



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



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

THE UNITED CENTER
SENIOR ACTIVITY CENTER

Maria Sanjurjo, Director
101 Hudson Street
Hackensack, NJ 07601
Phone: (201) 336-3320 • Fax (201) 488-2867

UnitedCenter@bergencountynj.gov

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



James J. Tedesco III, County Executive

UNITED SENIOR ACTIVITY CENTER
Bergen County Department of Human Services
Division of Senior Services/ADRC
JUNE 2025

June 3:	Presentation: Housing & Renters Rights w/ Cindy Arone, Greater Bergen Community Action	9:00AM
June 6:	Total Brain Health Class w/ Agata	9:30AM
June 9:	Muscle Training Demo Class w/ Chris, YWCA	9:30AM
June 11:	Presentation: Summer & Healthy Eating w/ Nashon Bolton, Hackensack Meridian Health	9:30AM
June17:	Presentation: Phone and Credit Card Fraud w/ Magnolia Health Care	9:30AM
June18:	June Birthday Party	11:30AM
June 20:	Center Closed - Juneteenth Observed	All Day
June 23:	Muscle Training Class w/ Chris, YWCA	9:30AM
June 24:	Presentation: Emergency Preparedness w/ Agata	9:30AM
June 25:	Blood Pressure Screening w/ Hackensack Health Department	9:00AM
June 25:	Presentation: Solar Panels Program w/ Cindy & Jasmine, Greater Bergen Community Action	9:30AM
June 27:	Bingo Bash	12:30PM

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.



Senior Festival

Thursday, September 18, 2025
Rain Date: Thursday, September 25, 2025
10:00AM - 2:00PM
Van Saun County Park, Paramus



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>2</div> <div>9:00 Morning Music 10:30 Yoga w/ Alyse 10:00 ESL & Citizenship 12:30 Bingo</div> <div></div> <div>Roast Turkey w/ Swiss</div>	<div>3</div> <div>9:00 Morning Music 9:00 Presentation: Renters Rights 10:00 ESL & Citizenship 10:30 Zumba w/ Kattie 12:30 Bingo</div> <div></div> <div>Hawaiian Chicken</div>	<div>4</div> <div>9:00 Diamond Art 10:00 Line Dancing w/ Irma 12:30 Bingo</div> <div></div> <div>Pork Tenderloin w/ Gravy</div>	<div>5</div> <div>9:00 Exercise w/ Lisa 10:30 Zumba w/ Lauren 12:30 Bingo</div> <div></div> <div>Seafood Salad Platter</div>	<div>6</div> <div>9:00 Morning Music 9:30 Total Brain Health Class 10:30 Exercise w/ Lisa 12:30 Bingo</div> <div></div> <div>Chicken Cordon Bleu</div>
<div>9</div> <div>9:00 Morning Music 9:30 Demonstration: Muscle Training 10:30 Yoga w/ Alyse 10:00 ESL & Citizenship 12:30 Bingo</div> <div></div> <div>Stuffed Peppers</div>	<div>10</div> <div>9:00 Morning Music 10:00 ESL & Citizenship 10:30 Zumba w/ Kattie 12:30 Bingo</div> <div></div> <div>Tuna Noodle Salad</div>	<div>11</div> <div>9:00 Diamond Art 9:30 Presentation: Healthy Eating 10:00 Line Dancing w/ Irma 12:30 Bingo</div> <div></div> <div>Turkey Tacos</div>	<div>12</div> <div>9:00 Exercise w/ Lisa 10:30 Zumba w/ Lauren 12:30 Bingo</div> <div></div> <div>Chicken Florentine</div>	<div>13</div> <div>9:00 Morning Music 10:30 Exercise w/ Lisa 12:30 Bingo</div> <div></div> <div>Eggplant Parmesan</div>
<div>16</div> <div>9:00 Morning Music 10:30 Yoga w/ Alyse 11:30 Lunch 12:30 Bingo</div> <div></div> <div>Chicken Fettucine Alfredo</div>	<div>17</div> <div>9:00 Morning Music 9:30 Presentation: Fraud 10:00 ESL & Citizenship 10:30 Zumba w/ Kattie 12:30 Bingo</div> <div></div> <div>Meatloaf w/ Gravy</div>	<div>18</div> <div>9:00 Diamond Art 10:00 Line Dancing w/ Irma 11:30 June Birthday Party 12:30 Bingo</div> <div></div> <div>Jamaican Jerk Chicken Leg</div>	<div>19</div> <div>9:00 Exercise w/ Lisa 10:30 Zumba w/ Lauren 12:30 Bingo</div> <div></div> <div>BBQ Pulled Pork Sandwich</div>	<div>20</div> <div></div> <div>Center Closed</div>
<div>23</div> <div>9:00 Morning Music 9:30 Demonstration: Muscle Training 10:30 Yoga w/ Alyse 10:00 ESL & Citizenship 12:30 Bingo</div> <div></div> <div>Stuffed Cabbage</div>	<div>24</div> <div>9:00 Morning Music 9:30 Presentation: Emergency Prep 10:00 ESL & Citizenship 10:30 Zumba w/ Kattie 12:30 Bingo</div> <div></div> <div>LS Ham Steak w/ Pineapple</div>	<div>25</div> <div>9:00 Blood Pressure Screening 9:00 Diamond Art 9:30 Presentation: Solar Panels 10:00 Line Dancing w/ Irma 12:30 Bingo</div> <div></div> <div>Chicken Parmesan</div>	<div>26</div> <div>9:00 Exercise w/ Lisa 10:30 Zumba w/ Lauren 12:30 Bingo</div> <div></div> <div>Chef Salad</div>	<div>27</div> <div>9:00 Morning Music 10:30 Exercise w/ Lisa 12:30 Bingo Bash</div> <div></div> <div>Pot Roast w/ Gravy</div>
<div>30</div> <div>9:00 Morning Music 10:30 Yoga w/ Alyse 10:00 ESL & Citizenship 12:30 Bingo</div> <div></div> <div>Korean BBQ Chicken Leg</div>	<div></div>	<div></div>	<div>*Two Pool Tables are Available Daily *Card Games and Dominoes are Played Daily</div> <div></div>	<div>Suggested Lunch Donation: \$1.25 Per Meal Please reserve lunch by 11:30 AM the day before Lunch will Be Served at 11:30 Daily</div>