



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

Maria Sanjurjo, Director
101 Hudson Street
Hackensack, NJ, 07601
Phone: (201) 336-3320 • Fax (201) 488-2867

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
April 2026



April 3	Center Closed – Good Friday	
April 6	Movie: <i>Grumpier Old Men</i> w/ Popcorns, hotdogs and more surprises	9:30AM
April 15	Celebrating April Birthdays	11:00AM
April 17	Project: Seniors Helping Others Last day for donations	10:00AM
April 22	Earth Day Celebration – Project: Adopt a Plant	9:15AM
April 24	Presentation: Safe Seniors Roundup w/ Harvey Silberstein, Bergen County Division of Senior Services	9:15AM
April 24	Bingo Bash	12:30PM
April 27	Presentation: Technology Fraud Prevention w/ Valeria Escudero and Charles Clarkson, SMP Senior Patrol	09:30AM

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 9, 2026
5:00PM-9:00PM
(Registration will begin at 4:30PM)

Bergen County Administration Building
Multi-Purpose Room - 1st Floor
One Bergen County Plaza, Hackensack, NJ

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Suggested Lunch Donation: \$1.25 Per Meal</p> <p><i>Please reserve lunch by 11:30AM the day before</i></p> <p>Lunch is served at 11:30AM daily</p>	<p>Continental Breakfast</p> <p>Monday-Friday 8:00AM-11:00AM</p> 	<p>1</p> <p>9:00 Morning Music 10:00 Line Dancing w/ Irma 12:30 Bingo</p> <p>Cheese Omelet</p>	<p>2</p> <p>9:00 Exercise w/ Lisa 10:30 Zumba w/ Lauren 12:30 Bingo</p> <p>Cheeseburger</p>	 <p>CENTER CLOSED</p>
<p>6</p> <p>9:00 Morning Music 9:00 Movie: Grumpier Old Men 10:30 Yoga w/ Alyse 10:00 ESL 12:30 Bingo</p> <p>Korean BBQ Chicken Leg</p>	<p>7</p> <p>9:00 Morning Music 10:00 ESL 10:30 Zumba w/ Kattie 12:30 Bingo</p> <p>Eggplant, Peppers & Mozarella</p>	<p>8</p> <p>9:00 Morning Music 10:00 Line Dancing w/ Irma 12:30 Bingo</p> <p>Chicken Florentine</p>	<p>9</p> <p>9:00 Exercise w/ Lisa 10:30 Zumba w/ Lauren 12:30 Bingo</p> <p>Stuffed Peppers</p>	<p>10</p> <p>9:00 Morning Music 10:30 Exercise w/ Lisa 12:30 Bingo</p> <p>Pork w/ Apple Cinnamon Glaze</p>
<p>13</p> <p>9:00 Morning Music 10:30 Yoga w/ Alyse 10:00 ESL 12:30 Bingo</p> <p>Teriyaki Glazed Salmon</p>	<p>14</p> <p>9:00 Morning Music 10:00 ESL 10:30 Zumba w/ Kattie 12:30 Bingo</p> <p>Homestyle Meatloaf w/ Gravy</p>	<p>15</p> <p>9:00 Morning Music 10:00 Line Dancing w/ Irma 11:00 Celebrating April Birthdays 12:30 Bingo</p> <p>Chicken Cordon Bleu</p>	<p>16</p> <p>9:00 Exercise w/ Lisa 10:30 Zumba w/ Lauren 12:30 Bingo</p> <p>Tuna Salad Sandwich</p>	<p>17</p> <p>9:00 Morning Music 10:00 Seniors Helping Others: Last Day for Donations 10:30 Exercise w/ Lisa 12:30 Bingo</p> <p>Roast Turkey and Cheddar</p>
<p>20</p> <p>9:00 Morning Music 10:30 Yoga w/ Alyse 10:00 ESL 12:30 Bingo</p> <p>Ham Steak w/ Pineapple</p>	<p>21</p> <p>9:00 Morning Music 10:00 ESL 10:30 Zumba w/ Kattie 12:30 Bingo</p> <p>Roast Turkey w/ Gravy</p>	<p>22</p> <p>9:00 Morning Music 9:15 Earth Day Celebration: Adopt a Plant 10:00 Line Dancing w/ Irma 12:30 Bingo</p> <p>Swedish Meatballs</p>	<p>23</p> <p>9:00 Exercise w/ Lisa 10:30 Zumba w/ Lauren 12:30 Bingo</p> <p>Egg Salad on Spinach</p>	<p>24</p> <p>9:00 Morning Music 9:15 Presentation: Safe Seniors Roundup 10:30 Exercise w/ Lisa 12:30 Bingo Bash</p> <p>Chicken Parmesan</p>
<p>27</p> <p>9:00 Morning Music 9:30 Presentation: Technology Fraud Prevention 10:30 Yoga w/ Alyse 10:00 ESL 12:30 Bingo</p> <p>Stuffed Cabbage</p>	<p>28</p> <p>9:00 Morning Music 10:00 ESL 10:30 Zumba w/ Kattie 12:30 Bingo</p> <p>Seafood Salad on Romaine</p>	<p>29</p> <p>9:00 Morning Music 10:00 Line Dancing w/ Irma 12:30 Bingo</p> <p>Salisbury Steak w/ Gravy</p>	<p>30</p> <p>9:00 Exercise w/ Lisa 10:30 Zumba w/ Lauren 12:30 Bingo</p> <p>Chicken Cacciatore</p>	 <p>April 22</p>