

BERGEN NEW JERSEY *County*

James J. Tedesco III
County Executive

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DEPARTMENT OF HUMAN SERVICES
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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 JANUARY 2025








January 1:	New Year's Day - Center Closed	Closed
January 3:	Total Brain Health Class w/ Agata	10:00AM
January 9:	Presentation & Food Tasting w/ Chef Cadri	9:30AM
January 10:	Hand Massage w/ Agata	9:30AM
January 13:	Muscle Training Demo Class w/ Chris from the YWCA	9:30AM
January 15:	January Birthday Party	11:30AM
January 20:	Martin Luther King Jr. Day - Center Closed	Closed
January 22:	Trivia w/ Maria	9:30 AM
January 22:	Muscle Training Demo Class w/ Chris from the YWCA	9:30AM
January 28:	Presentation: Nutrition & Physical Activity w/ Care Finders	9:30AM
January 31:	Bingo Bash	12:30PM



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.



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>Suggested Lunch Donation: \$1.25 Per Meal Please reserve lunch by 11:30 AM the day before</p> <p>Lunch will Be Served at 11:30 Daily</p>	<p>*Two Pool Tables are Available Daily *Card Games and Dominoes are Played Daily</p> 	<p>1</p> <p>HAPPY <i>New Year</i></p> <p>Center Closed</p>	<p>2</p> <p>9:00 Exercise w/ Lisa 10:30 Zumba w/ Lauren 12:30 Bingo</p> <p>Chicken Cordon Bleu</p>	<p>3</p> <p>9:00 Morning Music 9:30 Total Brain Health Class 10:30 Exercise w/ Lisa 12:30 Bingo</p> <p>Stuffed Cabbage</p>
<p>6</p> <p>9:00 Morning Music 10:30 Yoga w/ Alyse 10:00 ESL & Citizenship 12:30 Bingo</p>  <p>Roast Turkey w/ Gravy</p>	<p>7</p> <p>9:00 Morning Music 10:00 ESL & Citizenship 10:30 Zumba w/ Kattie 12:30 Bingo</p> <p>Salisbury Steak w/ Gravy</p>	<p>8</p> <p>9:00 Diamond Art 10:00 Line Dancing w/ Irma 12:30 Bingo</p> <p>Chicken Marsala</p>	<p>9</p> <p>9:00 Exercise w/ Lisa 9:30 Presentation: Chef Cardi 10:30 Zumba w/ Lauren 12:30 Bingo</p> <p>Tuna Salad on Spinach</p>	<p>10</p> <p>9:00 Morning Music 9:30 Hand Massage 10:30 Exercise w/ Lisa 12:30 Bingo</p>  <p>Turkey Chili</p>
<p>13</p> <p>9:00 Morning Music 9:30 Muscle Training Demo 10:30 Yoga w/ Alyse 10:00 ESL & Citizenship 12:30 Bingo</p> <p>Cheese Omelet</p>	<p>14</p> <p>9:00 Morning Music 10:00 ESL & Citizenship 10:30 Zumba w/ Kattie 12:30 Bingo</p> <p>Roast Pork (Pernil)</p>	<p>15</p> <p>9:00 Diamond Art 10:00 Line Dancing w/ Irma 11:30 January Birthday Party 12:30 Bingo</p> <p>Pot Roast w/ Gravy</p>	<p>16</p> <p>9:00 Exercise w/ Lisa 10:30 Zumba w/ Lauren 12:30 Bingo</p>  <p>Fish Filet w/ Lemon Sauce</p>	<p>17</p> <p>9:00 Morning Music 10:30 Exercise w/ Lisa 12:30 Bingo</p> <p>Chicken Parmesan</p>
<p>20</p>  <p>Center Closed</p>	<p>21</p> <p>9:00 Morning Music 10:00 ESL & Citizenship 10:30 Zumba w/ Kattie 12:30 Bingo</p>  <p>Stewed Beef Tips</p>	<p>22</p> <p>9:00 Diamond Art 9:30 Trivia 9:30 Muscle Training Demo 10:00 Line Dancing w/ Irma 12:30 Bingo</p> <p>Baked Ziti w/ Meatballs</p>	<p>23</p> <p>9:00 Exercise w/ Lisa 10:30 Zumba w/ Lauren 12:30 Bingo</p> <p>LS Ham Steak</p>	<p>24</p> <p>9:00 Morning Music 10:30 Exercise w/ Lisa 12:30 Bingo</p> <p>Meatloaf w/ Mushroom Gravy</p>
<p>27</p> <p>9:00 Morning Music 10:30 Yoga w/ Alyse 10:00 ESL & Citizenship 12:30 Bingo</p> <p>Cheeseburger w/ Lettuce & Tomato</p>	<p>28</p> <p>9:00 Morning Music 9:30 Presentation: Physical Activity 10:00 ESL & Citizenship 10:30 Zumba w/ Kattie 12:30 Bingo</p> <p>Chicken Salad on Romaine</p>	<p>29</p> <p>9:00 Diamond Art 10:00 Line Dancing w/ Irma 12:30 Bingo</p> <p>Sesame Chicken</p>	<p>30</p> <p>9:00 Exercise w/ Lisa 10:30 Zumba w/ Lauren 12:30 Bingo</p> <p>Vegetable Lasagna</p>	<p>31</p> <p>9:00 Morning Music 10:30 Exercise w/ Lisa 12:30 Bingo Bash</p>  <p>Chicken Kiev</p>