

BERGEN NEW JERSEY *County*

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



For Your Information...

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

The United Center
SENIOR ACTIVITY CENTER

Maria Sanjurjo, 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

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
APRIL 2025

April 1:	Presentation: Food Health Presentation w/ Center for Food Action	9:30AM
April 3:	Total Brain Health Class w/ Aggie	9:30AM
April 7 :	Muscle Training Demonstration Class w/ Chris, YWCA	9:30AM
April 11:	Presentation: Phone Fraud w/ First Light Health Care	9:30AM
April 14:	Sound Bath Therapy Class	9:30AM
April 16:	April Birthday Party	11:30AM
April 18:	Good Friday - Center Closed	All Day
April 23:	Blood Pressure Screening w/ Hackensack Health Department	9:30AM
April 25:	Bingo Bash	12:30 PM
April 28:	Muscle Training Demonstration Class w/ Chris, YWCA	9:30PM
April 29:	Drum Circle w/ Aggie	9:00AM

SPRING LUNCHEON

JOIN US FOR FOOD AND MUSIC ON
SUNDAY, APRIL 20, 2025
10:00AM - 2:00PM











Garfield Senior Activity Center
480 Midland Avenue
Garfield, New Jersey 07026

Kindly RSVP with your Senior Activity Center Director

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.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>1 9:00 Morning Music 9:30 Presentation: Food Health 10:30 Zumba w/ Kattie 12:30 Bingo</p> <p style="text-align: center;">Chicken Florentine</p>	<p>2 9:00 Diamond Art 10:00 Line Dancing w/ Irma 12:30 Bingo</p>  <p style="text-align: center;">Tuna Salad Platter</p>	<p>3 9:00 Exercise w/ Lisa 9:30 Total Brain Health Class 10:30 Zumba w/ Lauren 12:30 Bingo</p> <p style="text-align: center;">Hungarian Goulash</p>	<p>4 9:00 Morning Music 10:30 Exercise w/ Lisa 12:30 Bingo</p> <p style="text-align: center;">Manicotti w/ Tomato Sauce</p>
<p>7 9:00 Morning Music 9:30 Muscle Training Demo 10:30 Yoga w/ Alyse 12:30 Bingo</p> <p style="text-align: center;">Jamaican Jerk Chicken</p>	<p>8 9:00 Morning Music 10:00 ESL & Citizenship Class 10:30 Zumba w/ Kattie 12:30 Bingo</p>  <p style="text-align: center;">Pork Loin w/ Gravy</p>	<p>9 9:00 Diamond Art 10:00 Line Dancing w/ Irma 12:30 Bingo</p> <p style="text-align: center;">Oven Roasted Turkey Breast</p>	<p>10 9:00 Exercise w/ Lisa 10:30 Zumba w/ Lauren 12:30 Bingo</p> <p style="text-align: center;">Chicken Parmesan</p>	<p>11 9:00 Morning Music 9:30 Presentation: Phone Fraud 10:30 Exercise w/ Lisa 12:30 Bingo</p>  <p style="text-align: center;">Seafood Salad Platter</p>
<p>14 9:00 Morning Music 9:30 Sound Bath Therapy 10:30 Yoga w/ Alyse 10:00 ESL & Citizenship Class 12:30 Bingo</p> <p style="text-align: center;">Homestyle Meatloaf</p>	<p>15 9:00 Morning Music 10:00 ESL & Citizenship Class 10:30 Zumba w/ Kattie 12:30 Bingo</p> <p style="text-align: center;">Roast Turkey w/ Swiss Cheese</p>	<p>16 9:00 Diamond Art 10:00 Line Dancing w/ Irma 11:30 April Birthday Party 12:30 Bingo</p> <p style="text-align: center;">Chicken Cordon Bleu</p>	<p>17 9:00 Exercise w/ Lisa 10:30 Zumba w/ Lauren 12:30 Bingo</p>  <p style="text-align: center;">Beef Stir Fry</p>	<p style="text-align: center;">GOOD FRIDAY</p>  <p style="text-align: center;">Center Closed</p>
<p>21 9:00 Morning Music 10:30 Yoga w/ Alyse 12:30 Bingo</p>  <p style="text-align: center;">Ham Steak w/ Pineapple</p>	<p>22 9:00 Morning Music 10:00 ESL & Citizenship Class 10:30 Zumba w/ Kattie 12:30 Bingo</p> <p style="text-align: center;">Cheese Omelet</p>	<p>23 9:00 Diamond Art 9:00 Blood Pressure Screening 10:00 Line Dancing w/ Irma 12:30 Bingo</p> <p style="text-align: center;">Meatballs w/ Marinara</p>	<p>24 9:00 Exercise w/ Lisa 10:30 Zumba w/ Lauren 12:30 Bingo</p> <p style="text-align: center;">Chef Salad</p>	<p>25 9:00 Morning Music 10:30 Exercise w/ Lisa 12:30 Bingo Bash</p> <p style="text-align: center;">Korean BBQ Chicken Leg</p>
<p>28 9:00 Morning Music 9:30 Muscle Training Demo 10:30 Yoga w/ Alyse 10:00 ESL & Citizenship Class 12:30 Bingo</p> <p style="text-align: center;">Chicken Piccata</p>	<p>29 9:00 Morning Music 9:00 Drum Circle 10:30 Zumba w/ Kattie 12:30 Bingo</p>  <p style="text-align: center;">Pot Roast</p>	<p>30 9:00 Diamond Art 10:00 Line Dancing w/ Irma 12:30 Bingo</p> <p style="text-align: center;">Egg Salad Platter</p>	<p style="text-align: center;">*Two Pool Tables are Available Daily *Card Games and Dominoes are Played Daily</p>  	<p style="text-align: center;">Suggested Lunch Donation: \$1.25 Per Meal Please reserve lunch by 11:30 AM the day before</p> <p style="text-align: center;">Lunch will Be Served at 11:30 Daily</p>