

BERGEN NEW JERSEY *County*

James J. Tedesco III
County Executive

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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

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UNITED SENIOR ACTIVITY CENTER Bergen County Department of Human Services Division of Senior Services/ADRC December 2024

December 3:	Pottery w/ Peter	9:30AM
December 6:	Holiday Fiesta	10:00AM
December 10:	Presentation: Nutrition w/ Community Food Bank of NJ	9:30AM
December 11:	Blood Pressure Screening w/ Hackensack Health Dept.	9:30AM
December 13:	Total Brain Health Class w/ Agata	9:30AM
December 17:	Pottery w/ Peter	9:30AM
December 18:	December Birthday Party	11:30AM
December 20:	Trivia w/ Maria	9:30AM
December 25:	Center Closed - Christmas Day	All Day
December 25:	Holiday Luncheon at Garfield Senior Center	10:00AM
December 27:	Bingo Bash	12:30PM
December 31:	Sparkling Cider Toast	11:30AM

Please Note Center will be closed Wednesday, January 1, 2025

Holiday Luncheon

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

Wednesday, December 25, 2024

10:00 AM - 2:00 PM












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



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>2 9:00 Morning Music 10:30 Yoga w/ Alyse 10:00 ESL & Citizenship 12:30 Bingo</p>  <p>Turkey & Red Bean Chili</p>	<p>3 9:00 Morning Music 9:30 Pottery Class 10:00 ESL & Citizenship 10:30 Zumba w/ Kattie 12:30 Bingo</p> <p>Eggplant Rollatini</p>	<p>4 9:00 Diamond Art 10:00 Line Dancing w/ Irma 12:30 Bingo</p> <p>Chicken Piccata</p>	<p>5 9:00 Exercise w/ Lisa 10:30 Zumba w/ Lauren 12:30 Bingo</p> <p>Pork Loin w/ Gravy</p>	 <p>HOLIDAY FIESTA 10:00AM - 1:00PM</p> <p>Egg Salad Platter w/ Romaine</p>
<p>9 9:00 Morning Music 10:30 Yoga w/ Alyse 10:00 ESL & Citizenship 12:30 Bingo</p> <p>Cheeseburger</p>	<p>10 9:00 Morning Music 9:30 Presentation: Nutrition 10:00 ESL & Citizenship 10:30 Zumba w/ Kattie 12:30 Bingo</p> <p>Korean BBQ Chicken Leg</p>	<p>11 9:00 Diamond Art 9:00 Blood Pressure 10:00 Line Dancing w/ Irma 12:30 Bingo</p>  <p>Salisbury Steak w/ Gravy</p>	<p>12 9:00 Exercise w/ Lisa 10:30 Zumba w/ Lauren 12:30 Bingo</p> <p>Chicken Francese</p>	<p>13 9:00 Morning Music 9:30 Total Brain Health Class 10:30 Exercise w/ Lisa 12:30 Bingo</p> <p>Balsamic Chicken w/ Peppers</p>
<p>16 9:00 Morning Music 10:30 Yoga w/ Alyse 10:00 ESL & Citizenship 12:30 Bingo</p> <p>Turkey & Swiss</p>	<p>17 9:00 Morning Music 9:30 Pottery Class 10:00 ESL & Citizenship 10:30 Zumba w/ Kattie 12:30 Bingo</p>  <p>Italian Meatballs w/ Ziti Marinara</p>	<p>18 9:00 Diamond Art 10:00 Line Dancing w/ Irma 11:30 December Birthday Party 12:30 Bingo</p> <p>Cheese Omelet</p>	<p>19 9:00 Exercise w/ Lisa 10:30 Zumba w/ Lauren 12:30 Bingo</p> <p>Chicken Florentine</p>	<p>20 9:00 Morning Music 9:30 Trivia 10:30 Exercise w/ Lisa 12:30 Bingo</p> <p>Chicken Marsala</p>
<p>23 9:00 Morning Music 10:30 Yoga w/ Alyse 10:00 ESL & Citizenship 12:30 Bingo</p> <p>Fish w/ Lemon Pepper Sauce</p>	<p>24 9:00 Morning Music 10:00 ESL & Citizenship 10:30 Zumba w/ Kattie 12:30 Bingo</p> <p>Stuffed Cabbage</p>	 <p>Center Closed</p>  <p>Holiday Luncheon Garfield Senior Center 10am-2pm</p>	<p>26 9:00 Exercise w/ Lisa 10:30 Zumba w/ Lauren 12:30 Bingo</p>  <p>Chicken Fettuccini Alfredo</p>	<p>27 9:00 Morning Music 10:30 Exercise w/ Lisa 12:30 Bingo Bash</p>  <p>Homestyle Meatloaf w/ Gravy</p>
<p>30 9:00 Morning Music 10:30 Yoga w/ Alyse 10:00 ESL & Citizenship 12:30 Bingo</p>  <p>Tuna Salad Platter</p>	<p>31 9:00 Morning Music 10:00 ESL & Citizenship 10:30 Zumba w/ Kattie 11:30 Sparkling Cider Toast 12:30 Bingo</p> <p>Roasted Chicken Leg</p>		<p>*Two Pool Tables are Available Daily *Card Games and Dominoes are Played Daily</p>  	<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>