

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

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

February 2023
Healthy Heart Month

February 6:	Dice Bingo with Maria and Dorene	10:00AM
February 10:	Pizza Party! Sign Up! \$6.00	11:30AM
February 14:	Happy Valentine's Day! Enjoy Hot Chocolate!	9:30AM
February 14:	Presentation: Rehab Information By: Prospect Heights Skilled Nursing Facility	9:30AM
February 15:	February Birthday Party	11:30AM
February 17:	Mardi Gras Trivia with Maria and Tricia	9:30AM
February 20:	Center Closed - President's Day Observance	All Day
February 24:	Bingo Bash	12:30PM
February 28:	Join us for Popcorn and a Movie!	9:00AM
	Chronic Disease Self Management Program will Begin on Monday, February 13th for 6 Weeks! Sign Up Required!	

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. 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.







MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

		<p>1</p> <p>10:00AM LINE DANCING WITH IRMA 11:00AM POOL & CARDS 11:45AM LUNCH SERVED 12:30PM BINGO</p> <p>BAKED FISH W/ GARLIC LEMON SAUCE</p>	<p>2</p> <p>9:00AM EXERCISE WITH LISA 10:30AM ZUMBA WITH LAUREN 11:00AM POOL & CARDS 11:45AM LUNCH SERVED 12:30PM BINGO</p> <p>SLICED ROAST BEEF W/ GRAVY</p>	<p>3</p> <p>10:30AM EXERCISE WITH LISA 11:00AM POOL & CARDS 11:45AM LUNCH SERVED 12:30PM BINGO</p> <p>TURKEY & BLACK BEAN CHILI</p>
<p>6</p> <p>9:00AM SENIOR KARATE WITH LARRY 10:00AM DICE BINGO 10:00AM ESL & CITIZENSHIP 11:00AM POOL & CARDS 11:45AM LUNCH SERVED 12:30PM BINGO</p> <p>BBQ BEEF RIBQUE (PATTY)</p>	<p>7</p> <p>10:00AM ESL & CITIZENSHIP 10:30AM TAI CHI WITH STANLEY 11:00AM POOL & CARDS 11:45AM LUNCH SERVED 12:30PM BINGO</p> <p>CHICKEN CACCIATORE</p>	<p>8</p> <p>10:00AM LINE DANCING WITH IRMA 11:00AM POOL & CARDS 11:45AM LUNCH SERVED 12:30PM BINGO</p> <p>ITALIAN MEATBALLS</p>	<p>9</p> <p>9:00AM EXERCISE WITH LISA 10:30AM ZUMBA WITH LAUREN 11:00AM POOL & CARDS 11:45AM LUNCH SERVED 12:30PM BINGO</p> <p>BEEF & BROCCOLI</p>	<p>10</p> <p>10:30AM EXERCISE WITH LISA 11:00AM POOL & CARDS 11:45AM LUNCH SERVED 12:30PM BINGO</p> <p>Pizza Party 11:30AM! CHICKEN CORDON BLEU</p>
<p>13</p> <p>9:00AM SENIOR KARATE WITH LARRY 10:00AM CHRONIC DISEASE PROGRAM 10:00AM ESL & CITIZENSHIP 11:00AM POOL & CARDS 11:45AM LUNCH SERVED 12:30PM BINGO</p> <p>MEATLOAF W/ BROWN GRAVY</p>	<p>14</p> <p>9:30AM PRESENTATION: REHAB INFO 10:00AM ESL & CITIZENSHIP 10:30AM TAI CHI WITH STANLEY 11:00AM POOL & CARDS 11:45AM LUNCH SERVED 12:30PM BINGO</p> <p>Hot Chocolate 9:30AM! BBQ CHICKEN LEG</p>	<p>15</p> <p>10:00AM LINE DANCING WITH IRMA 11:00AM POOL & CARDS 11:30AM FEBRUARY BIRTHDAY PARTY 11:45AM LUNCH SERVED 12:30PM BINGO</p> <p>SLICED TURKEY WITH GRAVY</p>	<p>16</p> <p>9:00AM EXERCISE WITH LISA 10:30AM ZUMBA WITH LAUREN 11:00AM POOL & CARDS 11:45AM LUNCH SERVED 12:30PM BINGO</p> <p>SWEET & SOUR MEATBALLS</p>	<p>17</p> <p>9:00AM MARDI GRAS TRIVIA 10:30AM EXERCISE WITH LISA 11:00AM POOL & CARDS 11:45AM LUNCH SERVED 12:30PM BINGO</p> <p>SLICED PORK TENDERLOIN W/ APPLESAUCE</p>
<p>20</p> <p>CENTER CLOSED PRESIDENT'S DAY</p> 	<p>21</p> <p>10:00AM ESL & CITIZENSHIP 10:30AM TAI CHI WITH STANLEY 11:00AM POOL & CARDS 11:45AM LUNCH SERVED 12:30PM BINGO</p> <p>SALISBURY STEAK W/ GRAVY</p>	<p>22</p> <p>10:00AM LINE DANCING WITH IRMA 11:00AM POOL & CARDS 11:45AM LUNCH SERVED 12:30PM BINGO</p> <p>LEMON-PEPPER BAKED FISH</p>	<p>23</p> <p>9:00AM EXERCISE WITH LISA 10:30AM ZUMBA WITH LAUREN 11:00AM POOL & CARDS 11:45AM LUNCH SERVED 12:30PM BINGO</p> <p>CHICKEN MARSALA</p>	<p>24</p> <p>10:30AM EXERCISE WITH LISA 11:00AM POOL & CARDS 11:45AM LUNCH SERVED 12:30PM BINGO BASH</p> <p>MINI CHEESE RAVIOLI</p>
<p>27</p> <p>9:00AM SENIOR KARATE WITH LARRY 10:00AM CHRONIC DISEASE PROGRAM 10:00AM ESL & CITIZENSHIP 11:00AM POOL & CARDS 11:45AM LUNCH SERVED 12:30PM BINGO</p> <p>BREADED CHICKEN PICCATA</p>	<p>28</p> <p>9:00AM POPCORN & A MOVIE 10:00AM ESL & CITIZENSHIP 10:30AM TAI CHI WITH STANLEY 11:00AM POOL & CARDS 11:45AM LUNCH SERVED 12:30PM BINGO</p> <p>BAKED MACARONI & CHEESE</p>	<p>Happy Groundhog Day!</p> 	<p>Healthy Heart</p>  <p>Healthy You</p> 	<p>LUNCH</p> <p>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>