy</p>	<p>6 8:00 Walking Group 9:00 Strength & Conditioning 9:00 Brain Games 10:00 Diamond Art Club 10:30 Bingo 12:30 Yoga 12:30 Friday Matinee</p> <p style="text-align: center;">Egg Salad Platter w/ Romaine</p>
<p>9 8:00 Walking Group 9:00 Brain Games 10:00 Dancing 10:30 Bingo 12:30 Zumba Gold</p> <p style="text-align: center;">Cheeseburger</p>	<p>10 8:00 Walking Group 9:00 Brain Games 10:30 Bingo 12:30 Diamond Art Christmas Card Craft 1:00 Zumba Gold</p> <p style="text-align: center;">Korean BBQ Chicken Leg</p>	<p>11 8:00 Walking Group 9:00 Brain Games 10:30 Bingo 12:30 Zumba Gold 12:30 Welcome Sign Craft</p> <p style="text-align: center;">Salisbury Steak w/ Gravy</p>	<p>12 8:00 Walking Group 9:00 Brain Games 10:00 Presentation: Resources Available to Seniors 10:30 Bingo 11:30 Lunch 1:00 Zumba Gold Toning</p> <p style="text-align: center;">Chicken Francese</p>	<p>13 8:00 Walking Group 9:00 Strength & Conditioning 9:00 Brain Games 10:00 Diamond Art Club 10:30 Bingo 12:30 National Ice Cream Day 12:30 Yoga 12:30 Friday Matinee Balsamic Chicken w/ Peppers</p>
<p>16 8:00 Walking Group 9:00 Brain Games 10:00 Dancing 10:00 National Chocolate Covered Anything Day 10:30 Bingo 12:30 Zumba Gold</p> <p style="text-align: center;">Turkey & Swiss</p>	<p>17 8:00 Walking Group 9:00 Brain Games 10:30 Bingo 12:00 Secret Santa Grab Bag 1:00 Zumba Gold</p> <p style="text-align: center;">Italian Meatballs w/ Ziti Marinara</p>	<p>18 8:00 Walking Group 9:00 Brain Games 10:00 Holiday Cookie Potluck 10:30 Bingo 12:30 Zumba Gold</p> <p style="text-align: center;">Cheese Omelet</p>	<p style="text-align: center;">ALL DAY</p> <div style="text-align: center;">  </div> <p style="text-align: center;">Chicken Florentine</p>	<p>20 8:00 Walking Group 9:00 Strength & Conditioning 9:00 Brain Games 10:00 Diamond Art Club 10:30 Bingo 12:30 Ugly Christmas Sweater Contest 12:30 Yoga</p> <p style="text-align: center;">Chicken Marsala</p>
<p>23 8:00 Walking Group 9:00 Brain Games 10:00 Dancing 10:30 Bingo 12:30 Zumba Gold</p> <p style="text-align: center;">Fish w/ Lemon Pepper Sauce</p>	<p>24 8:00 Walking Group 9:00 Brain Games 10:30 Bingo 1:00 Zumba Gold</p> <p style="text-align: center;">Stuffed Cabbage</p>	<div style="text-align: center;">  <p>Center Closed</p> <p>Holiday Luncheon Garfield Senior Center 10am-2pm</p> </div>	<p>26 8:00 Walking Group 9:00 Brain Games 10:30 Bingo 11:30 Lunch 1:00 Zumba Gold Toning</p> <p style="text-align: center;">Chicken Fettuccini Alfredo</p>	<p>27 8:00 Walking Group 9:00 Strength & Conditioning 9:00 Brain Games 10:00 Diamond Art Club 10:30 Bingo 12:30 Yoga 12:30 Friday Matinee</p> <p style="text-align: center;">Homestyle Meatloaf w/ Gravy</p>
<p>30 8:00 Walking Group 9:00 Brain Games 10:00 Total Brain Health 10:00 Dancing 10:30 Bingo 12:30 Zumba Gold</p> <p style="text-align: center;">Tuna Salad Platter</p>	<p>31 8:00 Walking Group 9:00 Brain Games 10:00 Crochet Class 10:30 Bingo 1:00 Zumba Gold</p> <p style="text-align: center;">Roasted Chicken Leg</p>	<div style="text-align: center;">  <p><i>happy holidays!</i></p> </div>	<p style="text-align: center;">Continental Breakfast</p> <p style="text-align: center;"><i>9:00am</i> <i>Monday – Friday</i></p> <div style="text-align: center;">  </div>	<p style="text-align: center;">Suggested Lunch Donation: \$1.25 Per Meal Please reserve lunch by 11:30 AM the day before</p> <p style="text-align: center;">Lunch will Be Served at 12:00 Daily</p>