

BERGEN NEW JERSEY *County*



Bergen County Executive
James J. Tedesco III
and the

Board of County Commissioners
invite you to the

Department of Human Services, Division of Senior Services



BERGEN COUNTY SENIOR NUTRITION PROGRAMS



A Bergen County Age-Friendly Initiative

*Please join us at one of the 23 Senior Activity Centers
or Nutrition Sites in Bergen County to celebrate Older Americans Month.*

Tuesday, May 16th

***9:00 am to 2:00 pm**

** Times may vary*

Senior Centers have so much to offer to seniors aged 60 and over: Healthy free lunches, socialization, exercise, education, and more. Come and join the fun! Visit any of the locations during the Open House and find the program that is right for you.

A special lunch will be served.

Seating is limited; reservations are required for lunch.

Please call the location of your choice for details and reservations.

Deadline for Lunch Reservations is Tuesday May 9th.

See back for list of all locations. →

Transportation is available by calling
Bergen County Division of Community Transportation
201-368-5955



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Mary J. Amoroso • Rafael Marte • Steven A. Tanelli • Tracy Silna Zur

Bergen County Senior Nutrition Program Open House

Tuesday, May 16th 9:00 am—2:00 pm

Seating is limited; reservations are required for lunch.

Please call the location of your choice for details and reservations



Bergenfield Senior Activity Center, 293 Murray Hill Terrace	201-387-7212
Cliffside Park Senior Activity Center, 500 Gorge Road	201-943-3768
East Rutherford - Southwest Senior Activity Center, 147 Hackensack Street	201-935-8920
Elmwood Park Senior Activity Center, 500 Mola Boulevard	201-796-3342
Englewood - Bergen Family Center Adult Day Program, 44 Armory Street	201-568-0817
Fair Lawn Senior Center, 11-05 Gardiner Road	201-796-1191
**Fort Lee - Richard & Catherine Nest Adult Activity Center, 319 Main Street	201-592-3754
Garfield Senior Activity Center, 480 Midland Avenue	973-478-0502
*Garfield - Golden Towers Senior Center, 225 Midland Avenue	201-522-4280
*Garfield - Belmont Gardens Senior Center, 377 Midland Avenue	201-522-4280
Hackensack - Americas Unidas Multicultural Senior Center, 101 Hudson St.	201-336-3320
Hackensack - Martin Luther King Jr. Senior Center, 375 First Street	201-342-2654
*Lyndhurst Nutrition Program, 281 Stuyvesant Avenue	201-896-1629
Midland Park - Northwest Senior Activity Center, 46-50 Center Street	201-445-5690
North Arlington Senior Activity Center, 11 York Road	201-998-5636
Palisades Park Senior Activity Center, 300 Highland Avenue	201-944-5616
Ridgefield Park Senior Activity Center, 159 Park Street	201-641-1220
River Edge (Kosher) - JCC of Northern NJ, 385 Howland Avenue	201-666-6610 ext. 2
Rutherford - 55 Kip Senior Center, 55 Kip Avenue	201-460-1600
Teaneck - Asian Women's Christian Association (AWCA), 9 Genesee Avenue	201-862-1665
Tenaflly (Kosher) - JCC on the Palisades, 411 E. Clinton Avenue	201-569-7900
Tenaflly - Korean Community Center, 100 Grove Street	201- 541-1200
Wallington Senior Activity Center, 24 Union Boulevard	973-777-5815

** Lunch only; no activities offered at these locations.*

*** Fort Lee is currently at full capacity with a wait list.*

There is no cost for the lunch program, donations are accepted with a suggested donation of \$1.25.

BERGEN NEW JERSEY *County*



Ejecutivo del Condado De Bergen

James J. Tedesco III

Y la

Junta de Comisionados del Condado

Les invita a el

Departamento de Servicios Humano, Division para Perersonas Mayores



PROGRAMAS DE NUTRICIÓN PARA PERSONAS MAYORES DEL CONDADO DE BERGEN



Una Iniciativa de Edad-Amigable del Condado de Bergen

Únase a nosotros en uno de los 23 Centros de Actividades para Personas Mayores o Sitios de Nutricion en el Condado de Bergen para celebrar el Mes de los Estadounidenses Mayores.

Martes, 16 de Mayo

***9:00 am to 2:00 pm**

** El horario puede variar*

Los Centros para Personas Mayores tienen mucho que ofrecer a las personas mayores de 60 años o más: Almuerzos saludables gratuitos, socialización, ejercicio, educación y más. ¡Venga y únase a la diversion! Visite cualquiera de las ubicaciones durante la jornada de puertas abiertas y encuentre el programa adecuado para usted. Se servirá un almuerzo especial.

Cupo Limitado; se requieren reservaciones para el almuerzo.

Por favor llame a la ubicación de su elección para detalles y reservas.

La fecha limite para reservar el almuerzo es el Martes 9 de Mayo.

Vea a el reverso para lista de todas las ubicaciones.



Transporte está disponible llamando a
Division de Transporte Comunitario del Condado de Bergen
201-368-5955



James J. Tedesco III

Ejecutivo del Condado de Bergen

Junta de Comisionados del Condado

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**Jornada de Puertas Abiertas del Programa de Nutrición para Personas Mayores
del Condado de Bergen**

Martes, 16 de Mayo 9:00 am—2:00 pm

Cupo limitado; se requieren reservaciones para el almuerzo.

Llame a la ubicación de su elección para obtener detalles y reservas.



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* Solo almuerzo; no se ofrecen actividades en estos locales.

** Fort Lee se encuentra actualmente a plena capacidad con una lista de espera.

No hay costo para el programa de almuerzo, se aceptan donaciones con una donación sugerida de \$1.25

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버겐 카운티 노인 영양 프로그램



버겐 카운티 고령 친화적 기획

23 개의 노인 활동 센터 중 한 곳에서 우리와 함께
미국 노인의 달 축하 행사에 참여 하십시오.

5월 16일 화요일

***오전 9시에서 오후 2시**

** 시간이 변경될 수 있음*

노인 센터는 60 세 이상의 노인들에게 제공 할 것이 아주 많습니다: 건강식 무료 점심,
친교 활동, 운동, 교육 프로그램 등. 함께 재미있게 동참하세요! 오픈 하우스 기간 동안
아무 곳이나 방문하여 귀하에게 적합한 프로그램을 찾으십시오.

특별한 점심식사가 제공됩니다.

자리가 한정됨; 점심을 드시려면 예약하셔야 합니다.

자세한 내용 문의 및 예약은 참석하실 장소로 전화 하십시오.

점심 예약 마감일은 5월 9일 화요일입니다.

모든 장소의 주소는 뒤쪽을 참조 하십시오.



버겐카운티 지역교통국에 전화하셔서

교통 서비스를 받을 수 있습니다.

201-368-5955



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버겐 카운티 노인 영양 프로그램 오픈 하우스

5월 16일 화요일 오전 9시부터 오후 2시까지

자리가 한정됨; 점심을 드시려면 예약하셔야 합니다.

자세한 내용 문의 및 예약은 참석하실 장소로 전화 하십시오.



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* 점심 식사 가능; 다른 활동은 제공되지 않습니다.

** 포트리는 현재 최대 수용 인원이 이용하고 있으며 대기자 명단도 있습니다.

점심 프로그램은 무료입니다, 그러나 \$1.25 의 기부금을 내실 것을 권장합니다.