



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) 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**  
**September 2025**

|               |   |          |
|---------------|---|----------|
| September 1:  | Center Closed — Labor Day Observance  | All Day  |
| September 2:  | Presentation: Health Nutrition w/ Raul, Oak St Health   | 9:30AM   |
| September 5:  | Morning Matinee, Pajama Party, Raffle, and Fifty / Fifty  | 9:00AM   |
| September 9:  | Presentation: Solar and Healthy Home<br>w/ Cindy and Jasmin, Greater Bergen Community Action                  | 9:30AM   |
| September 12: | Total Brain Health Class w/ Agata, Bergen County Senior Services  | 9:30AM   |
| September 12: | Hand Massage w/ Agata, Bergen County Senior Services  | 10:15 AM |
| September 15: | Presentation: Open Enrollment Medicare SMP w/ Valeria   | 9:15 AM  |
| September 17: | September's Birthday Party  | 11:00AM  |
| September 17: | POW/MIA Recognition Ceremony<br>w/ Bergen County Veterans Services  | 9:30AM   |
| September 18: | Bergen County Senior Festival at Van Saun Park, Paramus.<br>Registration Required. Please call (201) 336-3320 | 10:00 AM |
| September 19: | Presentation: Scams and Frauds, Staying Alert<br>w/ Denis Niland, Division of Consumers Affairs               | 9:30AM   |
| September 22  | Presentation: Healthy Movements for<br>Everyday Living w/ Chris   | 9:30AM   |
| September 23: | Presentation: Health Coverage Information<br>w/ Eddy Larrea, Community Health Specialist                      | 9:30PM   |
| September 24: | Blood Pressure Screening w/ Hackensack Health Department  | 9:30AM   |
| September 26: | Bergen County Drum circle w/ Agata  | 9:30 AM  |
| September 26: | BINGO BASH  | 12:30 PM |

*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.






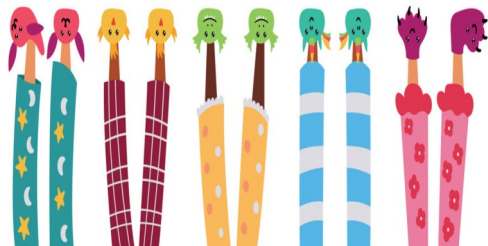


# Senior Festival

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

When traveling to the Senior Festival we encourage everyone to carpool or use Bergen County Community Transportation.

For more information, please contact  
**Community Transportation at**  
(201) 368-5955.

| MONDAY   | TUESDAY   | WEDNESDAY  | THURSDAY   | FRIDAY   |
|--|---|--|--|--|
| <div></div>  | <div>2</div> <div>9:00 Morning Music<br/><b>9:30 Presentation: Health Nutrition</b><br/>10:30 Zumba w/ Katie<br/>12:30 Bingo</div> <div></div> <div>Stuffed Cabbage</div> | <div>3</div> <div>9:00 Diamond Art<br/>10:00 Line Dancing w/ Irma<br/>12:30 Bingo</div> <div>Korean BBQ Chicken Leg</div>  | <div>4</div> <div>9:00 Exercise w/ Lisa<br/>10:30 Zumba w/ Lauren<br/>12:30 Bingo</div> <div>Tuna Noodle Salad over Romain</div>   | <div>5</div> <div><b>9:00 Morning Matinee &amp; Pajama Party</b><br/>10:30 Exercise w/ Lisa<br/>12:30 Bingo</div> <div>Salisbury Steak with Mushroom Gravy</div>   |
| <div>8</div> <div>9:00 Morning Music<br/>10:30 Yoga w/ Alyse<br/>12:30 Bingo</div> <div></div> <div>Chicken Stir Fry with Peppers</div> | <div>9</div> <div>9:00 Morning Music<br/><b>9:30 Presentation: Solar &amp; Healthy Home</b><br/>10:30 Zumba w/ Katie<br/>12:30 Bingo</div> <div>Pork Tenderloin with Gravy</div>  | <div>10</div> <div>9:00 Diamond Art<br/>10:00 Line Dancing w/ Irma<br/>12:30 Bingo</div> <div>Lemon Caper Fish</div>   | <div>11</div> <div>9:00 Exercise w/ Lisa<br/>10:30 Zumba w/ Lauren<br/>12:30 Bingo</div> <div>Roast Turkey and Swiss, Lettuce</div>  | <div>12</div> <div>9:00 Morning Music<br/><b>9:30 Total Brain Health Class</b><br/><b>10:15 Hand Massage</b><br/>10:30 Exercise w/ Lisa<br/>12:30 Bingo</div> <div>Italian Meatballs with tomato Basil</div>   |
| <div>15</div> <div>9:00 Morning Music<br/><b>9:15 Presentation: Open Enrollment Medicare SMP</b><br/>10:30 Yoga w/ Alyse<br/>12:30 Bingo</div> <div>BBQ Pulled Pork Sandwich</div>                                       | <div>16</div> <div>9:00 Morning Music<br/>10:30 Zumba w/ Katie<br/>12:30 Bingo</div> <div>Cheese Omelet</div>   | <div>17</div> <div>9:00 Diamond Art<br/><b>9:30 POW/MIA Recognition Ceremony</b><br/>10:00 Line Dancing w/ Irma<br/><b>11:00 September Birthday Party</b><br/>12:30 Bingo</div> <div></div> <div>Beef Teriyaki</div>  | <div>18</div> <div>9:00 Exercise w/ Lisa<br/>10:30 Zumba w/ Lauren<br/>12:30 Bingo<br/><b>Annual Senior Citizens Festival</b><br/><b>Van Saun County, Park Paramus</b></div> <div>Cheese Ravioli</div> | <div>19</div> <div>9:00 Morning Music<br/><b>9:30 Presentation: Scams &amp; Frauds, Staying Alert</b><br/>10:30:Exercise w/ Lisa<br/>12:30 Bingo</div> <div>Chicken Piccata</div>  |
| <div>22</div> <div>9:00 Morning Music<br/><b>9:30 Presentation: Healthy Movements for Everyday Living</b><br/>10:30 Yoga w/ Alyse<br/>12:30 Bingo</div> <div>Homestyle Meatloaf with Gravy</div>                         | <div>23</div> <div>9:00 Morning Music<br/><b>9:30 Presentation: Health Coverage Information</b><br/>10:30 Zumba w/ Katie<br/>12:30 Bingo</div> <div>Egg Salad over Spinach</div>  | <div>24</div> <div>9:00 Diamond Art<br/><b>9:30 Blood Pressure Screening</b><br/>10:00 Line Dancing w/ Irma<br/>12:30 Bingo</div> <div>Stuffed Peppers</div>   | <div>25</div> <div>9:00 Exercise w/ Lisa<br/>10:30 Zumba w/ Lauren<br/>12:30 Bingo</div> <div>Cheeseburger with Lettuce, Tomato</div>  | <div>26</div> <div>9:00 Morning Music<br/><b>9:30 Bergen County Drum Circle</b><br/>10:30 Exercise w/ Lisa<br/><b>12:30 Bingo Bash</b></div> <div></div> <div>Korean Beef</div> |
| <div>29</div> <div>9:00 Morning Music<br/>10:30 Yoga w/ Alyse<br/>12:30 Bingo</div> <div>Chicken Fajitas with Onions, peppers</div>  | <div>30</div> <div>9:00 Morning Music<br/>10:30 Zumba w/ Katie<br/>12:30 Bingo</div> <div>Chicken Gordon Bleu</div>   | <div></div> <div>When traveling to the <b>Senior Festival</b> we encourage everyone to carpool or use Bergen County Community Transportation.<br/><br/>For more information, please contact <b>Community Transportation</b> at <b>(201) 368-5955</b>.</div> <div></div> | <div></div> <div><b>Suggested Lunch Donation:</b><br/><b>\$1.25 Per Meal</b><br/><b>Please Reserve Lunch by 11:30 AM</b><br/><b>The Day Before</b></div>   |  |