

# BERGEN NEW JERSEY *County*

**James J. Tedesco III**  
*County Executive*

## BOARD OF COUNTY COMMISSIONERS

**Steven A. Tanelli**  
*Chairman*

**Tracy Silna Zur**  
*Vice Chairwoman*

**Dr. Joan M. Voss**  
*Chair Pro Tempore*

**Mary J. Amoroso**

**Rafael Marte**

**Germaine M. Ortiz**

**Thomas J. Sullivan**

## 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  
(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

**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

# 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**  
**March 2026**



March 2	<b>Presentation: Aging Happily</b> w/ Francesca Cibelli, Humana	9:30AM
March 3	<b>Pottery Class</b> w/ Peter Lagomarsino	9:00AM
March 5	<b>Total Brain Health</b> w/ Agata Halat, Bergen County Division of Senior Services	9:45AM
March 9	<b>Presentation: Nutrition for Healthy Bones</b> w/ Sharon Guerrero, Hackensack Meridian Health	9:30AM
March 10	<b>Pottery Class</b> w/ Peter Lagomarsino	9:00AM
March 17	<b>Pottery Class</b> w/ Peter Lagomarsino	9:00AM
March 17	<b>Wear Green for St Patrick's Day</b>	9:00AM
March 18	<b>Birthday Party</b>	11:00AM
March 20	<b>Hand Massage</b> w/ Agata Halat, Bergen County	
March 23	<b>Presentation: Radon Awareness</b> w/ Chantal Folkes, Bergen County Division of Environmental Health	9:30AM
March 24	<b>Pottery Class</b> w/ Peter Lagomarsino	9:00AM
March 25	<b>Blood Pressure Screening</b> w/ Hackensack Health Department	9:00AM
March 27	<b>Bingo Bash</b>	
March 31	<b>Pottery Class</b> w/ Peter Lagomarsino	9:00AM

*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.

**Spring Luncheon**  
**Sunday April 5th, 10AM-2PM**  
Garfield Senior Activity Center, 480 Midland Avenue, Garfield NJ 07026  
RSVP by Monday March 30th to your Senior Activity Center Director

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>2</b> 9:00 Morning Music <u>9:30 Presentation: Aging Happily</u> 10:00 ESL Class 10:30 Yoga w/Alise 12:30 Bingo</p> <p style="text-align: center;"><b>Stuffed Cabbage</b></p>	<p><b>3</b> 9:00 Morning Music <u>9:00 Pottery Class</u> 10:00 ESL Class 10:30 Zumba w/Katie 12:30 Bingo</p> <p style="text-align: center;"><b>Tuna Salad w/ Romaine</b></p>	<p><b>4</b> 9:00 Morning Music 10:00 Line Dancing w/ Irma 12:30 Bingo</p> <p style="text-align: center;"><b>Roast Turkey w/ Gravy</b></p>	<p><b>5</b> 9:00 Morning Music 9:00 Exercise w/Lisa <u>9:45 Total Brain Health</u> 10:30 Zumba w/Lauren 12:30 Bingo</p> <p style="text-align: center;"><b>Korean BBQ Chicken Leg</b></p>	<p><b>6</b> 9:00 Morning Music 10:30 Exercise w/Lisa 12:30 Bingo</p> <p style="text-align: center;"><b>Cheese Omelet</b></p>
<p><b>9</b> 9:00 Morning Music <u>9:30 Presentation: Nutrition for Heathy Bones</u> 10:00 ESL Class 10:30 Yoga w/Alise 12:30 Bingo</p> <p style="text-align: center;"><b>Cheeseburger w / Lettuce &amp; Tomato</b></p>	<p><b>10</b> 9:00 Morning Music <u>9:00 Pottery Class</u> 10:00 ESL Class 10:30 Zumba w/Katie 12:30 Bingo</p> <p style="text-align: center;"><b>Chicken Salad Platter over Greens</b></p>	<p><b>11</b> 9:00 Morning Music 10:00 Line Dancing w/ Irma 12:30 Bingo</p> <p style="text-align: center;"><b>Pork Tenderloin w/ Apple Cinnamon Glaze</b></p>	<p><b>12</b> 9:00 Morning Music 9:00 Exercise w/Lisa 10:30 Zumba w/Lauren 12:30 Bingo</p> <p style="text-align: center;"><b>Chicken Florentine</b></p>	<p><b>13</b> 9:00 Morning Music 10:30 Exercise w/Lisa 12:30 Bingo</p> <p style="text-align: center;"><b>Stuffed Shells w/ Marinara</b></p>
<p><b>16</b> 9:00 Morning Music 10:00 ESL Class 10:30 Yoga w/Alise 12:30 Bingo</p> <p style="text-align: center;"><b>Fish Filet with Lemon Sauce</b></p>	<p><b>17</b> 9:00 Morning Music <u>9:00 Wear Green for St. Patrick's Day</u> <u>9:00 Pottery Class</u> 10:00 ESL Class 10:30 Zumba w/Katie 12:30 Bingo</p>  <p style="text-align: center;"><b>Corned Beef</b></p>	<p><b>18</b> 9:00 Morning Music 10:00 Line Dancing w/ Irma <u>11:00 Birthday Party</u> 12:30 Bingo</p> <p style="text-align: center;"><b>Chicken Parmesan</b></p>	<p><b>19</b> 9:00 Morning Music 9:00 Exercise w/Lisa 10:30 Zumba w/Lauren 12:30 Bingo</p> <p style="text-align: center;"><b>Meatloaf w/ Mushroom Gravy</b></p>	<p><b>20</b> 9:00 Morning Music 10:30 Exercise w/Lisa <u>10:30 Hand Massage</u> 12:30 Bingo</p> <p style="text-align: center;"><b>Egg Salad Platter on Spinach</b></p>
<p><b>23</b> 9:00 Morning Music <u>9:30 Presentation: Radon Awareness</u> 10:00 ESL Class 10:30 Yoga w/Alise 12:30 Bingo</p> <p style="text-align: center;"><b>Stuffed Peppers</b></p>	<p><b>24</b> 9:00 Morning Music <u>9:00 Pottery Class</u> 10:00 ESL Class 10:30 Zumba w/Katie 12:30 Bingo</p> <p style="text-align: center;"><b>LS Ham Steak w/ Pineapple</b></p>	<p><b>25</b> 9:00 Morning Music <u>9:00 Blood Pressure Screening</u> 10:00 Line Dancing w/ Irma 12:30 Bingo</p> <p style="text-align: center;"><b>Pot Roast w/ Gravy</b></p>	<p><b>26</b> 9:00 Morning Music 9:00 Exercise w/Lisa 10:30 Zumba w/Lauren 12:30 Bingo Bash</p> <p style="text-align: center;"><b>Seafood Salad on Spinach</b></p>	<p><b>27</b> 9:00 Morning Music 10:30 Exercise w/Lisa <u>12:30 Bingo Bash</u></p> <p style="text-align: center;"><b>Manicotti w/ Marinara</b></p>
<p><b>30</b> 9:00 Morning Music 10:00 ESL Class 10:30 Yoga w/Alise 12:30 Bingo</p> <p style="text-align: center;"><b>Sweet Chicken Sausage</b></p>	<p><b>31</b> 9:00 Morning Music <u>9:00 Pottery Class</u> 10:00 ESL Class 10:30 Zumba w/Katie 12:30 Bingo</p> <p style="text-align: center;"><b>Roast Turkey &amp; Cheddar w/ Lettuce &amp; Tomato</b></p>			<p style="text-align: center;"><b>Suggested Lunch Donation:</b> \$1.25 Per Meal</p> <p style="text-align: center;"><i>Please reserve lunch by 11:30AM the day before</i></p> <p style="text-align: center;"><b>Lunch is served at 11:30AM daily</b></p> <p style="text-align: center;"><b>Continental Breakfast</b> <b>Monday -Friday</b> <b>8:00AM-11:00AM</b></p> 