

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

JANUARY 2022
Happy New Year

January 1:	Happy New Year!	All Day
January 6:	Three Kings Days	All Day
January 17:	Center Closed - Martin Luther King Jr. Day Observance	All Day
January 24:	Winter Trivia	11:00am
January 28:	Bingo Bash	9:00am
Tuesday's	Tai Chi with Stanley	10:30am
Thursday's	Chair Exercise with Lisa	9:00am
Friday's	Chair Exercise with Lisa	10:30am

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.

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.

JANUARY 2022

AMERICAS UNIDAS MULTICULTURAL SENIOR ACTIVITY CENTER

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>3</p> <p>9:00AM BINGO 10:30AM CHAIR ZUMBA (Video) 12 NOON POOL & CARDS</p> <p>TUNA SALAD</p>	<p>4</p> <p>9:00AM BINGO 10:30AM TAI CHI WITH STANLEY 12 NOON POOL & CARDS</p> <p>VEGGIE AND CHEESE LASAGNA</p>	<p>5</p> <p>9:00AM BINGO 10:30AM SUN YOGA WITH ESTHER (Video) 12 NOON POOL & CARDS</p> <p>MEATLOAF</p>	<p>6</p> <p>9:00AM CHAIR EXERCISE WITH LISA 10:30AM BINGO 12 NOON POOL & CARDS</p> <p>STUFFED FLOUNDER</p>	<p>7</p> <p>9:00AM BINGO 10:30AM CHAIR EXERCISE WITH LISA 12 NOON POOL & CARDS</p> <p>BEEF STROGANOFF</p>
<p>10</p> <p>9:00AM BINGO 10:30AM CHAIR ZUMBA (Video) 12 NOON POOL & CARDS</p> <p>ROAST BEEF WITH PROVOLONE</p>	<p>11</p> <p>9:00AM BINGO 10:30AM TAI CHI WITH STANLEY 12 NOON POOL & CARDS</p> <p>CHICKEN TERIYAKI</p>	<p>12</p> <p>9:00AM BINGO 10:30AM SUN YOGA WITH ESTHER (Video) 12 NOON POOL & CARDS</p> <p>MEAT LASAGNA</p>	<p>13</p> <p>9:00AM CHAIR EXERCISE WITH LISA 10:30AM BINGO 12 NOON POOL & CARDS</p> <p>SWEDISH MEATBALLS</p>	<p>14</p> <p>9:00AM BINGO 10:30AM CHAIR EXERCISE WITH LISA 12 NOON POOL & CARDS</p> <p>SALISBURY WITH MUSHROOM GRAVY</p>
<p>17</p> <p><i>Martin Luther King, Jr. Day Center Closed</i></p> 	<p>18</p> <p>9:00AM BINGO 10:30AM TAI CHI WITH STANLEY 12 NOON POOL & CARDS</p> <p>TURKEY AND CHEESE SANDWICH</p>	<p>19</p> <p>9:00AM BINGO 10:30AM SUN YOGA WITH ESTHER (Video) 12 NOON POOL & CARDS</p> <p>BAKED PENNE WITH RICOTTA</p>	<p>20</p> <p>9:00AM CHAIR EXERCISE WITH LISA 10:30AM BINGO 12 NOON POOL & CARDS</p> <p>ORANGE CHICKEN</p>	<p>21</p> <p>9:00AM BINGO 10:30AM CHAIR EXERCISE WITH LISA 12 NOON POOL & CARDS</p> <p>BEEF & MACARONI</p>
<p>24</p> <p>9:00AM BINGO 10:30AM CHAIR ZUMBA (Video) 11:00 Holiday Trivia 12 NOON POOL & CARDS</p> <p>BREADED CHICKEN SANDWICH</p>	<p>25</p> <p>9:00AM BINGO 10:30AM TAI CHI WITH STANLEY 12 NOON POOL & CARD</p> <p>ROTINI WITH TURKEY SAUSAGE</p>	<p>26</p> <p>9:00AM BINGO 10:30AM SUN YOGA WITH ESTHER (Video) 12 NOON POOL & CARDS</p> <p>PORK LOIN WITH LEMON BUTTER</p>	<p>27</p> <p>9:00AM CHAIR EXERCISE WITH LISA 10:30AM BINGO 12 NOON POOL & CARDS</p> <p>CHICKEN HONEY DIJON</p>	<p>28</p> <p>9:00AM BINGO BASH 10:30AM CHAIR EXERCISE WITH LISA 12 NOON POOL & CARDS</p> <p>OPEN TURKEY SANDWICH</p>
<p>31</p> <p>9:00AM BINGO 10:30AM CHAIR ZUMBA (Video) 12 NOON POOL & CARDS</p> <p>EGG SALAD WITH PITA BREAD</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>