

# BERGEN NEW JERSEY *County*

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*County Executive*

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**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**

**SEPTEMBER 2022**  
**National Senior Center Month**

<b>September 5:</b>	<b>Center Closed - Labor Day Observance</b>	<b>All Day</b>
<b>September 9:</b>	<b>Boost Bergen End of Summer BBQ</b>	<b>10:00AM</b>
<b>September 13:</b>	<b>Annual Senior Citizens Festival</b> <b>Van Saun Park, Paramus</b>	<b>10:00AM</b>
<b>September 19:</b>	<b>Trivia with Maria and Tricia</b>	<b>10:00AM</b>
<b>September 21:</b>	<b>September Birthday Party</b>	<b>11:30AM</b>
<b>September 22:</b>	<b>Join us for Popcorn and a Movie!</b>	<b>10:00AM</b>
<b>September 22:</b>	<b>First Day of Autumn</b>	<b>All Day</b>
<b>September 25:</b>	<b>Rosh Hashanah Begins at Sundown</b>	<b>All Day</b>
<b>September 26:</b>	<b>Concentration with Maria and Doreen</b>	<b>10:00AM</b>
<b>September 29:</b>	<b>Presentation: Medication Safety by Direct Meds</b>	<b>10:30AM</b>
<b>September 30:</b>	<b>Bingo Bash</b>	<b>12:30PM</b>
<b>September 30:</b>	<b>Pizza Party - \$6 Sign Up in Advance!</b>	<b>11:45AM</b>

*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.

On behalf of the County of Bergen, we thank you for your patience during the Covid-19 pandemic. At this time, the County has lifted most restrictions related to Covid-19, but will continue to require health screenings upon entrance to the centers. Masks are now optional throughout the centers. Masks are still required on the bus for those who are unvaccinated, although it is preferable for all to wear a mask when on the bus. Meals will return to congregate setting, and there will no longer be a Grab & Go option. We look forward to seeing you again as we resume all regular activities. If you have any questions, kindly contact your center directly at (201) 336-3320.

# SEPTEMBER 2022

# AMERICAS UNIDAS MULTICULTURAL SENIOR ACTIVITY CENTER




## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

<p><b>LUNCH</b> Lunch is served daily at 11:45am Please be seated by 11:30am 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><b>SENIOR CITIZENS FESTIVAL</b>  <b>TUESDAY, SEPTEMBER 13TH</b>  <b>VAN SAUN PARK, PARAMUS</b>  <b>RAIN DATE: SEPTEMBER 20TH</b></p>		<p>1 9:00AM EXERCISE WITH LISA 10:00AM WISE PROGRAM 11:00AM POOL &amp; CARDS 11:45AM LUNCH SERVED 12:30PM BINGO</p> <p><b>SLICED TURKEY w/ GRAVY</b></p>	<p>2 10:30AM CHAIR EXERCISE WITH LISA 11:00AM POOL &amp; CARDS 11:45AM LUNCH SERVED 12:30PM BINGO</p> <p><b>RIGATONI BOLOGNESE</b></p>
<p>5 <b>CENTER CLOSED LABOR DAY</b></p> 	<p>6 10:00AM ESL &amp; CITIZENSHIP 10:30AM TAI CHI WITH STANLEY 11:00AM POOL &amp; CARDS 11:45AM LUNCH SERVED 12:30PM BINGO</p> <p><b>HAMBURGER (BEEF) W/ SAUSAGE &amp; GARLIC OIL</b></p>	<p>7 10:00AM LINE DANCING WITH IRMA 11:00AM POOL &amp; CARDS 11:45AM LUNCH SERVED 12:30PM BINGO</p> <p><b>CHICKEN FLORENTINE</b></p>	<p>8 9:00AM EXERCISE WITH LISA 11:00AM POOL &amp; CARDS 11:45AM LUNCH SERVED 12:30PM BINGO</p> <p><b>FISH STICKS w/ LEMON WEDGE &amp; TARTAR SAUCE</b></p>	<p>9 <b>BOOST BERGEN END OF SUMMER BBQ</b></p>  <p><b>PULLED PORK SANDWICH</b></p>
<p>12 9:00AM SENIOR KARATE WITH LARRY 10:00AM ESL &amp; CITIZENSHIP 11:00AM POOL &amp; CARDS 11:45AM LUNCH SERVED 12:30PM BINGO</p> <p><b>GRILLED CHICKEN CAESAR SALAD</b></p>	<p>13 10:00AM ESL &amp; CITIZENSHIP 10:30AM TAI CHI WITH STANLEY 11:00AM POOL &amp; CARDS 11:45AM LUNCH SERVED 12:30PM BINGO</p> <p><b>Senior Citizens Festival - 10am Van Saun County Park, Paramus SALISBURY STEAK/ BROWN GRAVY</b></p>	<p>14 10:00AM LINE DANCING WITH IRMA 11:00AM POOL &amp; CARDS 11:45AM LUNCH SERVED 12:30PM BINGO</p> <p><b>ITALIAN MEATBALLS w/ TOMATO BASIL SAUCE</b></p>	<p>15 9:00AM EXERCISE WITH LISA 11:00AM POOL &amp; CARDS 11:45AM LUNCH SERVED 12:30PM BINGO</p> <p><b>TURKEY BURGER w/ BROWN GRAVY</b></p>	<p>16 10:30AM EXERCISE WITH LISA 11:00AM POOL &amp; CARDS 11:45AM LUNCH SERVED 12:30PM BINGO</p> <p><b>ORANGE CHICKEN</b></p>
<p>19 9:00AM SENIOR KARATE WITH LARRY 10:00AM ESL &amp; CITIZENSHIP 10:00AM SEPTEMBER TRIVIA 11:00AM POOL &amp; CARDS 11:45AM LUNCH SERVED 12:30PM BINGO</p> <p><b>TURKEY &amp; SWISS CHEESE w/ ARUGULA ON WW ROLL</b></p>	<p>20 10:00AM ESL &amp; CITIZENSHIP 10:30AM TAI CHI WITH STANLEY 11:00AM POOL &amp; CARDS 11:45AM LUNCH SERVED 12:30PM BINGO</p> <p><b>STUFFED CABBAGE</b></p>	<p>21 10:00AM LINE DANCING WITH IRMA 11:00AM POOL &amp; CARDS 11:30AM SEPTEMBER BIRTHDAY PARTY 11:45AM LUNCH SERVED 12:30PM BINGO</p> <p><b>LEMON PEPPER BAKED FISH</b></p>	<p>22 9:00AM EXERCISE WITH LISA 10:00AM POPCORN &amp; A MOVIE 11:00AM POOL &amp; CARDS 11:45AM LUNCH SERVED 12:30PM BINGO</p> <p><b>First Day of Autumn SLOPPY JOE ON KAISER ROLL</b></p>	<p>23 10:30AM EXERCISE WITH LISA 11:00AM POOL &amp; CARDS 11:45AM LUNCH SERVED 12:30PM BINGO BASH</p> <p><b>EGG SALAD ON ROMAINE LETTUCE</b></p>
<p>26 9:00AM SENIOR KARATE WITH LARRY 10:00AM CONCENTRATION GAME 11:00AM ESL &amp; CITIZENSHIP 11:00AM POOL &amp; CARDS 11:45AM LUNCH SERVED 12:30PM BINGO</p> <p><b>TUNA NOODLE SALAD</b></p>	<p>27 10:00AM ESL &amp; CITIZENSHIP 10:30AM TAI CHI WITH STANLEY 11:00AM POOL &amp; CARDS 11:45AM LUNCH SERVED 12:30PM BINGO</p> <p><b>PORK TENDERLOIN w/ GRAVY</b></p>	<p>28 10:00AM LINE DANCING WITH IRMA 11:00AM POOL &amp; CARDS 11:45AM LUNCH SERVED 12:30PM BINGO</p> <p><b>KOREAN BBQ CHICKEN LEG QUARTER</b></p>	<p>29 9:00AM EXERCISE WITH LISA 10:30AM PRESENTATION: Med. Safety 11:00AM POOL &amp; CARDS 11:45AM LUNCH SERVED 12:30PM BINGO</p> <p><b>CHEESE RAVIOLI IN A HEARTY SPINACH SAUCE</b></p>	<p>30 10:30AM EXERCISE WITH LISA 11:00AM POOL &amp; CARDS 11:45AM LUNCH SERVED 12:30PM BINGO BASH</p> <p><b>Pizza Party 12 Noon SHAVED CHICKEN SANDWICH</b></p>