



**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**

**Management Office**  
**101 Hudson Street**  
**Hackensack, NJ, 07601**  
**Phone: (201) 336-3320 • Fax: (201) 488-2867**

**[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**  
**August 2026**



|                  |                                                                                                                                         |                 |
|------------------|-----------------------------------------------------------------------------------------------------------------------------------------|-----------------|
| <b>August 5</b>  | <b>Activity: Paint and Sip</b><br>w/ Doris Builes, Bergen County Division of Senior Services                                            | <b>10:00 AM</b> |
| <b>August 10</b> | <b>Presentation: Understanding Food Labels</b><br>w/Marielisa Rosado, Bergen County Bergen County<br>Department of Health Services      | <b>9:30 AM</b>  |
| <b>August 12</b> | <b>August Birthday Celebration</b>                                                                                                      | <b>11:00 AM</b> |
| <b>August 14</b> | <b>Celebration: Beach Party</b>                                                                                                         | <b>9:00 AM</b>  |
| <b>August 18</b> | <b>Summer Pictionary Game</b><br>w/ Agata Halat, Bergen County                                                                          | <b>9:30 AM</b>  |
| <b>August 21</b> | <b>Class: Total Brain Health</b><br>w/ Agata Halat, Bergen County Division of Senior Services                                           | <b>9:30 AM</b>  |
| <b>August 26</b> | <b>Women's Equality Day Tribute: 11 Bold Women Who<br/>Changed History</b><br>Educational activity and trivia game. Wear white & purple | <b>9:00 AM</b>  |
| <b>August 27</b> | <b>Hand Massage</b><br>w/Agata Halat, Bergen County Division of Senior Services                                                         | <b>9:30 AM</b>  |
| <b>August 28</b> | <b>Bingo Bash</b>                                                                                                                       | <b>12:30 PM</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.

**RSVP**  
  
Or visit <https://forms.office.com/g/xLLWgs2cv6>

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

**For more INFO**  
transport: **(201) 368-5955**  
general questions: **(201) 336-7417**  
email: **[seniors@Bergencountynj.gov](mailto:seniors@Bergencountynj.gov)**

| MONDAY                                                                                                                                                                                     |  | TUESDAY                                                                                                                                                                                       |  | WEDNESDAY                                                                                                                                                                       |  | THURSDAY                                                                                                                                                            |  | FRIDAY                                                                                                                                                          |  |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|---------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|-----------------------------------------------------------------------------------------------------------------------------------------------------------------|--|
| <div>3</div> <div>9:00 Morning Music<br/>10:30 Yoga w/ Alyse<br/>10:00 ESL Class<br/>12:30 Bingo</div> <div>Chicken Scampi</div>                                                           |  | <div>4</div> <div>9:00 Morning Music<br/>10:00 ESL Class<br/>10:30 Zumba w/ Kattie<br/>12:30 Bingo</div> <div>Pork Loin w/ Apple Cinnamon Glaze</div>                                         |  | <div>5</div> <div>9:00 Morning Music<br/>10:00 Line Dancing w/ Irma<br/><u>10:00 Activity: Paint and Sip</u><br/>12:30 Bingo</div> <div>Vegetable Lasagna</div>                 |  | <div>6</div> <div>9:00 Exercise w/ Lisa<br/>10:30 Zumba w/ Lauren<br/>12:30 Bingo</div> <div>Roast Turkey &amp; Cheddar Cheese</div>                                |  | <div>7</div> <div>9:00 Morning Music<br/>10:30 Exercise w/ Lisa<br/>12:30 Bingo</div> <div>Homestyle Meatloaf w/ Gravy</div>                                    |  |
| <div>10</div> <div>9:00 Morning Music<br/><u>9:30 Presentation: Understanding Food Labels</u><br/>10:30 Yoga w/ Alyse<br/>10:00 ESL Class<br/>12:30 Bingo</div> <div>Stuffed Cabbage</div> |  | <div>11</div> <div>9:00 Morning Music<br/>10:00 ESL Class<br/>10:30 Zumba w/ Kattie<br/>12:30 Bingo</div> <div>Chicken Tikka Masala</div>                                                     |  | <div>12</div> <div>9:00 Morning Music<br/>10:00 Line Dancing w/ Irma<br/><u>11:00 Celebration: August Birthdays</u><br/>12:30 Bingo</div> <div>Roast Beef &amp; Provolone</div> |  | <div>13</div> <div>9:00 Exercise w/ Lisa<br/>10:30 Zumba w/ Lauren<br/>12:30 Bingo</div> <div>Ham Steak w/ Pineapple</div>                                          |  | <div>14</div> <div>9:00 Morning Music<br/><u>9:00 Celebration: Beach Party</u><br/>10:30 Exercise w/ Lisa<br/>12:30 Bingo</div> <div>BBQ Chicken Leg</div>      |  |
| <div>17</div> <div>9:00 Morning Music<br/>10:30 Yoga w/ Alyse<br/>10:00 ESL Class<br/>12:30 Bingo</div> <div>Stuffed Peppers</div>                                                         |  | <div>18</div> <div>9:00 Morning Music<br/><u>9:30 Summer Pictionary Game</u><br/>10:00 ESL Class<br/>10:30 Zumba w/ Kattie<br/>12:30 Bingo</div> <div>Egg Salad w/ Lettuce &amp; Tomato</div> |  | <div>19</div> <div>9:00 Morning Music<br/>10:00 Line Dancing w/ Irma<br/>12:30 Bingo</div> <div>Beer Battered Cod</div>                                                         |  | <div>20</div> <div>9:00 Exercise w/ Lisa<br/>10:30 Zumba w/ Lauren<br/>12:30 Bingo</div> <div>Beef &amp; Broccoli</div>                                             |  | <div>21</div> <div>9:00 Morning Music<br/><u>9:30 Class: Total Brain Health</u><br/>10:30 Exercise w/ Lisa<br/>12:30 Bingo</div> <div>Chicken Cordon Bleu</div> |  |
| <div>24</div> <div>9:00 Morning Music<br/>10:30 Yoga w/ Alyse<br/>10:00 ESL Class<br/>12:30 Bingo</div> <div>Pot Roast w/ Gravy</div>                                                      |  | <div>25</div> <div>9:00 Morning Music<br/>10:00 ESL Class<br/>10:30 Zumba w/ Kattie<br/>12:30 Bingo</div> <div>Chicken Parmesan</div>                                                         |  | <div>26</div> <div>9:00 Morning Music<br/><u>9:00 Women's Equality Day Tribute</u><br/>10:00 Line Dancing w/ Irma<br/>12:30 Bingo</div> <div>Baked Herbed Chicken</div>         |  | <div>27</div> <div>9:00 Exercise w/ Lisa<br/><u>9:30 Hand Massage</u><br/>10:30 Zumba w/ Lauren<br/>12:30 Bingo</div> <div>Tuna Salad w/ Lettuce &amp; Tomato</div> |  | <div>28</div> <div>9:00 Morning Music<br/>10:30 Exercise w/ Lisa<br/><u>12:30 Bingo Bash</u></div> <div>Beef Hot Dog</div>                                      |  |
| <div>31</div> <div>9:00 Morning Music<br/>10:30 Yoga w/ Alyse<br/>10:00 ESL Class<br/>12:30 Bingo</div> <div>Cheeseburger w/ Lettuce &amp; Tomato</div>                                    |  | <div>Continental Breakfast</div> <div>Monday-Friday</div> <div>8:30AM-11:00AM</div> <div></div>           |  | <div>Suggested Lunch Donation:</div> <div>\$1.25 Per Meal</div> <div>Please reserve lunch by 11:30AM the day before</div> <div>Lunch is served at 11:30AM daily</div>           |  | <div></div> <div>August</div> <div>National Wellness Month</div>               |  |                                                                                                                                                                 |  |