

BERGEN NEW JERSEY *County*

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



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
Address Hudson Street
Hackensack, NJ, 07601
Phone: (201) 336-3320 • Fax (201) 336-3325
unitedcenter@bergencountynj.gov

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

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United Senior Activity Center **Bergen County Department of Human Services** **Division of Senior Services/ADRC** **July 2025**

July 4:	Center Closed– 4th of July	All Day
July 7:	Muscle Training Demo Class w/ Chris, YWCA	9:30AM
July 8:	Presentation: Fraud Prevention w/ Mandeey Reyes, Insurance Advisor, Group	9:30AM
July 9:	Presentation: Joint Pain w/ Nahshon Bolton, Hackensack Meridian Health	9:30AM
July 11:	Bergen County Drum Circle w/ Agata, Bergen County Senior Services	9:30AM
July 16:	Blood Pressure Screening w/ Hackensack Health Department	9:00AM
July 16:	July Birthday Party	11:30AM
July 17	Total Brain Health Class w/ Agata	9:45AM
July 21	Presentation: Preventing Insurance Fraud w/ Joel Schneider, Senior Insurance Patrol	9:30AM
July 22:	Presentation: Lung Health w/ Robin Ng, Hackensack Meridian Health	9:30AM
July 25:	Bingo Bash	12:30PM
July 28:	Presentation: Nutrition w/ Nahshon Bolton, Hackensack Meridian Health	9:45AM

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.

Save the Date

Senior Festival

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



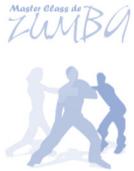
MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

	<p>1 9:00 Morning Music 10:30 Zumba w/ Kattie 12:30 Bingo</p>  <p>Egg Salad Platter with Spinach</p>	<p>2 9:00 Diamond Art 10:00 Line Dancing w/ Irma 12:30 Bingo</p> <p>Roast Turkey with Gravy</p>	<p>3 9:00 Exercise w/ Lisa 10:30 Zumba w/ Lauren 12:30 Bingo</p>  <p>Beef Hot Dogs</p>	<p>4 </p> <p>Center Closed</p>
<p>7 9:00 Morning Music 9:30 Muscle Training Demo 10:30 Yoga w/ Alyse 12:30 Bingo</p> <p>Hawaiian Chicken</p>	<p>8 9:00 Morning Music 9:30 Presentation: Fraud Prevention 10:30 Zumba w/ Kattie 12:30 Bingo</p> <p>Stuffed Peppers</p>	<p>9 9:00 Diamond Art 9:30 Presentation: Joint Pain 10:00 Line Dancing w/ Irma 12:30 Bingo</p> <p>Tuna Noodle Salad over Spinach</p>	<p>10 9:00 Exercise w/ Lisa 10:30 Zumba w/ Lauren 12:30 Bingo</p> <p>Stuffed Shells</p>	<p>11 9:00 Morning Music 9:30 Bergen County Drum Circle 10:30 Exercise w/ Lisa 12:30 Bingo</p> <p>Cheeseburger</p>
<p>14 9:00 Morning Music 10:30 Yoga w/ Alyse 12:30 Bingo</p>  <p>Chicken Cordon Bleu</p>	<p>15 9:00 Morning Music 10:30 Zumba w/ Kattie 12:30 Bingo</p> <p>Salisbury Steak with Gravy</p>	<p>16 9:00 Diamond Art 9:00 Blood Pressure Screening 10:00 Line Dancing w/ Irma 11:30 July Birthday Party 12:30 Bingo</p>  <p>BBQ Pulled Pork Sandwich</p>	<p>17 9:00 Exercise w/ Lisa 9:45 Total Brain Health Class 10:30 Zumba w/ Lauren 12:30 Bingo</p> <p>Chicken Parmesan</p>	<p>18 9:00 Morning Music 10:30 Exercise w/ Lisa 12:30 Bingo</p> <p>Seafood Salad with Mixed Greens</p>
<p>21 9:00 Morning Music 9:30 Presentation: Insurance Fraud 10:30 Yoga w/ Alyse 12:30 Bingo</p> <p>Homestyle Meatloaf with Gravy</p>	<p>22 9:00 Morning Music 9:30 Presentation: Lung Health 10:30 Zumba w/ Kattie 12:30 Bingo</p> <p>Cheese Omelet</p>	<p>23 9:00 Diamond Art 10:00 Line Dancing w/ Irma 12:30 Bingo</p> <p>Eggplant Rollatini</p>	<p>24 9:00 Exercise w/ Lisa 10:30 Zumba w/ Lauren 12:30 Bingo</p> <p>Turkey and Swiss</p>	<p>25 9:00 Morning Music 10:30 Exercise w/ Lisa 12:30 Bingo Bash</p>  <p>Korean BBQ Chicken Leg</p>
<p>28 9:00 Morning Music 9:45 Presentation: Nutrition 10:30 Yoga w/ Alyse 12:30 Bingo</p>  <p>Beer Battered Fish</p>	<p>29 9:00 Morning Music 10:30 Zumba w/ Kattie 12:30 Bingo</p> <p>Chicken Florentine</p>	<p>30 9:00 Diamond Art 10:00 Line Dancing w/ Irma 12:30 Bingo</p>  <p>Chef Salad</p>	<p>31 9:00 Exercise w/ Lisa 10:30 Zumba w/ Lauren 12:30 Bingo</p> <p>Roast Pork with Gravy</p>	<p>Suggested Lunch Donation: \$1.25 Per Meal Please reserve lunch by 11:30 AM the day before</p> <p>Lunch will Be Served at 11:30 Daily</p>