

# BERGEN NEW JERSEY *County*

**James J. Tedesco III**  
*County Executive*

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DEPARTMENT OF HUMAN SERVICES  
**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](mailto: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 June 2023 National Fresh Fruits and Vegetables Month

June 2:	Presentation: Foot Care by Innovative Foot & Ankle	9:30AM
June 6:	Jeopardy with Aggie and Dorene	9:30AM
June 7:	Farmers' Market Coupons Distributed at the Center	9:00AM
June 14:	Blood Pressure by Hackensack Health Department	9:00AM
June 14:	June Birthday Party	11:30AM
June 14:	Flag Day	
June 16:	Juneteenth Observance - Center Closed	All Day
June 18:	Happy Father's Day!	
June 20:	Join us for Popcorn and a Movie!	9:00AM
June 21:	First Day of Summer! Join us for Ice Pops!	12 Noon
June 23:	Karaoke with Aggie and Dorene	9:30AM
June 27:	Hand Massages with Aggie and Dorene - Please sign up!	9:30AM
June 30:	Bingo Bash	12:30PM

*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 Elder Abuse Awareness Walk

Saturday June 3, 2023

Overpeck County Park Amphitheater  
One Challenger Road, Ridgfield Park

Rain Date Sunday, June 11, 2023

9:00am—12:00pm

Register today using the link below or calling 201-336-7416

<https://www.eventbrite.com/e/bergen-county-elder-abuse-awareness-walk-tickets-635453868627>



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.




**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.  101 Hudson Street, Hackensack, NJ 07601 ~Center Hours: 8:00 - 3:30~</p>			<p>1 9:00AM EXERCISE WITH LISA 10:30AM ZUMBA WITH LAUREN 11:45AM LUNCH SERVED 12:30PM BINGO  <b>PORK CHOP IN GARLIC SAUCE</b></p>	<p>2 9:30AM PRESENTATION: FOOT CARE 10:30AM EXERCISE WITH LISA 11:45AM LUNCH SERVED 12:30PM BINGO  <b>CREAMED SPINACH STUFFED FISH</b></p>
<p>5 10:30AM YOGA WITH ALYSE 10:00AM ESL &amp; CITIZENSHIP 11:45AM LUNCH SERVED 12:30PM BINGO  <b>SHAVED PHILLY BEEF AND CHEESE SANDWICH</b></p>	<p>6 9:30AM JEOPARDY 10:00AM ESL &amp; CITIZENSHIP 10:30AM TAI CHI WITH STANLEY 11:45AM LUNCH SERVED 12:30PM BINGO  <b>HAWAIIAN CHICKEN</b></p>	<p>7 10:00AM LINE DANCING WITH IRMA 11:45AM LUNCH SERVED 12:30PM BINGO <b>Farmers' Market Coupons 9:00- 12:00</b>  <b>WHOLE WHEAT ZITI WITH CRUMBLIED ITALIAN TURKEY SAUSAGE, PEPPERS, ONIONS WITH MARINARA SAUCE</b></p>	<p>8 9:00AM EXERCISE WITH LISA 10:30AM ZUMBA WITH LAUREN 11:45AM LUNCH SERVED 12:30PM BINGO  <b>BAKED FISH WITH LEMON DILL SAUCE</b></p>	<p>9 10:30AM EXERCISE WITH LISA 11:45AM LUNCH SERVED 12:30PM BINGO  <b>SWEDISH MEATBALLS</b></p>
<p>12 10:30AM YOGA WITH ALYSE 10:00AM ESL &amp; CITIZENSHIP 11:45AM LUNCH SERVED 12:30PM BINGO  <b>MEATLOAF WITH BROWN GRAVY</b></p>	<p>13 10:00AM ESL &amp; CITIZENSHIP 10:30AM TAI CHI WITH STANLEY 11:45AM LUNCH SERVED 12:30PM BINGO  <b>HERB ROASTED CHICKEN LEG</b></p>	<p>14 9:00AM BLOOD PRESSURE SCREENING 10:00AM LINE DANCING WITH IRMA 11:30AM JUNE BIRTHDAY PARTY 11:45AM LUNCH SERVED 12:30PM BINGO <b>Flag Day</b>  <b>EGG SALAD ON ROMAINE LETTUCE</b></p>	<p>15 9:00AM EXERCISE WITH LISA 10:30AM ZUMBA WITH LAUREN 11:45AM LUNCH SERVED 12:30PM BINGO  <b>STUFFED PEPPERS (TURKEY)</b></p>	<p><b>CENTER CLOSED JUNETEENTH OBSERVANCE</b>  </p>
<p>19 10:30AM YOGA WITH ALYSE 10:00AM ESL &amp; CITIZENSHIP 11:45AM LUNCH SERVED 12:30PM BINGO  <b>LEMON-PEPPER BAKED FISH</b></p>	<p>20 9:00AM POPCORN &amp; A MOVIE 10:00AM ESL &amp; CITIZENSHIP 10:30AM TAI CHI WITH STANLEY 11:45AM LUNCH SERVED 12:30PM BINGO  <b>CHICKEN FILLET WITH HONEY DIJON MUSTARD</b></p>	<p>21 10:00AM LINE DANCING WITH IRMA 11:45AM LUNCH SERVED 12:30PM BINGO  <b>First Day of Summer</b>  <b>HONEY GLAZED PORK CHOP</b></p>	<p>22 9:00AM EXERCISE WITH LISA 10:30AM ZUMBA WITH LAUREN 11:45AM LUNCH SERVED 12:30PM BINGO  <b>SLICED TURKEY AND SWISS CHEESE WITH ARUGULA ON WHOLE WHEAT ROLL</b></p>	<p>23 9:30AM KARAOKE 10:30AM EXERCISE WITH LISA 11:45AM LUNCH SERVED 12:30PM BINGO  <b>HAMBURGER (BEEF)</b></p>
<p>26 10:30AM YOGA WITH ALYSE 10:00AM ESL &amp; CITIZENSHIP 11:45AM LUNCH SERVED 12:30PM BINGO  <b>LS HAM STEAK WITH PINEAPPLE</b></p>	<p>27 9:30AM HAND MASSAGE 10:00AM ESL &amp; CITIZENSHIP 10:30AM TAI CHI WITH STANLEY 11:45AM LUNCH SERVED 12:30PM BINGO  <b>CHICKEN CORDON BLEU</b></p>	<p>28 10:00AM LINE DANCING WITH IRMA 11:45AM LUNCH SERVED 12:30PM BINGO  <b>POTATO CRUSTED BAKED FISH</b></p>	<p>29 9:00AM EXERCISE WITH LISA 10:30AM ZUMBA WITH LAUREN 11:45AM LUNCH SERVED 12:30PM BINGO  <b>MINI CHEESE RAVIOLI WITH (2) MEATBALLS</b></p>	<p>30 10:30AM EXERCISE WITH LISA 11:45AM LUNCH SERVED 12:30PM BINGO BASH  <b>KOREAN BBQ CHICKEN LEG QTR.</b></p>