

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

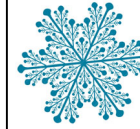
Maria Sanjurjo , Director
101 Hudson Street
Hackensack , NJ, 07601
Phone: (201) 336-3320 • Fax (201) 336-3325

unitedcenter@bergencountynj.gov

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

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Hackensack Senior Activity Center Bergen County Department of Human Services Division of Senior Services/ADRC January 2026



January 1	Center Closed- Happy New Year	Closed
January 9:	Hand Massage w/ Agata, Bergen County Senior Services	09:30 AM
January 12:	Muscle Training w/ Christopher Carroll, YWCA	09:30 AM
January 13:	Presentation: Memory part II w/ Nahshon Bolton, Hackensack Meridian Health	09:30 AM
January 14:	Blood Pressure Screening, w/ Manju Thomas RN, & Michelle Brian RN, Hackensack Health Department	09:15 AM
January 14:	Birthday Party	11:00 AM
January 20:	Martin Luther King Jr. Day - Center Closed	Closed
January 23:	Total Brain Health Class w/ Agata, Bergen County Senior Services	09:30 AM
January 26	Muscle training w/ Christopher Carroll, YWCA	09:30 AM
January 27:	Presentation: Tech Neck and Headaches w/ Dr. Ali Ismail, Core Care Plus Rehab	09:30 AM
January 30:	Valentine Day Craft w/ Agata, Bergen County Senior Services	10:00 AM
January 30:	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.

The County of Bergen
Wishes you a
Happy and Healthy
New Year



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<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>9:00 Morning Music 10:30 Exercise w/ Lisa 12:30 Bingo</p> <p>Stuffed Peppers</p>
<p>5 9:00 Morning Music 10:30 Yoga w/ Alyse 10:00 ESL 12:30 Bingo</p>  <p>Homestyle Meatloaf with Gravy</p>	<p>6 9:00 Morning Music 10:00 ESL 10:30 Zumba w/ Kattie 12:30 Bingo</p> <p>Sliced Pork Loin with Apple</p>	<p>7 9:00 Morning Music 10:00 Line Dancing w/ Irma 12:30 Bingo</p>  <p>Roast Turkey and Cheddar</p>	<p>8 9:00 Exercise w/ Lisa 10:30 Zumba w/ Lauren 12:30 Bingo</p> <p>Chicken Parmesan</p>	<p>9 9:00 Morning Music 9:30 Hand Massage 10:30 Exercise w/ Lisa 12:30 Bingo</p>  <p>Cheese Omelet</p>
<p>12 9:00 Morning Music 9:30 Muscle Training 10:30 Yoga w/ Alyse 10:00 ESL 12:30 Bingo</p>  <p>Stuffed Cabbage</p>	<p>13 9:00 Morning Music 9:30 Presentation: Memory part II 10:00 ESL 10:30 Zumba w/ Kattie 12:30 Bingo</p> <p>Chicken Marsala</p>	<p>14 9:00 Morning Music 9:15 Blood Pressure Screening 10:00 Line Dancing w/ Irma 11:00 Birthday Party 12:30 Bingo</p> <p>LS Ham and Swiss with Lettuce</p>	<p>15 9:00 Exercise w/ Lisa 10:30 Zumba w/ Lauren 12:30 Bingo</p>  <p>Chicken Fajitas with Onions</p>	<p>16 9:00 Morning Music 10:30 Exercise w/ Lisa 12:30 Bingo</p> <p>Cheeseburger with Lettuce</p>
<p>19</p>  <p>CLOSED</p>	<p>20 9:00 Morning Music 10:00 ESL 10:30 Zumba w/ Kattie 12:30 Bingo</p>  <p>Chicken Cordon Bleu</p>	<p>21 9:00 Morning Music 10:00 Line Dancing w/ Irma 12:30 Bingo</p> <p>Salisbury Steak with Mushroom Gravy</p>	<p>22 9:00 Exercise w/ Lisa 10:30 Zumba w/ Lauren 12:30 Bingo</p>  <p>Seafood Salad Platter</p>	<p>23 9:00 Morning Music 9:30 Total Brain Health Class 10:30 Exercise w/ Lisa 12:30 Bingo</p> <p>Roast Pork</p>
<p>26 9:00 Morning Music 9:30 Muscle Training 10:30 Yoga w/ Alyse 10:00 ESL 12:30 Bingo</p>  <p>Roast Turkey with Gravy</p>	<p>27 9:00 Morning Music 9:30 Presentation: Tech Neck and Headaches 10:00 ESL 10:30 Zumba w/ Kattie 12:30 Bingo</p> <p>Italian Beef Meatballs</p>	<p>28 9:00 Morning Music 10:00 Line Dancing w/ Irma 12:30 Bingo</p>  <p>Beer Battered Cod Tartar sauce</p>	<p>29 9:00 Exercise w/ Lisa 10:30 Zumba w/ Lauren 12:30 Bingo</p> <p>Korean BBQ Chicken Leg</p>	<p>30 9:00 Morning Music 10:00 Valentine day Craft 10:30 Exercise w/ Lisa 12:30 Bingo Bash</p>  <p>Pot Roast with Gravy</p>