

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

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AMERICAS UNIDAS MULTICULTURAL SENIOR ACTIVITY CENTER
Bergen County Department of Human Services
Division of Senior Services/ADRC
July 2024

July 8:	Trivia w/ Tricia	9:30AM
July 9:	Presentation: Nutrition By: Community Food Bank of NJ	9:30AM
July 10:	July Birthday Party	11:30AM
July 12:	Jeopardy w/ Tricia	9:30AM
July 15:	Senior Planet: Fitness Apps	9:30AM
July 16:	Presentation: Emergency Preparedness By: Bergen County Office of Emergency Management	9:30AM
July 19:	Presentation: Smart Food Choices for Healthy Aging Memory Screenings By: Act Now Foundation	9:00AM 10:00AM
July 22:	Jeopardy w/ Tricia	9:30AM
July 24:	Blood Pressure Screening w/ Hackensack Health Dept.	9:00AM
July 26	Total Brain Health w/ Agata & Dorene	9:30AM
July 26	Waffles & Ice Cream	12:00PM
July 26:	Bingo Bash	12:30PM
July 29:	Trivia w/ Tricia	9:30AM
July 30:	Connect & Color Party	9:30AM

Save the Date

Senior Festival

September 12, 2024

Rain Date: Tuesday September 17, 2023

10AM - 2PM










Van Saun County Park, Paramus

Registration Recommended: 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>1 10:30 Yoga w/ Alyse 10:00 ESL & Citizenship 12:30 Bingo</p> <p>Stuffed Peppers</p> 	<p>2 10:00 ESL & Citizenship 10:30 Tai Chi w/ Stanley 12:30 Bingo</p> <p>Home Style Meatloaf w/ Gravy</p>	<p>3 9:00 Diamond Art 10:00 Line Dancing w/ Irma 12:30 Bingo</p> <p>Hawaiian Chicken</p>	<p>4</p>  <p>Center Closed</p>	<p>5 10:30 Exercise w/ Lisa 12:30 Bingo</p>  <p>Roast Turkey w/ Swiss</p>
<p>8 9:30 Trivia 10:30 Yoga w/ Alyse 10:00 ESL & Citizenship 12:30 Bingo</p> <p>Chicken Marsala</p>	<p>9 9:30 Presentation: Nutrition 10:00 ESL & Citizenship 10:30 Tai Chi w/ Stanley 12:30 Bingo</p> <p>Pork Loin w/ Gravy</p>	<p>10 9:00 Diamond Art 10:00 Line Dancing w/ Irma 11:30 July Birthday Party 12:30 Bingo</p>  <p>Roast Beef w/ Gravy</p>	<p>11 9:00 Exercise w/ Lisa 10:30 Zumba w/ Lauren 12:30 Bingo</p> <p>BBQ Chicken Leg</p>	<p>12 9:30 Jeopardy 10:30 Exercise w/ Lisa 12:30 Bingo</p> <p>Cheeseburger w/ Lettuce & Tomato on Whole Wheat Bun</p>
<p>15 9:30 Senior Planet: Fitness App 10:30 Yoga w/ Alyse 10:00 ESL & Citizenship 12:30 Bingo</p>  <p>Sweet Chicken Sausage</p>	<p>16 9:30 Presentation: Emergencies 10:00 ESL & Citizenship 10:30 Tai Chi w/ Stanley 12:30 Bingo</p> <p>Stuffed Cabbage</p>	<p>17 9:00 Diamond Art 10:00 Line Dancing w/ Irma 12:30 Bingo</p> <p>Ziti & Meatballs</p>	<p>18 9:00 Exercise w/ Lisa 10:30 Zumba w/ Lauren 12:30 Bingo</p> <p>Chef Salad</p>	<p>19 9:30 Presentation: Food/Aging 10:30 Memory Screenings 10:30 Exercise w/ Lisa 12:30 Bingo</p> <p>Chicken Cordon Bleu</p>
<p>22 9:30 Jeopardy 10:30 Yoga w/ Alyse 10:00 ESL & Citizenship 12:30 Bingo</p> <p>Roast Turkey w/ Gravy</p>	<p>23 10:00 ESL & Citizenship 10:30 Tai Chi w/ Stanley 12:30 Bingo</p> <p>Swedish Meatballs w/ Gravy</p>	<p>24 9:00 Diamond Art 9:00 Blood Pressure Screening 10:00 Line Dancing w/ Irma 12:30 Bingo</p> <p>Beef & Cheese Lasagna</p>	<p>25 9:00 Exercise w/ Lisa 10:30 Zumba w/ Lauren 12:30 Bingo</p>  <p>Balsamic Chicken w/ Roasted Red Peppers</p>	<p>26 9:30 Total Brain Health Class 10:30 Exercise w/ Lisa 12:00 Waffles & Ice Cream 12:30 Bingo Bash</p> <p>Egg Salad Platter w/ Romaine</p>
<p>29 9:30 Trivia 10:30 Yoga w/ Alyse 10:00 ESL & Citizenship 12:30 Bingo</p> <p>Herbed Chicken Leg</p>	<p>30 9:30 Connect & Color 10:00 ESL & Citizenship 10:30 Tai Chi w/ Stanley 12:30 Bingo</p>  <p>Cheese Omelet</p>	<p>31 9:00 Diamond Art 10:00 Line Dancing w/ Irma 12:30 Bingo</p> <p>Salisbury Steak w/ Gravy</p>	<p>*Two Pool Tables are Available Daily *Card Games and Dominoes are Played Daily</p>  	<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>