



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

Management Office
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
September 2026



Sept 1	Presentation: Exploring the Myths of Aging – Part I w/Harvey Silberstein, Bergen County Division of Senior Services	9:30 AM
Sept 7	Labor Day – Center Closed	ALL DAY
Sept 11	9/11 Moment of Silence A brief moment of silence will be observed in remembrance of 9/11 to honor the lives lost and the heroes of that day	9:00 AM
Sept 11	Luau Party	10:00 AM
Sept 15	Celebration: September Birthdays	11:00 AM
Sept 16	Arts & Crafts: Sip, Paint, Repeat w/ Doris Builes, Bergen County Division of Senior Services	9:30 AM
Sept 18	Class: Total Brain Health w/ Agata Halat, Bergen County Division of Senior Services	9:30 AM
Sept 24	Annual Senior Festival at Van Saun Park Rain Date: Tuesday, Sept 29 Registration required by Sept 11	10:00 AM
Sept 25	Bingo Bash	12:30 PM
Sept 28	Diamond Art Exhibit	10:00 AM
Sept 29	Hand Massage w/ Agata Halat, Bergen County Division of Senior Services	9:30 AM
Sept 30	Arts & Crafts: Diamond Art, Fall Key Chain w/ Agata Halat, Bergen County Division of Senior Services	10:00 AM

The Senior Activity Center will hold an event in honor of POW/MIA on a date to be announced.

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**(SCAN)**
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**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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	1 9:00 Morning Music <u>9:30 Presentation: Exploring the Myths of Aging – Part I</u> 10:00 ESL Class 10:30 Zumba w/ Kattie 12:30 Bingo Ham Steak w/ Pineapple	2 9:00 Morning Music 10:00 Line Dancing w/ Irma 12:30 Bingo Korean BBQ Chicken Leg	3 9:00 Exercise w/ Lisa 10:30 Zumba w/ Lauren 12:30 Bingo Seafood Salad over Spinach	4 9:00 Morning Music 10:30 Exercise w/ Lisa 12:30 Bingo Roast Turkey w/ Gravy
7  CENTER CLOSED	8 9:00 Morning Music 10:00 ESL Class 10:30 Zumba w/ Kattie 12:30 Bingo Stuffed Cabbage	9 9:00 Morning Music 10:00 Line Dancing w/ Irma 12:30 Bingo Italian Meatballs	10 9:00 Exercise w/ Lisa 10:30 Zumba w/ Lauren 12:30 Bingo Tuna Noodle Salad over Romaine	11 <u>9:00 9/11 Moment of Silence</u> 9:00 Morning Music <u>10:00 Celebration: Luau Party</u> 10:30 Exercise w/ Lisa 12:30 Bingo Chicken with Pineapple
14 9:00 Morning Music 10:30 Yoga w/ Alyse 10:00 ESL Class 12:30 Bingo BBQ Pulled Pork Sandwich	15 9:00 Morning Music 10:00 ESL Class 10:30 Zumba w/ Kattie <u>11:00 Celebration: September Birthdays</u> 12:30 Bingo Fish w/ Lemon Dill Sauce	16 9:00 Morning Music <u>9:30 Arts & Crafts: Sip, Paint, Repeat</u> 10:00 Line Dancing w/ Irma 12:30 Bingo Egg Salad Sandwich	17 9:00 Exercise w/ Lisa 10:30 Zumba w/ Lauren 12:30 Bingo Homestyle Meatloaf w/ Gravy	18 9:00 Morning Music <u>9:30 Class: Total Brain Health</u> 10:30 Exercise w/ Lisa 12:30 Bingo Sweet & Sour Chicken
21 9:00 Morning Music 10:30 Yoga w/ Alyse 10:00 ESL Class 12:30 Bingo Roast Beef w/ Gravy	22 9:00 Morning Music 10:00 ESL Class 10:30 Zumba w/ Kattie 12:30 Bingo Cheese Omelet	23 9:00 Morning Music 10:00 Line Dancing w/ Irma 12:30 Bingo Chicken Cacciatore	24 9:00 Exercise w/ Lisa 10:00 Annual Senior Festival at Van Saun Park 10:30 Zumba w/ Lauren 12:30 Bingo Annual Senior Festival at Van Saun Park Cheeseburger w/ Lettuce & Tomato	25 9:00 Morning Music 10:30 Exercise w/ Lisa <u>12:30 Bingo Bash</u> Chicken Salad Sandwich
28 9:00 Morning Music <u>10:00 Exhibit: Diamond Art</u> 10:30 Yoga w/ Alyse 10:00 ESL Class 12:30 Bingo Chicken Florentine	29 9:00 Morning Music <u>9:30 Hand Massage</u> 10:00 ESL Class 10:30 Zumba w/ Kattie 12:30 Bingo Stuffed Peppers	30 9:00 Morning Music <u>10:00 Class: Diamond Art, Fall Key Chain</u> 10:00 Line Dancing w/ Irma 12:30 Bingo Roast Beef w/ Provolone	 HISPANIC HERITAGE MONTH	Continental Breakfast Monday-Friday 8:30AM-11:00AM 