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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

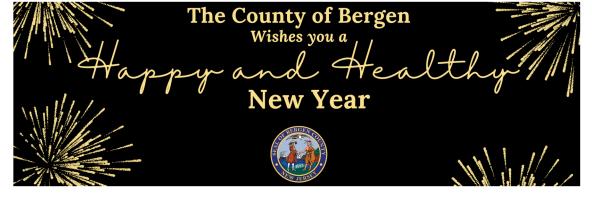
Bergen County Board of Social Services (201) 368-4200

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





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.

UNITED SENIOR ACTIVITY CENTER

January 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Suggested Lunch Donation: \$1.25 Per Meal Please reserve lunch by 11:30 AM the day before	*Two Pool Tables are Available Daily *Card Games and Dominoes are Played Daily	new year	2 9:00 Exercise w/ Lisa 10:30 Zumba w/ Lauren 12:30 Bingo	9:00 Morning Music 9:30 Total Brain Health Class 10:30 Exercise w/ Lisa 12:30 Bingo
Lunch will Be Served at 11:30 Daily		Center Closed	Chicken Cordon Bleu	Stuffed Cabbage
9:00 Morning Music 10:30 Yoga w/ Alyse 10:00 ESL & Citizenship 12:30 Bingo	7 9:00 Morning Music 10:00 ESL & Citizenship 10:30 Zumba w/ Kattie 12:30 Bingo	8 9:00 Diamond Art 10:00 Line Dancing w/ Irma 12:30 Bingo	9 9:00 Exercise w/ Lisa 9:30 Presentation: Chef Cardi 10:30 Zumba w/ Lauren 12:30 Bingo	9:00 Morning Music 9:30 Hand Massage 10:30 Exercise w/ Lisa 12:30 Bingo
Roast Turkey w/ Gravy	Salisbury Steak w/ Gravy	Chicken Marsala	Tuna Salad on Spinach	Turkey Chili
9:00 Morning Music 9:30 Muscle Training Demo 10:30 Yoga w/ Alyse 10:00 ESL & Citizenship 12:30 Bingo	14 9:00 Morning Music 10:00 ESL & Citizenship 10:30 Zumba w/ Kattie 12:30 Bingo	9:00 Diamond Art 10:00 Line Dancing w/ Irma 11:30 January Birthday Party 12:30 Bingo	9:00 Exercise w/ Lisa 10:30 Zumba w/ Lauren 12:30 Bingo	9:00 Morning Music 10:30 Exercise w/ Lisa 12:30 Bingo
Cheese Omelet	Roast Pork (Pernil)	Pot Roast w/ Gravy	Fish Filet w/ Lemon Sauce	Chicken Parmesan
MARTIN LUTHER KING DAY	9:00 Morning Music 10:00 ESL & Citizenship 10:30 Zumba w/ Kattie 12:30 Bingo	9:00 Diamond Art 9:30 Trivia 9:30 Muscle Training Demo 10:00 Line Dancing w/ Irma 12:30 Bingo	9:00 Exercise w/ Lisa 10:30 Zumba w/ Lauren 12:30 Bingo	900 Morning Music 10:30 Exercise w/ Lisa 12:30 Bingo
Center Closed	Stewed Beef Tips	Baked Ziti w/ Meatballs	LS Ham Steak	Meatloaf w/ Mushroom Gravy
9:00 Morning Music 10:30 Yoga w/ Alyse 10:00 ESL & Citizenship 12:30 Bingo	9:00 Morning Music 9:30 Presentation: Physical Activity 10:00 ESL & Citizenship 10:30 Zumba w/ Kattie 12:30 Bingo	9:00 Diamond Art 10:00 Line Dancing w/ Irma 12:30 Bingo	30 9:00 Exercise w/ Lisa 10:30 Zumba w/ Lauren 12:30 Bingo	9:00 Morning Music 10:30 Exercise w/ Lisa 12:30 Bingo Bash
Cheeseburger w/ Lettuce & Tomato	Chicken Salad on Romaine	Sesame Chicken	Vegetable Lasagna	Chicken Kiev