

# BERGEN NEW JERSEY *County*

**James J. Tedesco III**  
*County Executive*

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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

**AMERICAS UNIDAS MULTICULTURAL**  
**SENIOR ACTIVITY CENTER**

101 Hudson Street  
Hackensack, NJ 07601

Phone: (201) 336-3320 • Fax: (201) 488-2867

**UnitedCenter@co.bergen.nj.us**

Open: Monday - Friday, 8:00AM - 3:30PM

# BERGEN NEW JERSEY *County*

James J. Tedesco III, County Executive

**AMERICAS UNIDAS MULTICULTURAL**  
**SENIOR ACTIVITY CENTER**  
**Bergen County Department of Human Services**  
**Division of Senior Services/ADRC**

**MAY 2022**  
**Older Americans Month**

May 4:	Concentration Game	9:00am
May 5:	Happy Cinco de Mayo!	All Day
May 8:	Happy Mother's Day!	All Day
May 11:	Presentation: Stress Management By: Braven Health	9:00am
May 16:	Dice Bingo	10:00am
May 18:	May Birthday Party	11:30am
May 20:	Pizza Party - \$5 - Sign up!	11:30am
May 23:	Trivia for the Month of May	10:00am
May 25:	Blood Pressure Screenings By: Hackensack Health Department	9:00am
May 27:	Bingo Bash	12:30pm
May 30:	Center Closed - Memorial Day Observance	All Day
Wednesdays	Line Dancing with Irma Is Back!	10:00am

***The Americas Unidas Multicultural 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.

On behalf of the County of Bergen, we thank you for your patience during the Covid-19 pandemic. At this time, the County has lifted most restrictions related to Covid-19, but will continue to require health screenings upon entrance to the centers. Masks are now optional throughout the centers. Masks are still required on the bus for those who are unvaccinated, although it is preferable for all to wear a mask when on the bus. Meals will return to congregate setting, and there will no longer be a Grab & Go option. We look forward to seeing you again as we resume all regular activities. If you have any questions, kindly contact your center directly at (201) 336-3320.

**MAY 2022**

**AMERICAS UNIDAS MULTICULTURAL SENIOR ACTIVITY CENTER**




**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

<p>2</p> <p>9:00AM SENIOR KARATE WITH LARRY 11:00AM POOL &amp; CARDS 11:45AM LUNCH SERVED 12:30PM BINGO</p> <p><b>CHICKEN SALAD</b></p>	<p>3</p> <p>10:30AM TAI CHI WITH STANLEY 11:00AM POOL &amp; CARDS 11:45AM LUNCH SERVED 12:30PM BINGO</p> <p><b>ITALIAN MEATBALLS</b></p>	<p>4</p> <p>9:00 AM CONCENTRATION GAME 10:00AM LINE DANCING WITH IRMA 11:00AM POOL &amp; CARDS 11:45AM LUNCH SERVED 12:30PM BINGO</p> <p><b>LEMON-PEPPER BAKED FISH</b></p>	<p>5</p> <p>9:00AM EXERCISE WITH LISA 11:00AM POOL &amp; CARDS 11:45AM LUNCH SERVED 12:30PM BINGO</p> <p><i>Happy Cinco de Mayo!</i></p> <p><b>GARLIC ROASTED PORK</b></p>	<p>6</p> <p>10:30AM CHAIR EXERCISE WITH LISA 11:00AM POOL &amp; CARDS 11:45AM LUNCH SERVED 12:30PM BINGO</p> <p><b>CHICKEN PICCATA</b></p>
<p>9</p> <p>9:00AM SENIOR KARATE WITH LARRY 11:00AM POOL &amp; CARDS 11:45AM LUNCH SERVED 12:30PM BINGO</p> <p><b>CHEESE OMELET</b></p>	<p>10</p> <p>10:30AM TAI CHI WITH STANLEY 11:00AM POOL &amp; CARDS 11:45AM LUNCH SERVED 12:30PM BINGO</p> <p><b>KOREAN BBQ CHICKEN LEG</b></p>	<p>11</p> <p>9:00AM PRESENTATION: STRESS MGT. 10:00 AM LINE DANCING WITH IRMA 11:00AM POOL &amp; CARDS 11:45AM LUNCH SERVED 12:30PM BINGO</p> <p><b>VEGGIE BURGER</b></p>	<p>12</p> <p>9:00AM EXERCISE WITH LISA 11:00AM POOL &amp; CARDS 11:45AM LUNCH SERVED 12:30PM BINGO</p> <p><b>CHICKEN FLORENTINE</b></p>	<p>13</p> <p>10:30AM EXERCISE WITH LISA 11:00AM POOL &amp; CARDS 11:45AM LUNCH SERVED 12:30PM BINGO</p> <p><b>POTATO CRUSTED FISH</b></p>
<p>16</p> <p>9:00AM SENIOR KARATE WITH LARRY 10:00AM ESL &amp; CITIZENSHIP 10:00AM DICE BINGO 11:00AM POOL &amp; CARDS 11:45AM LUNCH SERVED 12:30PM BINGO</p> <p><b>TUNA SALAD</b></p>	<p>17</p> <p>10:00AM ESL &amp; CITIZENSHIP 10:30AM TAI CHI WITH STANLEY 11:00AM POOL &amp; CARDS 11:45AM LUNCH SERVED 12:30PM BINGO</p> <p><b>MEAT LASAGNA</b></p>	<p>18</p> <p>10:00AM LINE DANCING WITH IRMA 11:30AM MAY BIRTHDAY PARTY 11:00AM POOL &amp; CARDS 11:45AM LUNCH SERVED 12:30PM BINGO</p> <p><b>HAWAIIAN CHICKEN</b></p>	<p>19</p> <p>9:00AM EXERCISE WITH LISA 11:00AM POOL &amp; CARDS 11:45AM LUNCH SERVED 12:30PM BINGO</p> <p><b>SALISBURY STEAK</b></p>	<p>20</p> <p>10:30AM EXERCISE WITH LISA 11:00AM POOL &amp; CARDS 11:45AM LUNCH SERVED 12:30PM BINGO</p> <p><i>Pizza Party! 12 Noon</i> <b>ROASTED TURKEY</b></p>
<p>23</p> <p>9:00AM SENIOR KARATE WITH LARRY 10:00AM TRIVIA FOR MAY 11:00AM ESL &amp; CITIZENSHIP 11:00AM POOL &amp; CARDS 11:45AM LUNCH SERVED 12:30PM BINGO</p> <p><b>CHICKEN SCAMPI</b></p>	<p>24</p> <p>10:00AM ESL &amp; CITIZENSHIP 10:30AM TAI CHI WITH STANLEY 11:00AM POOL &amp; CARDS 11:45AM LUNCH SERVED 12:30PM BINGO</p> <p><b>PORK CHOP WITH GRAVY</b></p>	<p>25</p> <p>9:00AM BLOOD PRESSURE 10:00AM LINE DANCING WITH IRMA 11:00AM POOL &amp; CARDS 11:45AM LUNCH SERVED 12:30PM BINGO</p> <p><b>PEPPER STEAK</b></p>	<p>26</p> <p>9:00AM EXERCISE WITH LISA 11:00AM POOL &amp; CARDS 11:45AM LUNCH SERVED 12:30PM BINGO</p> <p><b>SWEDISH MEATBALLS</b></p>	<p>27</p> <p>10:30AM EXERCISE WITH LISA 11:00AM POOL &amp; CARDS 11:45AM LUNCH SERVED 12:30PM BINGO BASH</p> <p><b>PENNE WITH PINK SAUCE/ CHICKEN</b></p>
<p>30</p> <p><b>MEMORIAL DAY OBSERVANCE CENTER CLOSED</b></p>  <p><i>Memorial</i> DAY</p>	<p>31</p> <p>10:00AM ESL &amp; CITIZENSHIP 10:30AM TAI CHI WITH STANLEY 11:00AM POOL &amp; CARDS 11:45AM LUNCH SERVED 12:30PM BINGO</p> <p><b>HAMBURGER</b></p>	 <p><b>HAPPY MOTHER'S DAY</b></p> <p><b>Cinco de Mayo</b></p>	 <p><b>MAY</b></p>	<p><b>LUNCH</b></p> <p><b>Lunch is served daily at 11:45am</b> <b>Please be seated by 11:30am</b> <b>Suggested Lunch Donation \$1.25</b> <b>Please reserve your lunch one day in advance before 12 noon.</b></p> <p>101 Hudson Street, Hackensack, NJ 07601 ~Center Hours: 8:00 - 3:30~</p>