



James J. Tedesco, III
County Executive

Board of County Commissioners

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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
June 2026



June 1	Workshop presentation: AI w/ Robert Torres, Easter Seals	9:15 AM
June 2	Presentation: Traveling Talks w/ Harvey Silberstein, Bergen County Division of Senior Services	9:20 AM
June 2	Farmers' Market Voucher Distribution	10:00 AM
June 9	Workshop: Mental Health w/ Danny Bellamy and Rosemary Marchetto, Center for Alcohol and Drug Resources	9:15 AM
June 11	Class: Total Brain Health w/ Agata Halat, Bergen County Division of Senior Services	9:30 AM
June 12	Presentation: Pain Management for Seniors w/ Dr. Matthew Delbert, Summit Health Care	9:15 AM
June 16	Presentation: The Impact of Untreated Hearing Loss w/ Joanne Salvesen, Beltone 21st Century Hearing Care	9:30 AM
June 18	Hand Massage w/ Agata Halat, Bergen County Division of Senior Services	9:30 AM
June 18	Father's Day Celebration	10:00 AM
June 19	Center Closed – Juneteenth	ALL DAY
June 22	Exercise Class: Body Motion w/ Christopher Carroll, YMCA	9:30 AM
June 24	Celebration: June Birthdays	11:00 AM
June 26	Bingo Bash	12:30 AM

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.

SAVE THE DATE

SENIOR FESTIVAL

THURSDAY, SEPTEMBER 24
(RAIN DATE TUESDAY, SEPTEMBER 29)
VAN SAUN COUNTY PARK

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		
1	9:00 Morning Music <u>9:15 Workshop presentation: AI</u> 10:30 Yoga w/ Alyse 10:00 ESL Class 12:30 Bingo Pot Roast w/ Gravy	2	9:00 Morning Music <u>9:20 Presentation: Traveling Talks</u> <u>10:00 Farmers' Market Voucher Distribution</u> 10:00 ESL Class 10:30 Zumba w/ Kattie 12:30 Bingo Roast Turkey & Cheddar	3	9:00 Morning Music 9:30 Diamond Art 10:00 Line Dancing w/ Irma 12:30 Bingo Turkey Tacos	4	9:00 Exercise w/ Lisa 10:30 Zumba w/ Lauren 12:30 Bingo Salisbury Steak w/ Mushroom Gravy	5	9:00 Morning Music 9:30 Diamond Art 10:30 Exercise w/ Lisa 12:30 Bingo Cheese Omelet	
8	9:00 Morning Music 10:30 Yoga w/ Alyse 10:00 ESL Class 12:30 Bingo Stuffed Peppers	9	9:00 Morning Music <u>9:15 Workshop: Mental Health</u> 10:00 ESL Class 10:30 Zumba w/ Kattie 12:30 Bingo Pork Tenderloin	10	9:00 Morning Music 10:00 Line Dancing w/ Irma 12:30 Bingo Korean BBQ Chicken Leg	11	9:00 Exercise w/ Lisa <u>9:30 Class: Total Brain Health</u> 10:30 Zumba w/ Lauren 12:30 Bingo Seafood Salad w/ Romaine	12	9:00 Morning Music <u>9:15 Presentation: Pain Management for Seniors</u> 10:30 Exercise w/ Lisa 12:30 Bingo Chicken Marsala w/ Mushrooms	
15	9:00 Morning Music 10:30 Yoga w/ Alyse 10:00 ESL Class 12:30 Bingo Italian Meatballs	16	9:00 Morning Music <u>9:30 Presentation: The Impact of Untreated Hearing Loss</u> 10:00 ESL Class 10:30 Zumba w/ Kattie 12:30 Bingo Egg Salad w/ Spinach & Tomato	17	9:00 Morning Music 10:00 Line Dancing w/ Irma 12:30 Bingo Beef Stroganoff	18	9:00 Exercise w/ Lisa <u>9:30 Hand Massage w/ Agata</u> <u>10:00 Father's Day Celebration</u> 10:30 Zumba w/ Lauren 12:30 Bingo Hawaiian Chicken	19	 CENTER CLOSED	
22	9:00 Morning Music <u>9:30 Exercise Class: Body Motion</u> 10:30 Yoga w/ Alyse 10:00 ESL Class 12:30 Bingo Ham Steak w/ Pineapple	23	9:00 Morning Music 10:00 ESL Class 10:30 Zumba w/ Kattie 12:30 Bingo Stuffed Cabbage	24	9:00 Morning Music 10:00 Line Dancing w/ Irma <u>11:00 Celebration: June Birthdays</u> 12:30 Bingo Tuna Salad w/ Lettuce & Tomato Wrap	25	9:00 Exercise w/ Lisa 10:30 Zumba w/ Lauren 12:30 Bingo Chicken Parmesan	26	9:00 Morning Music 10:30 Exercise w/ Lisa <u>12:30 Bingo Bash</u> Baked Stuffed Flounder w/ Broccoli	
29	9:00 Morning Music 10:30 Yoga w/ Alyse 10:00 ESL Class 12:30 Bingo Ham and Swiss w/ Lettuce & Tomato	30	9:00 Morning Music 10:00 ESL Class 10:30 Zumba w/ Kattie 12:30 Bingo BBQ Pulled Pork Sandwich	Continental Breakfast Monday-Friday 8:30AM-11:00AM 		Suggested Lunch Donation: \$1.25 Per Meal <i>Please reserve lunch by 11:30AM the day before</i> Lunch is served at 11:30AM daily		World Elder Abuse Awareness Day  June 15		