



**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  
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**  
**May 2026**



<b>May 1</b>	<b>Presentation: Healthy Eating With SNAP</b> w/ Tess Tomasi, Bergen County Division of Senior Services	<b>9:30 AM</b>
<b>May 8</b>	<b>Celebrating 5 De Mayo</b>	<b>12:30 PM</b>
<b>May 11</b>	<b>Mother's Day Crafts</b>	<b>10:00 AM</b>
<b>May 15</b>	<b>Class: Total Brain Health</b> w/ Agata Halata, Bergen County Division of Senior Services	<b>10:00 AM</b>
<b>May 19, 26</b>	<b>Get Connected Program – 2 Week Course</b> w/ Rosemary Marchetto, The Center for Alcohol & Drug Resources	<b>9:15 AM</b>
<b>May 20</b>	<b>Celebration: May Birthdays</b>	<b>11:00 AM</b>
<b>May 21</b>	<b>Hand Massage</b> w/ Agata, Bergen County Senior Services	<b>9:30 AM</b>
<b>May 25</b>	<b>Center Closed – Memorial Day</b>	
<b>May 27</b>	<b>Blood Pressure Screenings</b> w/ Manju Thomas, RN, BSN, City of Hackensack Department of Health	<b>9:30 AM</b>
<b>May 29</b>	<b>Bingo Bash</b>	<b>12:30 AM</b>

*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.

**Bergen County Administration**  
Building  
**Commissioners Public Meeting**  
Room – 5th Floor  
One Bergen County Plaza,  
Hackensack, NJ

**Public Hearing**  
on the  
**Needs of Older Adults**

**Tuesday, May 12, 2026**  
**8:30 AM - 11:30 AM**

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

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
				<p><b>Continental Breakfast</b> <b>Monday-Friday</b> <b>8:30AM-11:00AM</b></p>		<p><b>Suggested Lunch Donation:</b> \$1.25 Per Meal</p> <p><i>Please reserve lunch by 11:30AM the day before</i></p> <p><b>Lunch is served at 11:30AM daily</b></p>		<p><b>1</b></p> <p>9:00 Morning Music <b>9:30 Presentation: Healthy Eating w/ SNAP</b> 10:30 Exercise w/ Lisa 12:30 Bingo</p> <p><b>Pot Roast w/ Gravy</b></p>	
<p><b>4</b></p> <p>9:00 Morning Music 10:30 Yoga w/ Alyse 10:00 ESL Class 12:30 Bingo</p> <p><b>Egg Salad w/ Spinach</b></p>	<p><b>5</b></p> <p>9:00 Morning Music 10:00 ESL Class 10:30 Zumba w/ Kattie 12:30 Bingo</p> <p><b>Chicken Fajitas</b></p>	<p><b>6</b></p> <p>9:00 Morning Music 9:30 Diamond Art 10:00 Line Dancing w/ Irma 12:30 Bingo</p> <p><b>Stuffed Peppers</b></p>	<p><b>7</b></p> <p>9:00 Exercise w/ Lisa 10:30 Zumba w/ Lauren 12:30 Bingo</p> <p><b>Salmon w/ Creamy Dill Sauce</b></p>	<p><b>8</b></p> <p>9:00 Morning Music 9:30 Diamond Art 10:30 Exercise w/ Lisa <b>12:30 Celebrating 5 De Mayo</b></p> <p><b>Chicken Florentine</b></p>					
<p><b>11</b></p> <p>9:00 Morning Music <b>10:00 Mother's Day Crafts</b> 10:30 Yoga w/ Alyse 10:00 ESL Class 12:30 Bingo</p> <p><b>Cheese Omelette</b></p>	<p><b>12</b></p> <p>9:00 Morning Music 10:00 ESL Class 10:30 Zumba w/ Kattie 12:30 Bingo</p> <p><b>Meatloaf w/ Mushroom Gravy</b></p>	<p><b>13</b></p> <p>9:00 Morning Music 9:30 Diamond Art 10:00 Line Dancing w/ Irma 12:30 Bingo</p> <p><b>Italian Meatballs</b></p>	<p><b>14</b></p> <p>9:00 Exercise w/ Lisa 10:30 Zumba w/ Lauren 12:30 Bingo</p> <p><b>Chicken w/ Broccoli &amp; Cheese</b></p>	<p><b>15</b></p> <p>9:00 Morning Music 9:30 Diamond Art <b>10:00 Class: Total Brain Health</b> 10:30 Exercise w/ Lisa 12:30 Bingo</p> <p><b>Tuna Noodle Salad</b></p>					
<p><b>18</b></p> <p>9:00 Morning Music 10:30 Yoga w/ Alyse 10:00 ESL Class 12:30 Bingo</p> <p><b>Pork w/ Apple Cinnamon Glaze</b></p>	<p><b>19</b></p> <p>9:00 Morning Music <b>9:15 Get Connected Program</b> 10:00 ESL Class 10:30 Zumba w/ Kattie 12:30 Bingo</p> <p><b>Chicken Tikka Masala</b></p>	<p><b>20</b></p> <p>9:00 Morning Music 9:30 Diamond Art 10:00 Line Dancing w/ Irma <b>11:00 Celebration: May Birthdays</b> 12:30 Bingo</p> <p><b>Korean BBQ Chicken Leg</b></p>	<p><b>21</b></p> <p>9:00 Exercise w/ Lisa <b>9:30 Hand Massage</b> 10:30 Zumba w/ Lauren 12:30 Bingo</p> <p><b>Roast Turkey &amp; Swiss Cheese</b></p>	<p><b>22</b></p> <p>9:00 Morning Music 9:30 Diamond Art 10:30 Exercise w/ Lisa 12:30 Bingo</p> <p><b>Cheeseburger</b></p>					
<p><b>25</b></p> <p><b>Happy Memorial Day</b></p> <p><b>CENTER CLOSED</b></p>	<p><b>26</b></p> <p>9:00 Morning Music <b>9:15 Get Connected Program</b> 10:00 ESL Class 10:30 Zumba w/ Kattie 12:30 Bingo</p> <p><b>Stuffed Cabbage</b></p>	<p><b>27</b></p> <p>9:00 Morning Music <b>9:30 Blood Pressure Screenings</b> 9:30 Diamond Art 10:00 Line Dancing w/ Irma 12:30 Bingo</p> <p><b>Hawaiian Chicken</b></p>	<p><b>28</b></p> <p>9:00 Exercise w/ Lisa 10:30 Zumba w/ Lauren 12:30 Bingo</p> <p><b>Roast Beef &amp; Provolone</b></p>	<p><b>29</b></p> <p>9:00 Morning Music 9:30 Diamond Art 10:30 Exercise w/ Lisa <b>12:30 Bingo Bash</b></p> <p><b>Roast Turkey w/ Gravy</b></p>					