

# BERGEN NEW JERSEY *County*

James J. Tedesco III  
County Executive

and the

**BOARD OF COUNTY COMMISSIONERS**

**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

**January 2023**  
**Happy New Year!**

January 2	Center Closed - New Year's Day Observance	All Day
January 6	Celebrate Three Kings Day with Hot Chocolate and Treats!	10:00AM
January 9	Join us for Popcorn and a Movie!	10:00AM
January 16	Center Closed - Martin Luther King Jr. Day	All Day
January 18	January Birthday Party	11:30AM
January 20	Trivia with Maria and Tricia	
January 23	Concentration Game with Maria and Dorene	10:00AM
January 27	Bingo Bash	12:30PM
January 30	Presentation: Wellness Trends By: Shoprite of Hackensack	10:30AM
	New Class! Zumba on Thursday's at 10:30AM.!	

*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.

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

<p>2</p> <p><b>NEW YEAR'S DAY OBSERVANCE CENTER CLOSED</b></p> 	<p>3</p> <p>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>MEATLOAF W/ GRAVY</b></p>	<p>4</p> <p>10:00AM LINE DANCING WITH IRMA 11:00AM POOL &amp; CARDS 11:45AM LUNCH SERVED 12:30PM BINGO</p> <p><b>BAKED FISH W/ GARLIC LEMON SAUCE</b></p>	<p>5</p> <p>9:00AM EXERCISE WITH LISA 10:30AM ZUMBA WITH LAUREN 11:00AM POOL &amp; CARDS 11:45AM LUNCH SERVED 12:30PM BINGO</p> <p><b>BBQ PULLED PORK W/ SAUCE</b></p>	<p>6</p> <p>10:00AM THREE KINGS CELEBRATION 10:30AM EXERCISE WITH LISA 11:00AM POOL &amp; CARDS 11:45AM LUNCH SERVED 12:30PM BINGO</p> <p><b>ROASTED CHICKEN LEG W/ CACCIATORE SAUCE</b></p>
<p>9</p> <p>9:00AM SENIOR KARATE WITH LARRY 10:00AM POPCORN &amp; A MOVIE 10:00AM ESL &amp; CITIZENSHIP 11:00AM POOL &amp; CARDS 11:45AM LUNCH SERVED 12:30PM BINGO</p> <p><b>TUNA AND BOWTIE SALAD</b></p>	<p>10</p> <p>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>BALSAMIC BREADED CHICKEN BREAST</b></p>	<p>11</p> <p>10:00AM LINE DANCING WITH IRMA 11:00AM POOL &amp; CARDS 11:45AM LUNCH SERVED 12:30PM BINGO</p> <p><b>HAMBURGER</b></p>	<p>12</p> <p>9:00AM EXERCISE WITH LISA 10:30AM ZUMBA WITH LAUREN 11:00AM POOL &amp; CARDS 11:45AM LUNCH SERVED 12:30PM BINGO</p> <p><b>SLICED TURKEY W/ TURKEY GRAVY</b></p>	<p>13</p> <p>10:30AM EXERCISE WITH LISA 11:00AM POOL &amp; CARDS 11:45AM LUNCH SERVED 12:30PM BINGO</p> <p><b>ITALIAN MEATBALLS</b></p>
<p>16</p> <p><b>MARTIN LUTHER KING JR. DAY CENTER CLOSED</b></p> 	<p>17</p> <p>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 CHOP W/ CINNAMON APPLE GLAZE</b></p>	<p>18</p> <p>10:00AM LINE DANCING WITH IRMA 11:00AM POOL &amp; CARDS 11:30AM JANUARY BIRTHDAY PARTY 11:45AM LUNCH SERVED 12:30PM BINGO</p> <p><b>ORANGE CHICKEN</b></p>	<p>19</p> <p>9:00AM EXERCISE WITH LISA 10:30AM ZUMBA WITH LAUREN 11:00AM POOL &amp; CARDS 11:45AM LUNCH SERVED 12:30PM BINGO</p> <p><b>WHOLE WHEAT ROTINI W/ CRUMBLER TURKEY SAUSAGE</b></p>	<p>20</p> <p>9:00AM TRIVIA 10:30AM EXERCISE WITH LISA 11:00AM POOL &amp; CARDS 11:45AM LUNCH SERVED 12:30PM BINGO</p> <p><b>PEPPER STEAK</b></p>
<p>23</p> <p>9:00AM SENIOR KARATE WITH LARRY 10:00AM CONCENTRATION GAME 10:00AM ESL &amp; CITIZENSHIP 11:00AM POOL &amp; CARDS 11:45AM LUNCH SERVED 12:30PM BINGO</p> <p><b>CHICKEN CHOW MEIN</b></p>	<p>24</p> <p>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>SALISBURY STEAK W/ GRAVY</b></p>	<p>25</p> <p>10:00AM LINE DANCING WITH IRMA 11:00AM POOL &amp; CARDS 11:45AM LUNCH SERVED 12:30PM BINGO</p> <p><b>TUNA SALAD W/ LETTUCE LEAF</b></p>	<p>26</p> <p>9:00AM EXERCISE WITH LISA 10:30AM ZUMBA WITH LAUREN 11:00AM POOL &amp; CARDS 11:45AM LUNCH SERVED 12:30PM BINGO</p> <p><b>CHEESE &amp; SPINACH LASAGNA</b></p>	<p>27</p> <p>10:30AM EXERCISE WITH LISA 11:00AM POOL &amp; CARDS 11:45AM LUNCH SERVED 12:30PM BINGO BASH</p> <p><b>CHICKEN MARSALA</b></p>
<p>30</p> <p>9:00AM SENIOR KARATE WITH LARRY 10:00AM PRESENTATION: WELLNESS 10:00AM ESL &amp; CITIZENSHIP 11:00AM POOL &amp; CARDS 11:45AM LUNCH SERVED 12:30PM BINGO</p> <p><b>EGG SALAD W/ LETTUCE LEAF</b></p>	<p>31</p> <p>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>KOREAN BBQ CHICKEN LEG</b></p>			<p><b>LUNCH</b></p> <p><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.</b></p> <p>101 Hudson Street, Hackensack, NJ 07601 ~Center Hours: 8:00 - 3:30~</p>