



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

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
October 2025

October 2:	Arts & Craft Class w/ Agata, Bergen County Senior Services	10:00AM
October 6:	Muscle Training Demo Class w/ Chris, YWCA	9:00AM
October 7:	Presentation: Breast Cancer w/ Raul Estevez, Oak St. Health	9:30AM
October 10:	Columbus Day Celebration	9:00AM
October 10:	Total Brain Health w/ Agata, Bergen County Senior Services	9:30AM
October 10:	Hand Massage w/ Agata, Bergen County Senior Services	10:15AM
October 13:	Columbus Day	CLOSED
October 14:	Presentation: Ways to Sleep Better w/ Rafael Canas, Good Sheperd Medical Center	9:30AM
October 15:	October's Birthday Party	11:00AM
October 17:	Pancake Breakfast	9:00AM
October: 20:	Presentation: Safe Senior Traveling Talk Show w/ Harvey Silberstein	9:30AM
October 22:	Blood Pressure Screening w/ Hackensack Health Department	9:00AM
October 27:	Presentation: Elder Abuse at Home w/ Shimon Danan Garden view Home Care	9:30AM
October 28:	Presentation: Bergen County Department of Health Services w/ Laura Jean Checki	9:15AM
October 31:	Halloween Costume Party	9:00AM
October 31:	Bingo Bash	12:30PM

Bergen County Department of Human Services,
Division of Senior Services

Caregivers Conference

Saturday, October 4th, 2025

9:00 AM - 2:00 PM

Public Meeting Room (5th floor)
Bergen County Administration Building
One Bergen County Plaza, Hackensack, NJ 07601

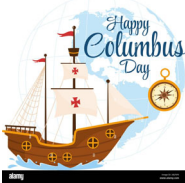
To RSVP Call 201-336-7400 or
Email seniors@bergencountynj.gov



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
Suggested Lunch Donation: \$1.25 Per Meal Please reserve lunch by 11:30 AM the day before Lunch will Be Served at 11:30		1 9:00 Diamond Art 10:00 Line Dancing w/ Irma 12:30 Bingo Eggplant Parmesan	2 9:00 Exercise w/ Lisa 10:30 Arts & Craft Class 10:30 Zumba w/ Lauren 12:30 Bingo LS Ham and Cheddar	3 9:00 Morning Music 10:30 Exercise w/ Lisa 12:30 Bingo Salisbury Steak with Gravy
6 9:00 Morning Music 9:30 Muscle Training Demo 10:30 Yoga w/ Alyse 12:30 Bingo  Stuffed Cabbage	7 9:00 Morning Music 9:30 Presentation: Breast Cancer 10:30 Zumba w/ Katie 12:30 Bingo  Tuna Noodle Salad	8 9:00 Diamond Art 10:00 Line Dancing w/ Irma 12:30 Bingo Chicken Florentine	9 9:00 Exercise w/ Lisa 10:30 Zumba w/ Lauren 12:30 Bingo BBQ Pulled Pork Sandwich	10 9:00 Morning Music 9:30 Total Brain Health Class 10:15 Hand Massages 10:30 Exercise w/ Lisa 12:30 Bingo Roast Turkey with Gravy
13  CLOSED	14 9:00 Morning Music 9:30 Presentation: Tips for a Better Night Sleep 10:30 Zumba w/ Katie 12:30 Bingo Turkey Tacos with Lettuce	15 9:00 Diamond Art 10:00 Line Dancing w/ Irma 11:00 Birthday Party 12:30 Bingo  Lemon Caper Fish	16 9:00 Exercise w/ Lisa 10:30 Zumba w/ Lauren 12:30 Bingo Chicken Parmesan	17 9:00 Pancake Breakfast 9:00 Morning Music 10:30:Exercise w/ Lisa 12:30 Bingo Egg Salad Platter with Spinach
20 9:00 Morning Music 9:30 Presentation: Safe Senior Traveling Talk Show 10:30 Yoga w/ Alyse 12:30 Bingo Hungarian Goulash	21 9:00 Morning Music 10:30 Zumba w/ Katie 12:30 Bingo LS Ham Steak with pineapple	22 9:00 Diamond Art 9:30 Blood Pressure Screenings 10:00 Line Dancing w/ Irma 12:30 Bingo Italian Meatballs	23 9:00 Exercise w/ Lisa 10:30 Zumba w/ Lauren 12:30 Bingo Korean BBQ Chicken Leg	24 9:00 Morning Music 10:30 Exercise w/ Lisa 12:30 Bingo Seafood Salad Platter
27 9:00 Morning Music 9:30 Presentation: Elder Abuse at Home 10:30 Yoga w/ Alyse 12:30 Bingo Pork Tenderloin with Gravy	28 9:00 Morning Music 9:15 Presentation: Bergen County Department of Health Services 10:30 Zumba w/ Katie 12:30 Bingo Bratwurst/ Hot dog Bun	29 9:00 Diamond Art 10:00 Line Dancing w/ Irma 12:30 Bingo Korean Beef	30 9:00 Exercise w/ Lisa 10:30 Zumba w/ Lauren 12:30 Bingo Chicken Cordon Bleu	31 9:00 Halloween Costume Party 10:30 Exercise w/ Lisa 12:30 Bingo Bash  Stuffed Peppers