



James J. Tedesco, III
County Executive

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Director

Division of Senior Services
Lorraine Joewono
Director

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.

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

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