



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

Open: Monday - Friday, 8:00AM - 3:30PM



James J. Tedesco III, County Executive

AMERICAS UNIDAS MULTICULTURAL SENIOR ACTIVITY CENTER
Bergen County Department of Human Services
Division of Senior Services/ADRC
February 2024

February 2:	Trivia and Hot Chocolate w/ Maria & Tricia	9:30AM
February 6:	Valentine's Day Family Feud w/ Aggie & Dorene Please Sign Up!	9:30AM
February 9:	Jeopardy w/ Tricia	9:30AM
February 12:	Heart Health Presentation w/ Bergen County Health Services	9:30AM
February 13:	Fat Tuesday Pancake Breakfast	9:00AM
February 14:	February Birthday Party - Happy Valentine's Day!	11:30AM
February 16:	Color and Sip Party	9:30AM
February 19:	President's Day - Center Closed	Closed
February 20:	Hand Massage w/ Aggie & Dorene	9:00AM
February 23:	Bingo Bash	12:30PM
February 27:	Total Brain Health Class w/ Aggie & Dorene Topic: Getting to Know You! Please Sign Up!	10:00AM
February 28:	Blood Pressure Screening w/ Hackensack Health Dept.	9:00AM
February 28:	Heart Health Event: Join us for some healthy snacks! Presentation: Heart Health & Blood Pressure w/ Michelle Ryan, RN, BSN, City of Hackensack	9:30AM

The United 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.



AMERICAN HEART MONTH FEATURING

**BERGEN COUNTY
HEALTH SERVICES:**

**LIFE'S ESSENTIAL EIGHT
HEART HEALTH PRESENTATION**

For the month of February, Bergen County Health Services will present at all ten county-operated centers.


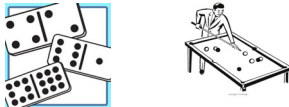









MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

 <p>HAPPY FEBRUARY Happy Groundhog Day!</p>	<p>*Two Pool Tables are Available Daily *Card Games and Dominoes are Played Daily</p> 	<p>Happy Valentine's Day</p>  <p>Healthy Heart Healthy You</p>	<p>1 9:00AM EXERCISE W/ LISA 10:30AM ZUMBA W/ LAUREN 11:45AM LUNCH SERVED 12:30PM BINGO</p>  <p>Chicken Piccata</p>	<p>2 9:30AM VALENTINES DAY TRIVIA 9:30AM TRIVIA & HOT COCOA SERVED 10:30AM EXERCISE W/ LISA 11:45AM LUNCH SERVED 12:30PM BINGO</p> <p>Ham Steak</p>
<p>5 10:30AM YOGA W/ ALYSE 10:00AM ESL & CITIZENSHIP 11:45AM LUNCH SERVED 12:30PM BINGO</p>  <p>Homestyle Meatloaf w/ Gravy</p>	<p>6 9:30AM VALENTINES DAY FAMILY FEUD 10:00AM ESL & CITIZENSHIP 10:30AM TAI CHI W/ STANLEY 11:45AM LUNCH SERVED 12:30PM BINGO</p> <p>Turkey & Swiss</p>	<p>7 9:00AM DIAMOND ART 10:00AM LINE DANCING W/ IRMA 11:45AM LUNCH SERVED 12:30PM BINGO</p>  <p>Korean BBQ Chicken Leg</p>	<p>8 9:00AM EXERCISE W/ LISA 10:30AM ZUMBA W/ LAUREN 11:45AM LUNCH SERVED 12:30PM BINGO</p> <p>Pulled Pork</p>	<p>9 9:30AM JEOPARDY 10:30AM EXERCISE W/ LISA 11:45AM LUNCH SERVED 12:30PM BINGO</p> <p>Pepper Steak</p>
<p>12 9:30AM HEART HEALTH PRESENTATION 10:30AM YOGA W/ ALYSE 10:00AM ESL & CITIZENSHIP 11:45AM LUNCH SERVED 12:30PM BINGO</p> <p>Egg Salad on Pumpernickel</p>	<p>13 9:00AM PANCAKE BREAKFAST 10:00AM ESL & CITIZENSHIP 10:30AM TAI CHI W/ STANLEY 11:45AM LUNCH SERVED 12:30PM BINGO</p> <p>Chicken Marsala</p>	<p>14 9:00AM DIAMOND ART 10:00AM LINE DANCING W/ IRMA 11:30AM FEBRUARY BIRTHDAY PARTY 11:45AM LUNCH SERVED 12:30PM BINGO</p>  <p>Eggplant Rollatini</p>	<p>15 9:00AM EXERCISE W/ LISA 10:30AM ZUMBA W/ LAUREN 11:45AM LUNCH SERVED 12:30PM BINGO</p> <p>Cheeseburger</p>	<p>16 9:30AM COLOR & SIP PARTY 10:30AM EXERCISE W/ LISA 11:45AM LUNCH SERVED 12:30PM BINGO</p>  <p>Beer Battered Fish</p>
<p>19</p>  <p>CENTER CLOSED President's Day</p>	<p>20 9:00AM HAND MASSAGE 10:00AM ESL & CITIZENSHIP 10:30AM TAI CHI W/ STANLEY 11:45AM LUNCH SERVED 12:30PM BINGO</p> <p>Roast Turkey Sandwich w/ Cheddar</p>	<p>21 9:00AM DIAMOND ART 10:00AM LINE DANCING W/ IRMA 11:45AM LUNCH SERVED 12:30PM BINGO</p> <p>Pork Loin w/ Gravy</p>	<p>22 9:00AM EXERCISE W/ LISA 10:30AM ZUMBA W/ LAUREN 11:45AM LUNCH SERVED 12:30PM BINGO</p> <p>Sesame Chicken</p>	<p>23 10:30AM EXERCISE W/ LISA 11:45AM LUNCH SERVED 12:30PM BINGO BASH</p>  <p>Spinach Quiche</p>
<p>26 10:30AM YOGA W/ ALYSE 10:00AM ESL & CITIZENSHIP 11:45AM LUNCH SERVED 12:30PM BINGO</p> <p>Stuffed Cabbage</p>	<p>27 10:00AM TOTAL BRAIN HEALTH CLASS 10:00AM ESL & CITIZENSHIP 10:30AM TAI CHI W/ STANLEY 11:45AM LUNCH SERVED 12:30PM BINGO</p>  <p>Tuna Salad on Whole Wheat</p>	<p>28 9:00AM BLOOD PRESSURE SCREENING 9:00AM DIAMOND ART 9:30AM HEART HEALTH/BLOOD PRESSURE PRESENTATION 10:00AM LINE DANCING W/ IRMA 11:45AM LUNCH SERVED 12:30PM BINGO</p> <p>Chicken Florentine</p>	<p>29 9:00AM EXERCISE W/ LISA 10:30AM ZUMBA W/ LAUREN 11:45AM LUNCH SERVED 12:30PM BINGO</p> <p>Cranberry Glazed Turkey Meatballs</p>	<p>Suggested Lunch Donation: \$1.25 Per Meal</p> <p>Please reserve lunch by 11:30 AM the day before.</p>