



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](mailto: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**  
**August 2025**

August 1:	Total Brain Health Class w/ Agata	9:30AM
August 5:	Presentation: Fall Prevention w/ Dr. Ali Ismal, Core Care and Rehab	9:30AM
August 8:	Hand Massages w/ Agata	9:30AM
August 13:	August Birthday Party	11:30AM
August 18:	Presentation: Protecting Yourself in the Retail World w/ Denise Niland, Consumer Affairs	9:30AM
August 25:	Celebrating National Kiss and Make-up Day and National Dog Month	9:30AM
August 26:	Presentation: Incontinence Prevention w/ Dr. Ali Ismal, Core Care and Rehab	9:45AM
August 27:	Blood Pressure Screening w/ Hackensack Health Department	9:00AM
August 29:	Bingo Bash	12:30PM



**Senior Festival**






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



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.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>Continental Breakfast</i></p> <p>Coffee, Milk and Pastries</p> 	<p>Suggested Lunch Donation: \$1.25 Per Meal</p> <p>Please reserve lunch by 11:30 AM the day before</p> <p>Lunch will Be Served at 11:30 Daily</p>			<p>1</p> <p>9:00 Morning Music <b>9:30 Total Brain Health Class</b> 10:30 Exercise w/ Lisa 12:30 Bingo</p> <p>Eggplant Rollatini</p>
<p>4</p> <p>9:00 Morning Music <b>9:30 Muscle Training Demo</b> 10:30 Yoga w/ Alyse 12:30 Bingo</p> <p>Roast Turkey with Gravy</p>	<p>5</p> <p>9:00 Morning Music <b>9:30 Presentation: Fall Prevention</b> 10:30 Zumba w/ Katie 12:30 Bingo</p> <p>Ham Steak with Pineapple</p>	<p>6</p> <p>9:00 Diamond Art 10:00 Line Dancing w/ Irma 12:30 Bingo</p> <p>Chicken Parmesan</p>	<p>7</p> <p>9:00 Exercise w/ Lisa 10:30 Zumba w/ Lauren 12:30 Bingo</p> <p>Roast Turkey with Swiss Cheese</p>	<p>8</p> <p>9:00 Morning Music <b>9:30 Hand Massages</b> 10:30 Exercise w/ Lisa 12:30 Bingo</p> <p>Lemon Caper Fish</p>
<p>11</p> <p>9:00 Morning Music 10:30 Yoga w/ Alyse 12:30 Bingo</p> <p>Herbed Chicken Leg</p>	<p>12</p> <p>9:00 Morning Music 10:30 Zumba w/ Katie 12:30 Bingo</p> <p>Stuffed Peppers</p>	<p>13</p> <p>9:00 Diamond Art 10:00 Line Dancing w/ Irma <b>11:30 August Birthday Party</b> 12:30 Bingo</p>  <p>Korean Beef</p>	<p>14</p> <p>9:00 Exercise w/ Lisa 10:30 Zumba w/ Lauren 12:30 Bingo</p> <p>Egg Salad with Spinach</p>	<p>15</p> <p>9:00 Morning Music 10:30 Exercise w/ Lisa 12:30 Bingo</p> <p>BBQ Pork Sandwich</p>
<p>18</p> <p>9:00 Morning Music <b>9:30 Presentation: Protecting Yourself in the Retail World</b> 10:30 Yoga w/ Alyse 12:30 Bingo</p> <p>Italian Beef Meatballs</p>	<p>19</p> <p>9:00 Morning Music 10:30 Zumba w/ Katie 12:30 Bingo</p> <p>Seafood Salad</p>	<p>20</p> <p>9:00 Diamond Art 10:00 Line Dancing 12:30 Bingo</p> <p>Sesame Chicken</p>	<p>21</p> <p>9:00 Exercise w/ Lisa 10:30 Zumba w/ Lauren 12:30 Bingo</p> <p>Pot Roast with Gravy</p>	<p>22</p> <p>9:00 Morning Music 10:30 Exercise w/ Lisa 12:30 Bingo</p> <p>Stuffed Cabbage</p>
<p>25</p> <p>9:00 Morning Music 10:30 Yoga w/ Alyse 12:30 Bingo</p> <p>Chicken Cordon Bleu</p>	<p>26</p> <p>9:00 Morning Music <b>9:45 Presentation: Incontinence Prevention</b> 10:30 Zumba w/ Katie 12:30 Bingo</p> <p>Cheeseburger</p>	<p>27</p> <p>9:00 Diamond Art <b>9:00 Blood Pressure Screening</b> 10:00 Line Dancing w/ Irma 12:30 Bingo</p> <p>Tuna Noodle Salad</p>	<p>28</p> <p>9:00 Exercise w/ Lisa 10:30 Zumba w/ Lauren 12:30 Bingo</p> <p>Beef Hot Dogs</p>	<p>29</p> <p>9:00 Morning Music 10:30 Exercise w/ Lisa <b>12:30 Bingo Bash</b></p>  <p>Crab Cakes over Romaine</p>