



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

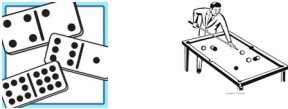










AMERICAS UNIDAS MULTICULTURAL SENIOR ACTIVITY CENTER
Bergen County Department of Human Services
Division of Senior Services/ADRC
March 2024

March 1:	Presentation: Nutrition by ShopRite of Wallington	9:30AM
March 5:	Hand Massage w/ Aggie & Dorene	9:00AM
March 7:	Music and Drum Circle	1:30PM
March 8:	Jeopardy w/ Tricia	9:30AM
March 13:	March Birthday Party	11:30AM
March 15:	Join us for St. Patrick's Day Activities & Treats!	9:30AM
March 18:	Color and Sip Party Plus Easter Egg Craft	9:30AM
March 19:	Presentation: Comfort Care & Advanced Directives By: Holy Name Medical Center	9:30AM
March 22:	Jeopardy w/ Tricia	9:30AM
March 22:	Bingo Bash	12:30PM
March 26:	Total Brain Health Class w/ Aggie & Dorene Topic: Memory- Fact or Fiction! Please Sign Up!	10:00AM
March 26:	Slushy Social - Join Us!	11:00AM
March 27:	Blood Pressure Screening w/ Hackensack Health Dept.	9:00AM
March 29:	Good Friday- Center Closed	ALL DAY

The 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.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Suggested Lunch Donation: \$1.25 Per Meal Please reserve lunch by 11:30AM the day before</p> <p>Lunch Served Daily at 11:30AM</p>	<p>*Two Pool Tables are Available Daily *Card Games and Dominoes are Played Daily</p> <div></div>	<div></div>	<div></div>	<p>¹ 9:30AM PRESENTATION: NUTRITION 10:30AM EXERCISE W/ LISA 12:30PM BINGO</p> <div></div> <p>Eggplant Rollatini</p>
<p>⁴ 10:30AM YOGA W/ ALYSE 10:00AM ESL & CITIZENSHIP 12:30PM BINGO</p> <div></div> <p>Swedish Meatballs</p>	<p>⁵ 9:00AM HAND MASSAGE 10:00AM ESL & CITIZENSHIP 10:30AM TAI CHI W/ STANLEY 12:30PM BINGO</p> <p>Grilled Chicken w/ Roasted Pepper</p>	<p>⁶ 9:00AM DIAMOND ART 10:00AM LINE DANCING W/ IRMA 12:30PM BINGO</p> <div></div> <p>Homestyle Meatloaf w/ Gravy</p>	<p>⁷ 9:00AM EXERCISE W/ LISA 10:30AM ZUMBA W/ LAUREN 12:30PM BINGO 1:30PM MUSIC AND DRUM CIRCLE</p> <p>LS Ham Steak</p>	<p>⁸ 9:30AM JEOPARDY 10:30AM EXERCISE W/ LISA 12:30PM BINGO</p> <p>Beer Battered Fish</p>
<p>¹¹ 10:30AM YOGA W/ ALYSE 10:00AM ESL & CITIZENSHIP 12:30PM BINGO</p> <p>Sweet Chicken Sausage</p>	<p>¹² 10:00AM ESL & CITIZENSHIP 10:30AM TAI CHI W/ STANLEY 12:30PM BINGO</p> <p>Stuffed Cabbage</p>	<p>¹³ 9:00AM DIAMOND ART 10:00AM LINE DANCING W/ IRMA 11:30AM MARCH BIRTHDAY PARTY 12:30PM BINGO</p> <p>Korean BBQ Chicken Leg</p>	<p>¹⁴ 9:00AM EXERCISE W/ LISA 10:30AM ZUMBA W/ LAUREN 12:30PM BINGO</p> <p>Hamburger</p>	<p>¹⁵ 9:30AM ST. PATRICK'S DAY ACTIVITIES 10:30AM EXERCISE W/ LISA 12:30PM BINGO</p> <div></div> <p>Tuna Salad on Romaine Lettuce</p>
<p>¹⁸ 9:30AM COLOR & SIP PLUS EASTER EGG CRAFT 10:30AM YOGA W/ ALYSE 10:00AM ESL & CITIZENSHIP 12:30PM BINGO</p> <div></div> <p>Corned Beef</p>	<p>¹⁹ 9:30AM PRESENTATION: COMFORT CARE & ADVANCED DIRECTIVE 10:00AM ESL & CITIZENSHIP 10:30AM TAI CHI W/ STANLEY 12:30PM BINGO</p> <p>Pork Tenderloin w/ Gravy</p>	<p>²⁰ 9:00AM DIAMOND ART 10:00AM LINE DANCING W/ IRMA 12:30PM BINGO</p> <p>Roast Turkey w/ Gravy</p>	<p>²¹ 9:00AM EXERCISE W/ LISA 10:30AM ZUMBA W/ LAUREN 12:30PM BINGO</p> <p>Shepherd's Pie w/ Mashed Potatoes</p>	<p>²² 9:30AM JEOPARDY 10:30AM EXERCISE W/ LISA 12:30PM BINGO BASH</p> <div></div> <p>Egg Salad</p>
<p>²⁵ 10:30AM YOGA W/ ALYSE 10:00AM ESL & CITIZENSHIP 12:30PM BINGO</p> <div></div> <p>Stuffed Peppers</p>	<p>²⁶ 10:00AM TOTAL BRAIN HEALTH CLASS 10:00AM ESL & CITIZENSHIP 10:30AM TAI CHI W/ STANLEY 11:00AM SLUSHY SOCIAL 12:30PM BINGO</p> <p>Herb Roasted Chicken Leg</p>	<p>²⁷ 9:00AM BLOOD PRESSURE SCREENING 9:00AM DIAMOND ART 10:00AM LINE DANCING W/ IRMA 12:30PM BINGO</p> <p>Baked Ziti & Meatballs</p>	<p>²⁸ 9:00AM EXERCISE W/ LISA 10:30AM ZUMBA W/ LAUREN 12:30PM BINGO</p> <div></div> <p>Chicken Sausage w/ Onions & Peppers</p>	<p>²⁹</p> <p>CENTER CLOSED</p>