



Bergen County Executive
 James J. Tedesco, III
and the
 Bergen County Board of Commissioners
together with the
 Bergen County Department of Human Services/
 Division of Senior Services
Invite All Bergen County Senior Citizens to the

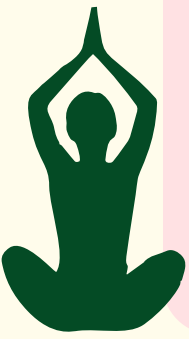
BERGEN COUNTY SENIOR NUTRITION PROGRAMS OPEN HOUSE

*Please join us at one of the 24 Senior Activity Centers
 or Nutrition Sites in Bergen County to celebrate
 Older Americans Month*

9:00AM - 2:00PM

Seniors age 60 and over can enjoy: Healthy free lunches, socialization, exercise, education, and more. Visit our locations during the Open House and find the program that is right for you.

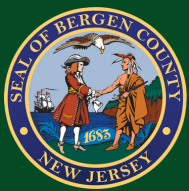
Reservations are required for lunch.
 Please call the location of your choice for details and reservations.
 Deadline for Lunch Reservations is 1 week prior.
 See back for list of all locations and dates.



Celebrate the
Senior Nutrition Program
 2024 · CONNECTION IN EVERY BITE



**Transportation is available by calling
 Bergen County Division of Community
 Transportation 201-368-5955**



James J. Tedesco III
 Bergen County Executive

Board of County Commissioners
 Germaine M. Ortiz, *Chairwoman* • Mary J. Amoroso, *Vice Chairwoman* • Dr. Joan M. Voss, *Chair Pro Tempore*
 Rafael Marte • Thomas J. Sullivan • Steven A. Tanelli • Tracy Silna Zur

Monday, May 6

Cliffside Park Senior Activity Center, 500 Gorge Road 201-943-3768
 Hackensack - Martin Luther King Jr. Senior Center, 375 First Street 201-342-2654

Tuesday, May 7

Wallington Senior Activity Center, 24 Union Boulevard 973-777-5815
 East Rutherford - Southwest Senior Activity Center, 147 Hackensack Street 201-935-8920

Wednesday, May 8

Garfield Senior Activity Center, 480 Midland Avenue 973-478-0502
 Teaneck - Asian Women's Christian Association (AWCA), 9 Genesee Avenue 201-862-1665

Thursday, May 9

North Arlington Senior Activity Center, 11 York Road 201-998-5636
 Elmwood Park Senior Activity Center, 500 Mola Boulevard 201-796-3342

Friday, May 10

Midland Park - Northwest Senior Activity Center, 46-50 Center Street 201-445-5690
 Hackensack - Americas Unidas Multicultural Senior Center, 101 Hudson St. 201-336-3320

Monday, May 13

Tenafly - Korean Community Center, 100 Grove Street 201- 541-1200
 Fair Lawn Senior Center, 11-05 Gardiner Road 201-796-1191

Tuesday, May 14

Palisades Park Senior Activity Center, 300 Highland Avenue 201-944-5616
 Bergenfield Senior Activity Center, 293 Murray Hill Terrace 201-387-7212

Wednesday, May 15

Ridgefield Park Senior Activity Center, 159 Park Street 201-641-1220

Thursday, May 16

River Edge (Kosher) - JCC of Northern NJ, 385 Howland Avenue 201-666-6610
 Tenafly (Kosher) - JCC on the Palisades, 411 E. Clinton Avenue 201-569-7900

Friday, May 17

Rutherford - 55 Kip Senior Center, 55 Kip Avenue 201-460-1600
 Englewood - Bergen Family Center Adult Day Program, 44 Armory Street 201-568-0817

Reservations for these sites may be impacted by their current wait lists:

Teaneck- Richard Rodda Community Center, 250 Colonial Court 201-837-0171
Fort Lee - Richard & Catherine Nest Adult Activity Center, 319 Main Street 201-592-3754

Activities are not offered at these locations:

Lyndhurst- Nutrition Program, 281 Stuyvesant Avenue 201-896-1629
Garfield - Golden Tower, 225 Midland Avenue 201-522-4280
Garfield - Belmont Gardens, 377 Midland Avenue 201-522-4280

There is no cost for the lunch program. Suggested donations of \$1.25 are accepted