

BERGEN NEW JERSEY *County*

James J. Tedesco III
County Executive

BOARD OF COUNTY COMMISSIONERS

Tracy Silna Zur
Chairwoman

Thomas J. Sullivan
Vice Chairman

Dr. Joan M. Voss
Chair Pro Tempore

Mary J. Amoroso
Ramon M. Hache, Sr.

Germaine M. Ortiz

Steven A. Tanelli

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

OCTOBER 2022
Political Awareness Month

October 3:	Presentation: Always Home Care	10:30AM
October 4:	Yom Kippur Begins at Sundown	All Day
October 10:	Center Closed - Columbus Day Observance	All Day
October 12:	October Birthday Party	11:30AM
October 17:	Dice Bingo with Maria and Dorene	10:30AM
October 20:	Join us for Popcorn and a Movie!	10:00AM
October 24:	Trivia with Maria and Tricia	10:00AM
October 28:	Bingo Bash	12:30PM
October 28:	Hot Dog Luncheon - \$5 Sign Up in Advance!	11:45AM
October 31:	Happy Halloween!	All Day
October 31:	Halloween Costume Contest	11:00AM

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.

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.

OCTOBER 2022

AMERICAS UNIDAS MULTICULTURAL SENIOR ACTIVITY CENTER





MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>3 9:00AM SENIOR KARATE WITH LARRY 10:00AM ESL & CITIZENSHIP 10:30AM PRESENTATION: HOME CARE 11:00AM POOL & CARDS 11:45AM LUNCH SERVED 12:30PM BINGO</p> <p>BONELESS CHICKEN BREAST W/ LEMON SAUCE</p>	<p>4 10:00AM ESL & CITIZENSHIP 10:30AM TAI CHI WITH STANLEY 11:00AM POOL & CARDS 11:45AM LUNCH SERVED 12:30PM BINGO</p> <p>Yom Kippur Begins at Sundown BEEF TACOS</p>	<p>5 10:00AM LINE DANCING WITH IRMA 11:00AM POOL & CARDS 11:45AM LUNCH SERVED 12:30PM BINGO</p> <p>TURKEY BURGER W/ TOMATO AND LETTUCE</p>	<p>6 9:00AM EXERCISE WITH LISA 10:00AM WISE PROGRAM 11:00AM POOL & CARDS 11:45AM LUNCH SERVED 12:30PM BINGO</p> <p>POTATO CRUSTED FISH</p>	<p>7 10:30AM CHAIR EXERCISE WITH LISA 11:00AM POOL & CARDS 11:45AM LUNCH SERVED 12:30PM BINGO</p> <p>BRATWURST W/ SAUERKRAUT & SAUTEED ONIONS</p>
<p>10 CENTER CLOSED COLUMBUS DAY OBSERVANCE</p> 	<p>11 10:00AM ESL & CITIZENSHIP 10:30AM TAI CHI WITH STANLEY 11:00AM POOL & CARDS 11:45AM LUNCH SERVED 12:30PM BINGO</p> <p>SKINLESS EGGPLANT ROLLATINI</p>	<p>12 10:00AM LINE DANCING WITH IRMA 11:00AM POOL & CARDS 11:30AM OCTOBER BIRTHDAY PARTY 11:45AM LUNCH SERVED 12:30PM BINGO</p> <p>BAKED FISH W/ DILL SAUCE</p>	<p>13 9:00AM EXERCISE WITH LISA 11:00AM POOL & CARDS 11:45AM LUNCH SERVED 12:30PM BINGO</p> <p>HERB ROASTED CHICKEN LEG QUARTER</p>	<p>14 10:30AM EXERCISE WITH LISA 11:00AM POOL & CARDS 11:45AM LUNCH SERVED 12:30PM BINGO</p> <p>SWEDISH MEATBALLS W/ GRAVY</p>
<p>17 9:00AM SENIOR KARATE WITH LARRY 10:00AM ESL & CITIZENSHIP 10:30AM DICE BINGO 11:00AM POOL & CARDS 11:45AM LUNCH SERVED 12:30PM BINGO</p> <p>EGG SALAD ON ROMAINE LETTUCE</p>	<p>18 10:00AM ESL & CITIZENSHIP 10:30AM TAI CHI WITH STANLEY 11:00AM POOL & CARDS 11:45AM LUNCH SERVED 12:30PM BINGO</p> <p>SHEPHERD'S PIE</p>	<p>19 10:00AM LINE DANCING WITH IRMA 11:00AM POOL & CARDS 11:45AM LUNCH SERVED 12:30PM BINGO</p> <p>CHICKEN CUTLET PARMESAN</p>	<p>20 9:00AM EXERCISE WITH LISA 10:00AM POPCORN & A MOVIE 1:00PM POOL & CARDS 11:45AM LUNCH SERVED 12:30PM BINGO</p> <p>SLICED TURKEY W/ GRAVY AND CRANBERRY SAUCE</p>	<p>21 10:30AM EXERCISE WITH LISA 11:00AM POOL & CARDS 11:45AM LUNCH SERVED 12:30PM BINGO</p> <p>PORK TENDERLOIN W/ GRAVY</p>
<p>24 9:00AM SENIOR KARATE WITH LARRY 10:00AM ESL & CITIZENSHIP 10:00AM OCTOBER TRIVIA 11:00AM POOL & CARDS 11:45AM LUNCH SERVED 12:30PM BINGO</p> <p>HOMESTYLE MEATLOAF W/ GRAVY</p>	<p>25 10:00AM ESL & CITIZENSHIP 10:30AM TAI CHI WITH STANLEY 11:00AM POOL & CARDS 11:45AM LUNCH SERVED 12:30PM BINGO</p> <p>BBQ PULLED PORK</p>	<p>26 10:00AM LINE DANCING WITH IRMA 11:00AM POOL & CARDS 11:45AM LUNCH SERVED 12:30PM BINGO</p> <p>VEGETABLE LASAGNA</p>	<p>27 9:00AM EXERCISE WITH LISA 11:00AM POOL & CARDS 11:45AM LUNCH SERVED 12:30PM BINGO</p> <p>POT ROAST W/ GRAVY</p>	<p>28 10:30AM EXERCISE WITH LISA 11:00AM POOL & CARDS 11:45AM LUNCH SERVED 12:30PM BINGO BASH</p> <p>Hot Dog Luncheon \$5 CHICKEN FLORENTINE</p>
<p>31 9:00AM SENIOR KARATE WITH LARRY 11:00AM ESL & CITIZENSHIP 11:00AM POOL & CARDS 11:45AM LUNCH SERVED 12:30PM BINGO</p> <p>Happy Halloween! Costume Contest 11am CHICKEN CORDON BLEU</p>				<p>LUNCH Lunch is served daily at 11:45am Please be seated by 11:30am Suggested Lunch Donation \$1.25 Please reserve your lunch one day in advance before 12 noon.</p> <p>101 Hudson Street, Hackensack, NJ 07601 ~Center Hours: 8:00 - 3:30~</p>