

BERGEN NEW JERSEY *County*

James J. Tedesco III
County Executive

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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

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

December 2022
Season's Greetings

December 2:	Holiday Fiesta	10:00AM
December 5:	Presentation: Food Labels by the Community Food Bank of NJ	10:30AM
December 14:	December Birthday Party	11:30AM
December 15:	Traveling Down Memory Lane by Holy Name Medical Center	10:00AM
December 18:	Hanukkah Begins at Sundown	
December 19:	Dice Bingo with Maria and Dorene	10:00AM
December 20:	Blood Pressure by the Hackensack Health Department	9:00AM
December 21:	Winter Begins	All Day
December 22:	Join us for Popcorn and a Christmas Movie!	10:00AM
December 25:	Christmas Dinner at Garfield Senior Activity Center 480 Midland Avenue, Garfield, NJ	10:00AM - 1:30PM
December 26:	Center Closed - Christmas Day Observance	All Day
December 26:	Kwanzaa Begins	All Day
December 30:	Bingo Bash	12:30PM
December 30:	Sparkling Cider Toast	11:15AM

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. 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.

DECEMBER 2022

AMERICAS UNIDAS MULTICULTURAL SENIOR ACTIVITY CENTER





MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>LUNCH 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>1</p> <p>9:00AM EXERCISE WITH LISA 11:00AM POOL & CARDS 11:45AM LUNCH SERVED 12:30PM BINGO</p> <p>HOME STYLE MEATLOAF W/ GRAVY</p>	<p>2</p>  <p>HOLIDAY FIESTA 10:00AM - 1:00PM</p> <p>HERB ROASTED CHICKEN LEG</p>
<p>5</p> <p>9:00AM SENIOR KARATE WITH LARRY 10:00AM ESL & CITIZENSHIP 10:30AM PRESENTATION: NUTRITION 11:00AM POOL & CARDS 11:45AM LUNCH SERVED 12:30PM BINGO</p> <p>WHOLE WHEAT ZITI W/ CRUMBLER TURKEY SAUSAGE</p>	<p>6</p> <p>10:00AM ESL & CITIZENSHIP 10:30AM TAI CHI WITH STANLEY 11:00AM POOL & CARDS 11:45AM LUNCH SERVED 12:30PM BINGO</p> <p>TUNA SALAD</p>	<p>7</p> <p>10:00AM LINE DANCING WITH IRMA 11:00AM POOL & CARDS 11:45AM LUNCH SERVED 12:30PM BINGO</p> <p>PULLED BBQ CHICKEN</p>	<p>8</p> <p>9:00AM EXERCISE WITH LISA 11:00AM POOL & CARDS 11:45AM LUNCH SERVED 12:30PM BINGO</p> <p>SLICED ROAST BEEF W/ GRAVY</p>	<p>9</p> <p>10:30AM EXERCISE WITH LISA 11:00AM POOL & CARDS 11:45AM LUNCH SERVED 12:30PM BINGO BASH</p> <p>TORTELLINI AND CHICKEN ALFREDO</p>
<p>12</p> <p>9:00AM SENIOR KARATE WITH LARRY 10:00AM ESL & CITIZENSHIP 11:00AM POOL & CARDS 11:45AM LUNCH SERVED 12:30PM BINGO</p> <p>EGG SALAD ON ROMAINE LETTUCE</p>	<p>13</p> <p>10:00AM ESL & CITIZENSHIP 10:30AM TAI CHI WITH STANLEY 11:00AM POOL & CARDS 11:45AM LUNCH SERVED 12:30PM BINGO</p> <p>CHEESE RAVIOLI W/ MEATBALLS</p>	<p>14</p> <p>10:00AM LINE DANCING WITH IRMA 11:00AM POOL & CARDS 11:30AM DECEMBER BIRTHDAY PARTY 11:45AM LUNCH SERVED 12:30PM BINGO</p> <p>SLICED TURKEY W/ GRAVY</p>	<p>15</p> <p>9:00AM EXERCISE WITH LISA 10:00AM MEMORY LANE ACTIVITY 11:00AM POOL & CARDS 11:45AM LUNCH SERVED 12:30PM BINGO</p> <p>STUFFED CABBAGE</p>	<p>16</p> <p>10:30AM EXERCISE WITH LISA 11:00AM POOL & CARDS 11:45AM LUNCH SERVED 12:30PM BINGO</p> <p>UNBREADED CHICKEN MARSALA</p>
<p>19</p> <p>9:00AM SENIOR KARATE WITH LARRY 10:00AM ESL & CITIZENSHIP 10:00AM DICE BINGO 11:00AM POOL & CARDS 11:45AM LUNCH SERVED 12:30PM BINGO</p> <p>TURKEY AND RED KIDNEY BEAN CHILI</p>	<p>20</p> <p>9:00AM BLOOD PRESSURE 10:00AM ESL & CITIZENSHIP 10:30AM TAI CHI WITH STANLEY 11:00AM POOL & CARDS 11:45AM LUNCH SERVED 12:30PM BINGO</p> <p>BEEF GOULASH</p>	<p>21</p> <p>10:00AM LINE DANCING WITH IRMA 11:00AM POOL & CARDS 11:45AM LUNCH SERVED 12:30PM BINGO</p> <p>Winter Begins BAKED FISH W/ DILL SAUCE</p>	<p>22</p> <p>9:00AM EXERCISE WITH LISA 10:00AM POPCORN & A MOVIE 11:00AM POOL & CARDS 11:45AM LUNCH SERVED 12:30PM BINGO</p> <p>BBQ CHICKEN QUARTER</p>	<p>23</p> <p>10:30AM EXERCISE WITH LISA 11:00AM POOL & CARDS 11:45AM LUNCH SERVED 12:30PM BINGO</p> <p>SALISBURY STEAK W/ GRAVY AND SAUTEED ONIONS</p>
<p>26</p> <p>CHRISTMAS DAY OBSERVANCE CENTER CLOSED</p>  <p>Kwanzaa Begins</p>	<p>27</p> <p>10:00AM ESL & CITIZENSHIP 10:30AM TAI CHI WITH STANLEY 11:00AM POOL & CARDS 11:45AM LUNCH SERVED 12:30PM BINGO</p> <p>BROCCOLI STUFFED FISH</p>	<p>28</p> <p>10:00AM LINE DANCING WITH IRMA 11:00AM POOL & CARDS 11:45AM LUNCH SERVED 12:30PM BINGO</p> <p>SLOPPY JOE</p>	<p>29</p> <p>9:00AM EXERCISE WITH LISA 11:00AM POOL & CARDS 11:45AM LUNCH SERVED 12:30PM BINGO</p> <p>CHICKEN PARMESAN</p>	<p>30</p> <p>10:30AM EXERCISE WITH LISA 11:00AM POOL & CARDS 11:15AM SPARKLING CIDER TOAST 11:45AM LUNCH SERVED 12:30PM BINGO BASH</p> <p>PORK TENDERLOIN W/ GRAVY</p>