



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

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

United Senior Activity Center
Senior Activity Center

Maria Sanjurjo, Director
101 Hunson Street
Hackensack, NJ, 07601
Phone: (201) 3363320 • Fax (201) 3363325

unitedcenter@bergencountynj.gov

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



BERGEN NEW JERSEY
County
James J. Tedesco III, County Executive



United Senior Activity Center
Bergen County Department of Human Services
Division of Senior Services/ADRC
February 2026

February 3:	Presentation: Fraud, Waste and Abuse w/ Valeria Escudero, Senior Medicare Patrol of NJ	9:15AM
February 10:	Presentation: Blood Pressure Screening w/ Juliana Suarez, Bayada Home Health Care	9:30AM
February 13:	Love Songs, Karaoke w/ The Seniors at The Center	9:30AM
February 16:	Center Closed– Presidents Day	All Day
February 18:	Birthday Party	11:00AM
February 20:	Hand Massage w/ Agata, Bergen County Senior Center	9:30AM
February 27:	Total Brain Health w/ Agata, Bergen County Senior Center	9:30AM
February 27:	Bingo Bash	12:30PM

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.

Caregivers Conference

Thursday, April 9th
5:00 PM - 9:00 PM
Bergen County Administration Building
Multi-Purpose Room



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





Public Hearing
on the
Needs of Older Adults

Tuesday, May 12th
8:30 AM - 11:30 AM
Bergen County Administration Building
Public Meeting Room (5th floor)

To RSVP Call 201-336-7417 or
Email seniors@bergencountynj.gov



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>2</div> <div>9:00 Morning Music 10:00 ESL Class 10:30 Yoga w/ Alyse 12:30 Bingo</div> <div>Korean BBQ Chicken</div>	<div>3</div> <div>9:00 Morning Music 9:15 Presentation: Fraud, Waste and Abuse 10:00 ESL Class 10:30 Zumba w/ Katie 12:30 Bingo</div> <div>Ham Steak with Pineapple</div>	<div>4</div> <div>9:00 Morning Music 10:00 Line Dancing w/ Irma 12:30 Bingo</div> <div>Roast Turkey and Cheddar</div>	<div>5</div> <div>9:00 Exercise w/ Lisa 10:30 Zumba w/ Lauren 12:30 Bingo</div> <div>Italian Meatballs</div>	<div>6</div> <div>9:00 Morning Music 10:30 Exercise w/ Lisa 12:30 Bingo</div> <div>Stuffed Cabbage</div>
<div>9</div> <div>9:00 Morning Music 10:00 ESL Class 10:30 Yoga w/ Alyse 12:30 Bingo</div> <div>Salisbury Steak</div>	<div>10</div> <div>9:00 Morning Music 9:30 Blood Pressure Screening 10:00 ESL Class 10:30 Zumba w/ Katie 12:30 Bingo</div> <div>Chicken Florentine</div>	<div>11</div> <div>9:00 Morning Music 10:00 Line Dancing w/ Irma 12:30 Bingo</div> <div>Chicken Cordon Bleu</div>	<div>12</div> <div>9:00 Exercise w/ Lisa 10:30 Exercise w/ Lauren 12#0 Bingo</div> <div>Egg Salad Platter</div>	<div>13</div> <div>9:00 Morning Music 9:30 Love Songs, Karaoke 10:30 Exercise w/ Lisa 12:30 Bingo</div> <div>Chicken Parmesan</div>
<div></div> <div>Center Closed</div>	<div>17</div> <div>9:00 Morning Music 10:00 ESL Class 10:30 Zumba w/ Katie 12:30 Bingo</div> <div>Sesame Chicken</div>	<div>18</div> <div>9:00 Morning Music 10:00 Line Dancing w/ Irma 11:00 Birthday Party</div> <div></div> <div>Cheese Omelet</div>	<div>19</div> <div>9:00 Exercise w/ Lisa 10:30 Exercise w/ Lauren 12:30 Bingo</div> <div>Cheeseburger</div>	<div>20</div> <div>9:00 Morning Music 9:30 Hand Massages 10:30 Exercise w/ Lisa 12:30 Bingo</div> <div></div> <div>Breaded Fish Filet</div>
<div>23</div> <div>9:00 Morning Music 10:00 ESL Class 10:30 Yoga w/ Alyse 12:30 Bingo</div> <div>Chicken Tikka Masala</div>	<div>24</div> <div>9:00 Morning Music 10:00 ESL Class 10:30 Zumba w/ Katie 12:30 Bingo</div> <div>Stuffed Peppers</div>	<div>25</div> <div>9:00 Morning Music 10:00 Line Dancing w/ Irma 12:30 Bingo</div> <div>Sliced Pork Loin</div>	<div>26</div> <div>9:00 Exercise w/ Lisa 10:30 Exercise w/ Lauren 12:30 Bingo</div> <div>Pot Roast</div>	<div>27</div> <div>9:00 Morning Music 9:30 Total Brain Health 10:30 Exercise w/ Lisa 12:30 Bingo Bash</div> <div></div> <div>Seafood Salad</div>
<div></div> <div>HAPPY VALENTINE'S DAY</div>	<div></div> <div>BLACK History MONTH 2026</div>	<div></div> <div>FEBRUARY IS HEART HEALTH MONTH</div>	<div>Served Daily</div> <div>Coffee And Pastries</div> <div></div>	<div>Suggested Lunch Donation: \$1.25 Per Meal Please reserve lunch by 11:30 AM the day before</div> <div>Lunch will Be Served at 11:30 Daily</div>