

BERGEN NEW JERSEY *County*

James J. Tedesco III
County Executive

BOARD OF COUNTY COMMISSIONERS

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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 2024



May 3:	Cinco de Mayo & Mother's Day Fiesta - Join us!	10:00AM
May 7:	Jeopardy w/ Tricia	9:30AM
May 10 :	Bergen County Senior Nutrition Program Open House	9:00AM
May 10:	Total Brain Health w/ Aggie & Dorene	9:30AM
May 15:	May Birthday Party	11:30AM
May 17:	Plant an Herb Garden w/ Aggie & Dorene	9:30AM
May 22:	Blood Pressure Screening w/ Hackensack Health Department	9:00AM
May 24:	Presentation and Demo: Cooking Matters at the Store w/ Community Food Bank of NJ	9:30AM
May 27:	Center Closed: Memorial Day Observance	All Day
May 28:	Presentation: Oral Hygiene w/ Aponta Charity Foundation	9:30AM
May 29:	Color & Sip Party	9:30AM
May 31:	Jeopardy w/ Tricia	9:30AM
May 31:	Bingo Bash	12:30PM

Open House

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

For More Information Email:
seniors@co.bergen.nj.us



Senior Festival

September 12, 2024

Rain Date: Tuesday September 17, 2023

10AM - 2PM

Van Saun County Park, Paramus

To RSVP Call 201-336-7417 or
Email seniors@co.bergen.nj.us

The United 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.

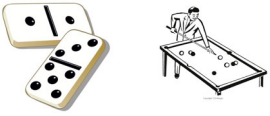








MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>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>	<p>*Two Pool Tables are Available Daily *Card Games and Dominoes are Played Daily</p> 	<p>¹ 9:00 Diamond Art 10:00 Line Dancing w/ Irma 12:30 Bingo</p> <p>Roasted Turkey w/ Gravy</p>	<p>² 9:00 Exercise w/ Lisa 10:30 Zumba w/ Lauren 12:30PM Bingo</p> <p>Chef Salad</p>	<p>³ Please Join US!</p>  <p>10:00am</p> 
<p>⁶ 10:30 Yoga w/ Alyse 10:00 ESL & Citizenship 12:30 Bingo</p>  <p>Stuffed Cabbage</p>	<p>⁷ 9:30 Jeopardy 10:00 ESL & Citizenship 10:30 Tai Chi w/ Stanley 12:30 Bingo</p> <p>Chicken Cordon Bleu</p>	<p>⁸ 9:00 Diamond Art 10:00 Line Dancing w/ Irma 12:30 Bingo</p> <p>Pepper Steak w/ Onions & Peppers</p>	<p>⁹ 9:00 Exercise w/ Lisa 10:30 Zumba w/ Lauren 12:30 Bingo</p> <p>Balsamic Chicken w/ Roasted Peppers</p>	<p>¹⁰ 9:30 Total Brain Health Class 10:30 Exercise w/ Lisa 12:30 Bingo</p> <p>Open House 9:00AM- 2:00PM</p> <p>Eggplant Rollatini</p>
<p>¹³ 10:30 Yoga w/ Alyse 10:00 ESL & Citizenship 12:30 Bingo</p> <p>Chicken Piccata</p>	<p>¹⁴ 10:00 ESL & Citizenship 10:30 Tai Chi w/ Stanley 12:30 Bingo</p> <p>Stuffed Peppers</p>	<p>¹⁵ 9:00 Diamond Art 10:00 Line Dancing w/ Irma 11:30 May Birthday Party 12:30 Bingo</p> <p>Korean BBQ Chicken Leg</p>	<p>¹⁶ 9:00 Exercise w/ Lisa 10:30 Zumba w/ Lauren 12:30 Bingo</p> <p>Homestyle Meatloaf w/ Gravy</p>	<p>¹⁷ 9:30 Plant an Herb Garden 10:30 Exercise w/ Lisa 12:30 Bingo</p>  <p>Chicken Parmesan</p>
<p>²⁰ 10:30 Yoga w/ Alyse 10:00 ESL & Citizenship 12:30 Bingo</p>  <p>Pork Loin w/ Gravy</p>	<p>²¹ 10:00 ESL & Citizenship 10:30 Tai Chi w/ Stanley 12:30 Bingo</p> <p>Tuna Salad Platter on Romaine</p>	<p>²² 9:00 Diamond Art 9:00 Blood Pressure Screening 10:00 Line Dancing w/ Irma 12:30 Bingo</p> <p>Baked Ziti & Meatballs</p>	<p>²³ 9:00 Exercise w/ Lisa 10:30 Zumba w/ Lauren 12:30 Bingo</p> <p>Cheeseburger</p>	<p>²⁴ 9:30 Presentation: Cooking Matters at the Store 10:30 Exercise w/ Lisa 12:30 Bingo</p> <p>Sliced Turkey w/ Swiss</p>
<p>²⁷</p>  <p>CENTER CLOSED</p>	<p>²⁸ 9:30 Presentation: Oral Hygiene 10:00 ESL & Citizenship 10:30 Tai Chi w/ Stanley 12:30 Bingo</p> <p>Hawaiian Chicken</p>	<p>²⁹ 9:00 Diamond Art 9:30 Color and Sip Party 10:00 Line Dancing w/ Irma 12:30 Bingo</p>  <p>Egg Salad Platter on Spinach</p>	<p>³⁰ 9:00 Exercise w/ Lisa 10:30 Zumba w/ Lauren 12:30PM Bingo</p> <p>Beer Battered Fish</p>	<p>³¹ 9:30 Jeopardy 10:30 Exercise w/ Lisa 12:30 Bingo Bash</p>  <p>Salisbury Steak w/ Gravy</p>