



James J. Tedesco, III
County Executive

Board of County Commissioners

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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) 336-3325

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
July 2026



July 1	Diamond Art Butterfly Key Chain w/ Agata Halat	10:00 AM
July 2	*Independence Day Party	9:00 AM
July 3	*Center Closed – Fourth of July	ALL DAY
July 6	Presentation: Beat the Heat w/ Harvey Silberstain, Bergen County Division of Senior Services	9:15 AM
July 15	*July Birthdays	11:00 AM
July 20	*Ice Cream Sundae Day	11:00 AM
July 23	*Hand Massage w/ Agata, Halat	9:30 AM
July 24	*Class: Total Brain Health w/ Agata Halat, Bergen County	9:30 AM
July 31	*Bingo Bash	12:30 PM

Advanced registration for programs with * required.
To register please call **(201) 336-7498** or email **unitedcenter@bergencountynj.gov**
or visit the North Arlington Senior Center Office.

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.



The Amphitheater at Overpeck County Park

Bergen County's Star-Spangled Spectacular

FIREWORKS
FOOD TRUCKS
BEER & WINE GARDEN

LIVE MUSIC
CARNIVAL ATTRACTIONS
& MORE!

July 4th 2PM
Rain Date: July 5th

<p align="center">MONDAY</p> <p align="center">Continental Breakfast</p> <p>Monday-Friday 8:30AM-11:00AM</p> 	<p align="center">TUESDAY</p> <p align="center">Suggested Lunch Donation: \$1.25 Per Meal</p> <p align="center"><i>Please reserve lunch by 11:30AM the day before</i></p> <p align="center">Lunch is served at 11:30AM daily</p>	<p align="center">WEDNESDAY</p> <p>1 9:00 Morning Music 10:00 Line Dancing w/ Irma 10:00 Diamond Art Butterfly Key Chain 12:30 Bingo</p> <p align="center">Chicken Florentine</p>	<p align="center">THURSDAY</p> <p>2 9:00 Exercise w/ Lisa 9:00 Independence Day Party 10:30 Zumba w/ Lauren 12:30 Bingo</p> <p align="center">Hot Dogs/Hot Dog Buns</p>	<p align="center">FRIDAY</p>  <p align="center">CENTER CLOSED</p>
<p>6 9:00 Morning Music 9:15 Presentation: Beat the Heat 10:30 Yoga w/ Alyse 10:00 ESL 12:30 Bingo</p> <p align="center">Cheeseburger w/ Lettuce and Tomato</p>	<p>7 9:00 Morning Music 10:00 ESL 10:30 Zumba w/ Kattie 12:30 Bingo</p> <p align="center">Roast Turkey and Swiss w/ Lettuce</p>	<p>8 9:00 Morning Music 10:00 Line Dancing w/ Irma 12:30 Bingo</p> <p align="center">Stuffed Cabbage</p>	<p>9 9:00 Exercise w/ Lisa 10:30 Zumba w/ Lauren 12:30 Bingo</p> <p align="center">Korean BBQ Chicken Leg</p>	<p>10 9:00 Morning Music 10:30 Exercise w/ Lisa 12:30 Bingo</p> <p align="center">Roast Pork Loin w/ Apple Cinnamon</p>
<p>13 9:00 Morning Music 10:30 Yoga w/ Alyse 10:00 ESL 12:30 Bingo</p> <p align="center">Hawaiian Chicken</p>	<p>14 9:00 Morning Music 10:00 ESL 10:30 Zumba w/ Kattie 12:30 Bingo</p> <p align="center">Chef Salad w/ Diced Turkey</p>	<p>15 9:00 Morning Music 10:00 Line Dancing w/ Irma 11:00 July Birthdays 12:30 Bingo</p> <p align="center">Chicken Parmesan</p>	<p>16 9:00 Exercise w/ Lisa 10:30 Zumba w/ Lauren 12:30 Bingo</p> <p align="center">Egg Salad w/ Lettuce & tomato</p>	<p>17 9:00 Morning Music 10:30 Exercise w/ Lisa 12:30 Bingo</p> <p align="center">Teriyaki Glazed Salmon</p>
<p>20 9:00 Morning Music 10:30 Yoga w/ Alyse 10:00 ESL 11:00 Ice Cream Sundae Day 12:30 Bingo</p> <p align="center">Cheese Omelet</p>	<p>21 9:00 Morning Music 10:00 ESL 10:30 Zumba w/ Kattie 12:30 Bingo</p> <p align="center">Italian Meatballs</p>	<p>22 9:00 Morning Music 10:00 Line Dancing w/ Irma 12:30 Bingo</p> <p align="center">Seafood Salad on Spinach</p>	<p>23 9:00 Exercise w/ Lisa 9:30 Hand Massage 10:30 Zumba w/ Lauren 12:30 Bingo</p> <p align="center">BBQ Pulled Pork Sandwich</p>	<p>24 9:00 Morning Music 9:30 Class: Total Brain Health 10:30 Exercise w/ Lisa 12:30 Bingo</p> <p align="center">Chicken Cordon Bleu</p>
<p>27 9:00 Morning Music 10:30 Yoga w/ Alyse 10:00 ESL 12:30 Bingo</p> <p align="center">Roast Beef w/ Gravy</p>	<p>28 9:00 Morning Music 10:00 ESL 10:30 Zumba w/ Kattie 12:30 Bingo</p> <p align="center">Breaded Haddock</p>	<p>29 9:00 Morning Music 10:00 Line Dancing w/ Irma 12:30 Bingo</p> <p align="center">LS Ham Steak w/ Pineapple</p>	<p>30 9:00 Exercise w/ Lisa 10:30 Zumba w/ Lauren 12:30 Bingo</p> <p align="center">Chicken Piccata w/ Capers</p>	<p>31 9:00 Morning Music 10:30 Exercise w/ Lisa 12:30 Bingo Bash</p> <p align="center">Stuffed Peppers</p>