

BERGEN NEW JERSEY *County*

James J. Tedesco III
County Executive

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DEPARTMENT OF HUMAN SERVICES

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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

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

NOVEMBER 2021 Great American Smokeout Month

November 2:	Center Closed - Election Day	All Day
November 7:	Daylight Saving Time Ends	All Day
November 11:	Center Closed - Veterans Day	All Day
November 15:	Thanksgiving Trivia	11:00am
November 16:	Blood Pressure, Hackensack Health Department	8:30am
November 18:	Presentation: Do's and Don't of Diabetes, Shoprite of Hackensack	10:30am
November 19:	Bingo Bash	9:00am
November 25:	Center Closed - Thanksgiving	All Day
November 26:	Center Closed - Thanksgiving Day Observance	All Day

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.

Thank you for your patience and understanding as we continue to navigate necessary COVID-19 protocols and preventative measures at our Senior Activity Centers. These protocols are intended to further ensure the health and safety of everyone at the center. Our senior activity center staff are diligently working to bring safe, but fun and enjoyable activities and programming to our centers. At this time, we ask that you please continue to pre-register for morning or afternoon sessions, as well as, for to-go lunches. Please know that your cooperation during these challenging times is very much appreciated. If you have any questions, kindly contact your center directly at (201) 336-3320.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>1</p> <p>9:00AM BINGO 10:30AM STRETCH AND STRENGTH 12 NOON POOL & CARDS</p> <p>TURKEY AND SWISS SANDWICH</p>	<p>2</p> <p>ELECTION DAY CENTER CLOSED</p> 	<p>3</p> <p>9:00AM BINGO 10:30AM TAI CHI WITH STANLEY 12 NOON POOL & CARDS</p> <p>BREADED CHICKEN CUTLET</p>	<p>4</p> <p>9:00AM BINGO 10:30AM CHAIR ZUMBA 12 NOON POOL & CARDS</p> <p>SHAVED BEEF STROGANOFF</p>	<p>5</p> <p>9:00AM BINGO 10:30AM CHAIR EXERCISE WITH LISA 12 NOON POOL & CARDS</p> <p>BROCCOLI STUFFED CHICKEN</p>
<p>8</p> <p>9:00AM BINGO 10:30AM STRETCH AND STRENGTH 12 NOON POOL & CARDS</p> <p>CHICKEN SALAD SANDWICH</p>	<p>9</p> <p>9:00AM BINGO 10:30AM SUN YOGA 12 NOON POOL & CARDS</p> <p>BBQ PULLED PORK</p>	<p>10</p> <p>9:00AM BINGO 10:30AM TAI CHI WITH STANLEY 12 NOON POOL & CARDS</p> <p>HAMBURGER</p>	<p>11</p> <p>VETERANS DAY CENTER CLOSED</p> 	<p>12</p> <p>9:00AM BINGO 10:30AM CHAIR EXERCISE WITH LISA 12 NOON POOL & CARDS</p> <p>ROAST TURKEY</p>
<p>15</p> <p>9:00AM BINGO 10:30AM STRETCH AND STRENGTH 11:00AM THANKSGIVING TRIVIA 12 NOON POOL & CARDS</p> <p>HAM AND SWISS SANDWICH</p>	<p>16</p> <p>9:00AM BINGO 10:30AM SUN YOGA 12 NOON POOL & CARDS</p> <p>Blood Pressure Screening 8:30am</p> <p>CHICKEN TERIYAKI</p>	<p>17</p> <p>9:00AM BINGO 10:30AM TAI CHI WITH STANLEY 12 NOON POOL & CARDS</p> <p>SALISBURY STEAK</p>	<p>18</p> <p>9:00AM BINGO 10:30AM Presentation: Do's and Don'ts of Diabetes By: Shoprite of Hackensack 12 NOON POOL & CARDS</p> <p>ITALIAN MEATBALLS</p>	<p>19</p> <p>9:00AM BINGO BASH 10:30AM CHAIR EXERCISE WITH LISA 12 NOON POOL & CARDS</p> <p>SHAVED CHICKEN SANDWICH</p>
<p>22</p> <p>9:00AM BINGO 10:30AM STRETCH AND STRENGTH 12 NOON POOL & CARDS</p> <p>EGG SALAD SANDWICH</p>	<p>23</p> <p>9:00AM BINGO 10:30AM SUN YOGA 12 NOON POOL & CARDS</p> <p>KOREAN BBQ CHICKEN LEG</p>	<p>24</p> <p>9:00AM BINGO 10:30AM TAI CHI WITH STANLEY 12 NOON POOL & CARDS</p> <p>STUFFED CABBAGE</p>	<p>25</p> <p>THANKSGIVING DAY CENTER CLOSED</p>  <p>THANKSGIVING</p>	<p>26</p> <p>THANKSGIVING DAY OBSERVANCE CENTER CLOSED</p>
<p>29</p> <p>9:00AM BINGO 10:30AM STRETCH AND STRENGTH 12 NOON POOL & CARDS</p> <p>CHICKEN CUTLET SANDWICH</p>	<p>30</p> <p>9:00AM BINGO 10:30AM SUN YOGA 12 NOON POOL & CARDS</p> <p>MEATLOAF</p>		 	<p>TAKE HOME LUNCH</p> <p>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>