

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 August 2024

August 2:	Total Brain Health w/ Agata & Dorene	9:30AM
August 5:	Jeopardy w/ Tricia	9:30AM
August 6:	Summer Karaoke & Wear White Party	10:00AM
August 9:	Pancake Breakfast	8:00AM
August 9:	Trivia w/ Tricia	9:30AM
August 12:	Memory Screenings w/ the Act Now Foundation	10:00AM
August 13:	Connect & Color Party	9:30AM
August 14:	August Birthday Party	11:30AM
August 15:	Bergen County Music & Drum Circle	1:30PM
August 16:	Trivia w/ Tricia	9:30AM
August 16:	Visit from Sheriff Cureton	12:15PM
August 20:	Voting Machine Demonstration	11:00AM
August 23:	Bingo Bash	12:30PM
August 28:	Blood Pressure Screening w/ Hackensack Health Dept.	9:00AM
August 30:	Jeopardy w/ Tricia	9:30AM

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.

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

Lunch Served Daily at 11:30

AMERICAS UNIDAS MULTICULTURAL SENIOR ACTIVITY CENTER

August 2024









MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>Suggested Lunch Donation: \$1.25 Per Meal Please reserve lunch by 11:30 AM the day before Lunch will Be Served at 11:30 Daily</p>	 <p>Have an awesome Summer!</p>	<p>*Two Pool Tables are Available Daily *Card Games and Dominoes are Played Daily</p> 	<p>1 9:00 Exercise w/ Lisa 10:30 Zumba w/ Lauren 12:30 Bingo</p> <p>Tuna Salad Platter</p>	<p>2 9:30 Total Brain Health Class 10:30 Exercise w/ Lisa 12:30 Bingo #</p> <p>Chicken Florentine</p>
<p>5 9:30 Jeopardy 10:30 Yoga w/ Alyse 10:00 ESL & Citizenship 12:30 Bingo</p>  <p>Eggplant Parmesan</p>	<p>6 10:00 Summer Karaoke 10:00 ESL & Citizenship 10:30 Tai Chi w/ Stanley 12:30 Bingo</p> <p>Korean BBQ Chicken Leg</p>	<p>7 9:00 Diamond Art 10:00 Line Dancing w/ Irma 12:30 Bingo</p> <p>Low Sodium Ham Steak</p>	<p>8 9:00 Exercise w/ Lisa 10:30 Zumba w/ Lauren 12:30 Bingo</p>  <p>Roast Beef w/ Gravy</p>	<p>9 8:00 Pancake Breakfast 9:30 Trivia 10:30 Exercise w/ Lisa 12:30 Bingo</p> <p>Turkey & Swiss on Rye</p>
<p>12 10:00 Memory Screenings 10:30 Yoga w/ Alyse 10:00 ESL & Citizenship 12:30 Bingo</p> <p>Fish Filet w/ Garlic Sauce</p>	<p>13 9:30 Connect & Color 10:00 ESL & Citizenship 10:30 Tai Chi w/ Stanley 12:30 Bingo</p>  <p>Stuffed Cabbage</p>	<p>14 9:00 Diamond Art 10:00 Line Dancing w/ Irma 11:30 August Birthday Party 12:30 Bingo</p> <p>Sesame Chicken</p>	<p>15 9:00 Exercise w/ Lisa 10:30 Zumba w/ Lauren 12:30 Bingo 1:30 Drum Circle</p> <p>Egg Salad Platter</p>	<p>16 9:30 Trivia 10:30 Exercise w/ Lisa 12:15 Visit from Sheriff Cureton 1:00 Bingo</p>  <p>Homestyle Meatloaf w/ Gravy</p>
<p>19 10:30 Yoga w/ Alyse 10:00 ESL & Citizenship 12:30 Bingo</p> <p>Pork Tenderloin w/ Gravy</p>	<p>20 10:00 ESL & Citizenship 10:30 Tai Chi w/ Stanley 11:00 Voting Machine Demo 12:30 Bingo</p> <p>Herb Roasted Chicken Leg</p>	<p>21 9:00 Diamond Art 10:00 Line Dancing w/ Irma 12:30 Bingo</p> <p>Baked Ziti & Meatballs</p>	<p>22 9:00 Exercise w/ Lisa 10:30 Zumba w/ Lauren 12:30 Bingo</p>  <p>Balsamic Chicken w/ Peppers</p>	<p>23 10:30 Exercise w/ Lisa 12:30 Bingo Bash</p> <p>Stuffed Peppers</p>
<p>26 10:30 Yoga w/ Alyse 10:00 ESL & Citizenship 12:30 Bingo</p> <p>Roasted Turkey w/ Gravy</p>	<p>27 10:00 ESL & Citizenship 10:30 Tai Chi w/ Stanley 12:30 Bingo</p> <p>Crab Cake w/ Remoulade</p>	<p>28 9:00 Diamond Art 9:00 Blood Pressure Screening 10:00 Line Dancing w/ Irma 12:30 Bingo</p> <p>Chicken Cordon Bleu</p>	<p>29 9:00 Exercise w/ Lisa 10:30 Zumba w/ Lauren 12:30 Bingo</p> <p>Cheese Omelet</p>	<p>30 9:30 Jeopardy 10:30 Exercise w/ Lisa 12:30 Bingo</p>  <p>Jerk Chicken</p>