

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

DECEMBER 2021 Season's Greetings

December 6:	Presentation: Winter Safety, Hackensack Meridian Health	10:30am
December 17:	Bingo Bash	9:00am
December 20:	Christmas Trivia	11:00am
December 21:	Winter Begins	All Day
December 21:	Blood Pressure, Hackensack Health Department	9:00am
December 24:	Center Closed - Christmas Day Observance	All Day
December 26:	Kwanzaa Begins	All Day
December 31:	Center Closed - New Year's 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,

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.



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.

DECEMBER

AMERICAS UNIDAS MULTICULTURAL SENIOR ACTIVITY CENTER

2021

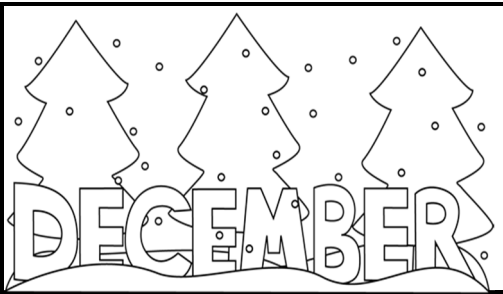

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<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>		<p>1</p> <p>9:00AM BINGO 10:30AM SUN YOGA WITH ESTHER (Video)</p> <p>12 NOON POOL & CARDS</p> <p>BAKED WHOLE WHEAT PENNE</p>	<p>2</p> <p>9:00AM CHAIR EXERCISE WITH LISA 10:30AM BINGO 12 NOON POOL & CARDS</p> <p>STUFFED CABBAGE</p>	<p>3</p> <p>9:00AM BINGO 10:30AM CHAIR EXERCISE WITH LISA 12 NOON POOL & CARDS</p> <p>ROAST TURKEY</p>
<p>6</p> <p>9:00AM BINGO 10:30AM Presentation: Winter Safety 11:00AM CHAIR ZUMBA (Video) 12 NOON POOL & CARDS</p> <p>GRILLED CHICKEN SANDWICH</p>	<p>7</p> <p>9:00AM BINGO 10:30AM TAI CHI WITH STANLEY 12 NOON POOL & CARDS</p> <p>RIGATONI WITH BEEF BOLOGNESE</p>	<p>8</p> <p>9:00AM BINGO 10:30AM SUN YOGA WITH ESTHER (Video)</p> <p>12 NOON POOL & CARDS</p> <p>PULLED BBQ CHICKEN SANDWICH</p>	<p>9</p> <p>9:00AM CHAIR EXERCISE WITH LISA 10:30AM BINGO 12 NOON POOL & CARDS</p> <p>HAM STEAK WITH PINEAPPLE</p>	<p>10</p> <p>9:00AM BINGO 10:30AM CHAIR EXERCISE WITH LISA 12 NOON POOL & CARDS</p> <p>MEATLOAF WITH MUSHROOM GRAVY</p>
<p>13</p> <p>9:00AM BINGO 10:30AM CHAIR ZUMBA (Video) 12 NOON POOL & CARDS</p> <p>EGG SALAD SANDWICH</p>	<p>14</p> <p>9:00AM BINGO 10:30AM TAI CHI WITH STANLEY 12 NOON POOL & CARDS</p> <p>PORK TENDERLOIN</p>	<p>15</p> <p>9:00AM BINGO 10:30AM SUN YOGA WITH ESTHER (Video)</p> <p>12 NOON POOL & CARDS</p> <p>CHICKEN CORDON BLUE</p>	<p>16</p> <p>9:00AM CHAIR EXERCISE WITH LISA 10:30AM BINGO 12 NOON POOL & CARDS</p> <p>SWEET & SOUR MEATBALLS</p>	<p>17</p> <p>9:00AM BINGO BASH 10:30AM CHAIR EXERCISE WITH LISA 12 NOON POOL & CARDS</p> <p>PEPPER STEAK</p>
<p>20</p> <p>9:00AM BINGO 10:30AM CHAIR ZUMBA (Video) 11:00 Holiday Trivia 12 NOON POOL & CARDS</p> <p>TUNA SALAD SANDWICH</p>	<p>21</p> <p>9:00AM BINGO 10:30AM TAI CHI WITH STANLEY 12 NOON POOL & CARDS</p> <p>Blood Pressure Screening 9:00am Winter Begins</p> <p>TURKEY, RICE & BEAN CHILI</p>	<p>22</p> <p>9:00AM BINGO 10:30AM SUN YOGA WITH ESTHER (Video)</p> <p>12 NOON POOL & CARDS</p> <p>ROAST BEEF WITH GRAVY</p>	<p>23</p> <p>9:00AM CHAIR EXERCISE WITH LISA 10:30AM BINGO 12 NOON POOL & CARDS</p> <p>CHICKEN FLORENTINE</p>	<p>24</p> <p>CHRISTMAS DAY OBSERVANCE CENTER CLOSED</p> 
<p>27</p> <p>9:00AM BINGO 10:30AM CHAIR ZUMBA (Video) 12 NOON POOL & CARDS</p> <p>BREADED CHICKEN SANDWICH</p>	<p>28</p> <p>9:00AM BINGO 10:30AM TAI CHI WITH STANLEY 12 NOON POOL & CARDS</p> <p>BEER BATTERED FISH</p>	<p>29</p> <p>9:00AM BINGO 10:30AM SUN YOGA WITH ESTHER (Video)</p> <p>12 NOON POOL & CARDS</p> <p>MACARONI & CHEESE</p>	<p>30</p> <p>9:00AM CHAIR EXERCISE WITH LISA 10:30AM BINGO 12 NOON POOL & CARDS</p> <p>BROCCOLI STUFFED CHICKEN</p>	<p>31</p> <p>NEW YEAR'S DAY OBSERVANCE CENTER CLOSED</p> <p>2022</p> <p>Happy New Year</p> 