



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
October 2026

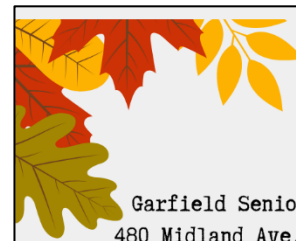


Oct 1	Class: Total Brain Health w/ Agata Halat, Bergen County Division of Senior Services	9:45 AM
Oct 8	Class: Lavender Abstract Painting w/ Agata Halat, Bergen County Division of Senior Services	12:30 PM
Oct 9	Class: Sketching for Beginners w/ Doris Builes, Bergen County Division of Senior Services	9:30 AM
Oct 12	Indigenous Peoples' Day & Columbus Day – Center Closed	ALL DAY
Oct 13	Presentation: Beat The Cold w/ Harvey Silberstein, Bergen County Division of Senior Services	9:30 AM
Oct 15	Hand Massage w/ Agata Halat, Bergen County Division of Senior Services	9:30 AM
Oct 16	Halloween Matching Game w/ Agata Halat, Bergen County Division of Senior Services	9:30 AM
Oct 23	Activity: Halloween Paint and Sip w/ Agata Halat, Bergen County Division of Senior Services	10:00 AM
Oct 26	Halloween 70s & 80s Disco Party & Costume Competition	ALL DAY
Oct 28	Activity: Pumpkin Decorating w/ Agata Halat, Bergen County Division of Senior Services	10:00 AM
Oct 29	Bingo Bash	12:30 PM
Oct 30	Halloween Movie: <i>Dracula</i>	9:30 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.



Thanksgiving Luncheon

THURSDAY, NOV. 26, 2026

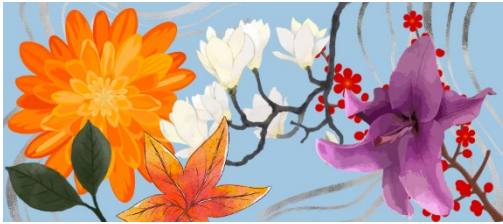
10:00AM - 2:00PM

(RSVP BY NOV. 19)

Garfield Senior Activity Center
480 Midland Ave, Garfield NJ 07026

To RSVP call (973) 478-0502
or email seniors@bergencountynj.gov



MONDAY		TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Continental Breakfast Monday-Friday 8:30AM-11:00AM 		Suggested Lunch Donation: \$1.25 Per Meal Please reserve lunch by 11:30AM the day before Lunch is served at 11:30AM daily		19:00 Exercise w/ Lisa 9:45 Total Brain Health 10:30 Zumba w/ Lauren 12:30 Bingo Eggplant Rollatini w/ Italian Meatballs	29:00 Morning Music 10:30 Exercise w/ Lisa 12:30 Bingo Bratwurst w/ Sauerkraut
59:00 Morning Music 10:30 Yoga w/ Alyse 10:00 ESL Class 12:30 Bingo Fish w/ Lemon Caper Sauce		69:00 Morning Music 10:00 ESL Class 10:30 Zumba w/ Kattie 12:30 Bingo Ham Steak w/ Pineapple	79:00 Morning Music 10:00 Line Dancing w/ Irma 12:30 Bingo Italian Turkey Sausage	89:00 Exercise w/ Lisa 10:30 Zumba w/ Lauren 12:30 Class: Lavender Abstract Painting 12:30 Bingo Seafood Salad Platter w/ Spinach	99:00 Morning Music 9:30 Class: Sketching for Beginners 10:30 Exercise w/ Lisa 12:30 Bingo Ginger Soy Chicken
12 CENTER CLOSED		139:00 Morning Music 9:30 Presentation: Beat the Cold 10:00 ESL Class 10:30 Zumba w/ Kattie 12:30 Bingo Homestyle Meatloaf w/ Gravy	149:00 Morning Music 10:00 Line Dancing w/ Irma 12:30 Bingo Chicken Tikka Masala	159:00 Exercise w/ Lisa 9:30 Hand Massage 10:30 Zumba w/ Lauren 12:30 Bingo Tuna Noodle Salad over Romaine	169:00 Morning Music 9:30 Halloween Matching Game 10:30 Exercise w/ Lisa 12:30 Bingo Korean BBQ Chicken Leg
199:00 Morning Music 10:30 Yoga w/ Alyse 10:00 ESL Class 12:30 Bingo Roast Turkey w/ Gravy		209:00 Morning Music 10:00 ESL Class 10:30 Zumba w/ Kattie 12:30 Bingo Chicken Marsala	219:00 Morning Music 10:00 Line Dancing w/ Irma 12:30 Bingo Breaded Pork Chop w/ Gravy	229:00 Exercise w/ Lisa 10:30 Zumba w/ Lauren 12:30 Bingo Stuffed Cabbage	239:00 Morning Music 10:00 Activity: Halloween Paint and Sip 10:30 Exercise w/ Lisa 12:30 Bingo Egg Salad Sandwich
26Halloween 70s & 80s Disco Party All-day  Cheese Omelet		279:00 Morning Music 10:00 ESL Class 10:30 Zumba w/ Kattie 12:30 Bingo Beef Chili con Carne	289:00 Morning Music 10:00 Activity: Pumpkin Decorating 10:00 Line Dancing w/ Irma 12:30 Bingo Turkey and Swiss w/ Lettuce & Tomato	299:00 Exercise w/ Lisa 10:30 Zumba w/ Lauren 12:30 Bingo Bash Chicken Cordon Bleu	309:00 Morning Music 9:30 Halloween Movie: Dracula 10:30 Exercise w/ Lisa 12:30 Bingo Chicken Parmesan 