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, 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

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.

SAFE ZONE

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.

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
November 2026

Nov 2	**Presentation: SHIP Medicare Open Enrollment** w/ Zaria Evans, Bergen County Division of Senior Services	**9:30 AM**
Nov 3	**Election Day – Center Closed**	**ALL DAY**
Nov 5	**Total Brain Health** w/ Agata Halat, Bergen County Division of Senior Services	**9:30 AM**
Nov 9	**Presentation: Aging Safely in The Home** w/Menjivar Jennifer & Karen Wauters, Kessler Institute for Rehabilitation	**9:30 AM**
Nov 11	**Veterans Day – Center Closed**	**ALL DAY**
Nov 12	**Hand Massage** w/ Agata Halat, Bergen County Division of Senior Services	**9:30 AM**
Nov 13	**Activity: Word Kindness Jar** Use kind words from the jar to inspire an act of kindness	**10:00 AM**
Nov 18	**Blood Pressure Screening** w/ Manju Thomas, City of Hackensack Department of Health	**9:00 AM**
Nov 20	**Celebration: November's Birthday**	**11:00 AM**
Nov 20	**Bingo Bash**	**12:30 PM**
Nov 23	**Thanksgiving Pictionary** w/ Agata Halat, Bergen County Division of Senior Center	**9:30 AM**
Nov 26, 27	**Thanksgiving Break – Center Closed**	**ALL DAY**

Thanksgiving Luncheon

THURSDAY, NOV. 26, 2026
10:00AM - 2:00PM
(RSVP BY NOV. 19)

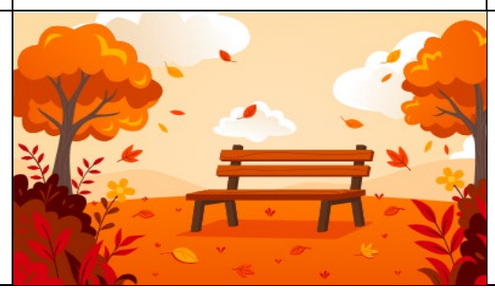
Garfield Senior Activity Center
480 Midland Ave, Garfield NJ 07026

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

(201) 336-3320, Management Office, Director

UNITED SENIOR ACTIVITY CENTER

November 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 9:00 Morning Music **9:30 Presentation: Ship Medicare Open Enrollment** 10:30 Yoga w/ Alyse 10:00 ESL Class 12:30 Bingo Stuffed Cabbage	**3**  CENTER CLOSED	**4** 9:00 Morning Music 10:00 Line Dancing w/ Irma 12:30 Bingo Homestyle Meatloaf w/ Mushroom Gravy	**5** 9:00 Exercise w/ Lisa **9:30 Class: Total Brain Health** 10:30 Zumba w/ Lauren 12:30 Bingo Tuna Salad Sandwich	**6** 9:00 Morning Music 10:30 Exercise w/ Lisa 12:30 Bingo Chicken Florentine
9 9:00 Morning Music **9:30 Presentation: Aging Safely in the Home** 10:30 Yoga w/ Alyse 10:00 ESL Class 12:30 Bingo Sliced Pork Loin w/ Apple Cinnamon Glaze	**10** 9:00 Morning Music 10:00 ESL Class 10:30 Zumba w/ Kattie 12:30 Bingo Chicken Fajitas	**11**  CENTER CLOSED	**12** 9:00 Exercise w/ Lisa **9:30 Hand Massage** 10:30 Zumba w/ Lauren 12:30 Bingo Baked Herbed Chicken Leg	**13** 9:00 Morning Music **10:00 Activity: Word Kindness Jar** 10:30 Exercise w/ Lisa 12:30 Bingo Turkey and Swiss Cheese
16 9:00 Morning Music 10:30 Yoga w/ Alyse 10:00 ESL Class 12:30 Bingo Chicken Parmesan	**17** 9:00 Morning Music 10:00 ESL Class 10:30 Zumba w/ Kattie 12:30 Bingo Egg Salad with Lettuce & Tomato	**18** 9:00 Morning Music **9:00 Blood Pressure Screening** 10:00 Line Dancing w/ Irma 12:30 Bingo Lemon Pepper Tilapia	**19** 9:00 Exercise w/ Lisa 10:30 Zumba w/ Lauren 12:30 Bingo Sweet & Sour Chicken	**20** 9:00 Morning Music 10:30 Exercise w/ Lisa **11:00 Celebration: November Birthdays** **12:30 Bingo Bash** Cheeseburger w/ Lettuce and Tomato
23 9:00 Morning Music **9:30 Thanksgiving Pictionary** 10:30 Yoga w/ Alyse 10:00 ESL Class 12:30 Bingo Korean BBQ Chicken Leg	**24** 9:00 Morning Music 10:00 ESL Class 10:30 Zumba w/ Kattie 12:30 Bingo Cheese Omelet	**25** 9:00 Morning Music 10:00 Line Dancing w/ Irma 12:30 Bingo Ham Steak w/ Pineapple	**26** *Thanksgiving Luncheon* GARFIELD SENIOR ACTIVITY CENTER 10AM-2PM REGISTRATION REQUIRED PLEASE CALL (973) 478-0502 CENTER CLOSED	 CENTER CLOSED
30 9:00 Morning Music 10:30 Yoga w/ Alyse 10:00 ESL Class 12:30 Bingo Eggplant Rollatini w/ Italian Meatballs	National Alzheimer's Disease Awareness Month 		**Suggested Lunch Donation:** **$1.25 Per Meal** ***Please reserve lunch by 11:30AM the day before*** **Lunch is served at 11:30AM daily**	**Continental Breakfast** **Monday-Friday** **8:30AM-11:00AM** 