

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

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UNITED SENIOR ACTIVITY CENTER Bergen County Department of Human Services Division of Senior Services/ADRC FEBRUARY 2025

February 4:	Presentation: Medication Interaction w/ Lucy, Magnolia Health Care	9:00 AM
February 7:	Total Brain Health Class w/ Agata	9:30 AM
February 10:	Demonstration: Muscle Training w/ Chris, YWCA	9:30AM
February 12:	February Birthday Party	11:30AM
February 14:	Valentine's Day Cookie Decorating	9:30AM
February 17:	Presidents Day– Center Closed	All Day
February 18 :	Trivia w/ Agata	9:30 AM
February 19:	Blood Pressure Screening w/ Hackensack Health Department	9:00AM
February 21:	Hand Massage w/ Agata	9:30AM
February 24:	Demonstration: Muscle Training w/ Chris, YWCA	9:30AM
February 28:	Bingo Bash	12:30PM

SPRING LUNCHEON

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


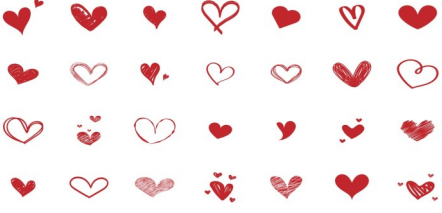








Garfield Senior Activity Center
480 Midland Avenue
Garfield, New Jersey 07026

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>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>HAPPY <i>Valentine's</i> DAY</p>	 <p>FEBRUARY IS AMERICAN HEART MONTH</p>
<p>3 9:00 Morning Music 10:30 Yoga w/ Alyse 10:00 ESL & Citizenship 12:30 Bingo</p>  <p>Asian Beef Stir Fry</p>	<p>4 9:00 Morning Music 9:00 Presentation: Medication Interaction 10:00 ESL & Citizenship 10:30 Zumba w/ Kattie 12:30 Bingo</p> <p>Chicken Tarragon</p>	<p>5 9:00 Diamond Art 10:00 Line Dancing w/ Irma 12:30 Bingo</p> <p>Tuna Noodle Salad</p>	<p>6 9:00 Exercise w/ Lisa 10:30 Zumba w/ Lauren 12:30 Bingo</p> <p>Korean BBQ Chicken Leg</p>	<p>7 9:00 Morning Music 9:30 Total Brain Health Class 10:30 Exercise w/ Lisa 12:30 Bingo</p> <p>Stuffed Cabbage</p>
<p>10 9:00 Morning Music 9:30 Demonstration: Muscle Training 10:30 Yoga w/ Alyse 10:00 ESL & Citizenship 12:30 Bingo</p> <p>Lemon Pepper Tilapia</p>	<p>11 9:00 Morning Music 10:00 ESL & Citizenship 10:30 Zumba w/ Kattie 12:30 Bingo</p> <p>Cheeseburger</p>	<p>12 9:00 Diamond Art 10:00 Line Dancing w/ Irma 11:30 February Birthday Party 12:30 Bingo</p> <p>Chicken Cordon Bleu</p>	<p>13 9:00 Exercise w/ Lisa 10:30 Zumba w/ Lauren 12:30 Bingo</p>  <p>Roast Turkey w/ Swiss</p>	<p>14 9:00 Morning Music 9:30 Decorate Valentine's Cookies 10:30 Exercise w/ Lisa 12:30 Bingo</p>  <p>Chicken Parmesan</p>
<p>17</p>  <p>Center Closed</p>	<p>18 9:00 Morning Music 9:30 Trivia 10:00 ESL & Citizenship 10:30 Zumba w/ Kattie 12:30 Bingo</p>  <p>Chili Con Carne</p>	<p>19 9:00 Diamond Art 9:00 Blood Pressure Screening 10:00 Line Dancing w/ Irma 12:30 Bingo</p> <p>Chicken Cranberry Dijon</p>	<p>20 9:00 Exercise w/ Lisa 10:30 Zumba w/ Lauren 12:30 Bingo</p> <p>Italian Turkey Sausage</p>	<p>21 9:00 Morning Music 9:30 Hand Massage 10:30 Exercise w/ Lisa 12:30 Bingo</p>  <p>Egg Salad Platter</p>
<p>24 9:00 Morning Music 9:30 Demonstration: Muscle Training 10:30 Yoga w/ Alyse 10:00 ESL & Citizenship 12:30 Bingo</p> <p>Sliced Pork Loin</p>	<p>25 9:00 Morning Music 10:00 ESL & Citizenship 10:30 Zumba w/ Kattie 12:30 Bingo</p> <p>Cheese Omelet</p>	<p>26 9:00 Diamond Art 10:00 Line Dancing w/ Irma 12:30 Bingo</p> <p>Potato Crusted Pollack</p>	<p>27 9:00 Exercise w/ Lisa 10:30 Zumba w/ Lauren 12:30 Bingo</p> <p>Stuffed Peppers</p>	<p>28 9:00 Morning Music 10:30 Exercise w/ Lisa 12:30 Bingo Bash</p>  <p>Homestyle Meatloaf w/ Gravy</p>