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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



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

January 1:	New Year's Day	Closed
January 5:	Celebrate Three Kings Day with Hot Chocolate and Treats!	10:00AM
January 8:	Presentation: Comfort Care and Advance Directives By: Holy Name Medical Center	9:30AM
January 9:	Hand Massage w/ Aggie and Dorene	9:00AM
January 15:	Martin Luther King Jr. Day	Closed
January 16:	Jeopardy w/ Tricia	9:30AM
January 17:	January Birthday Party	11:30AM
January 19:	Presentation: Nutrition, ShopRite of Wallington	9:30AM
January 22:	Trivia w/ Maria and Tricia	9:30AM
January 23:	Concentration Game w/ Aggie and Dorene	9:30AM
January 24:	Blood Pressure Screening w/ Hackensack Health Dept.	9:00AM
January 26:	Bingo Bash	12:30PM
January 30:	Color and Sip Party	9:30AM
	Diamond Art Continues on Wednesday's at 9AM!	

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.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>1</div> <div>CENTER CLOSED</div> <div>Happy New Year</div>	<div>2</div> <div>10:00AM ESL & CITIZENSHIP 10:30AM TAI CHI W/ STANLEY 11:45AM LUNCH SERVED 12:30PM BINGO</div> <div>SWEET SAUSAGE (CHICKEN)</div>	<div>3</div> <div>9:00AM DIAMOND ART 10:00AM LINE DANCING W/ IRMA 11:45AM LUNCH SERVED 12:30PM BINGO</div> <div>CHEESEBURGER W/ LETTUCE & TOMATO ON WHOLE WHEAT BUN</div>	<div>4</div> <div>9:00AM EXERCISE WITH LISA 10:30AM ZUMBA W/ LAUREN 11:45AM LUNCH SERVED 12:30PM BINGO</div> <div>KOREAN BBQ CHICKEN LEG</div>	<div>5</div> <div>10:00AM THREE KINGS TREATS 10:30AM EXERCISE W/ LISA 11:45AM LUNCH SERVED 12:30PM BINGO</div> <div>VEGAN MEATBALL MARSALA</div>
<div>8</div> <div>9:30AM PRESENTATION: COMFORT CARE 10:30AM YOGA W/ ALYSE 10:00AM ESL & CITIZENSHIP 11:45AM LUNCH SERVED 12:30PM BINGO</div> <div>BAKED CHICKEN CUTLET W/ GARLIC LEMON SAUCE</div>	<div>9</div> <div>9:00AM HAND MASSAGE 10:00AM ESL & CITIZENSHIP 10:30AM TAI CHI W/ STANLEY 11:45AM LUNCH SERVED 12:30PM BINGO</div> <div>PORK TENDERLOIN W/ GRAVY</div>	<div>10</div> <div>9:00AM DIAMOND ART 10:00AM LINE DANCING W/ IRMA 11:45AM LUNCH SERVED 12:30PM BINGO</div> <div>TUNA SALAD ON ROMAINE</div>	<div>11</div> <div>9:00AM EXERCISE WITH LISA 10:30AM ZUMBA W/ LAUREN 11:45AM LUNCH SERVED 12:30PM BINGO</div> <div>STEWED BEEF TIPS</div>	<div>12</div> <div>10:30AM EXERCISE W/ LISA 11:45AM LUNCH SERVED 12:30PM BINGO</div> <div>TURKEY SLOPPY JOE ON A WHOLE WHEAT BUN</div>
<div>15</div> <div>CENTER CLOSED</div> <div>Martin Luther King Jr. Day</div>	<div>16</div> <div>9:30AM JEOPARDY WITH TRICIA 10:00AM ESL & CITIZENSHIP 10:30AM TAI CHI W/ STANLEY 11:45AM LUNCH SERVED 12:30PM BINGO</div> <div>BAKED BBQ CHICKEN</div>	<div>17</div> <div>9:00AM DIAMOND ART 10:00AM LINE DANCING W/ IRMA 11:30AM JANUARY BIRTHDAY PARTY 11:45AM LUNCH SERVED 12:30PM BINGO</div> <div>PULLED PORK</div>	<div>18</div> <div>9:00AM EXERCISE W/ LISA 10:30AM ZUMBA W/ LAUREN 11:45AM LUNCH SERVED 12:30PM BINGO</div> <div>TURKEY AND SWISS CHEESE W/ ROMAINE ON PUMPERNICKEL</div>	<div>19</div> <div>9:30AM PRESENTATION: NUTRITION 10:30AM EXERCISE W/ LISA 11:45AM LUNCH SERVED 12:30PM BINGO</div> <div>BAKED ZITI & MEATBALLS W/ MARINARA SAUCE</div>
<div>22</div> <div>9:30AM TRIVIA 10:30AM YOGA W/ ALYSE 10:00AM ESL & CITIZENSHIP 11:45AM LUNCH SERVED 12:30PM BINGO</div> <div>BAKED EGG, SPINACH, ONION, & MUSHROOM CASSEROLE</div>	<div>2</div> <div>9:30AM CONCENTRATION GAME 10:00AM ESL & CITIZENSHIP 10:30AM TAI CHI W/ STANLEY 11:45AM LUNCH SERVED 12:30PM BINGO</div> <div>HOMESTYLE MEATLOAF W/ GRAVY</div>	<div>24</div> <div>9:00AM DIAMOND ART 9:00AM BLOOD PRESSURE SCREENING 10:00AM LINE DANCING W/ IRMA 11:45AM LUNCH SERVED 12:30PM BINGO</div> <div>SESAME CHICKEN</div>	<div>25</div> <div>9:00AM EXERCISE W/ LISA 10:30AM ZUMBA W/ LAUREN 11:45AM LUNCH SERVED 12:30PM BINGO</div> <div>LS HAM STEAK</div>	<div>26</div> <div>10:30AM EXERCISE W/ LISA 11:45AM LUNCH SERVED 12:30PM BINGO BASH</div> <div>BAKED CHICKEN CUTLET W/ GRAVY</div>
<div>29</div> <div>10:30AM YOGA W/ ALYSE 10:00AM ESL & CITIZENSHIP 11:45AM LUNCH SERVED 12:30PM BINGO</div> <div>ROAST TURKEY W/ CHEDDAR, LETTUCE & TOMATO ON RYE</div>	<div>30</div> <div>9:30AM COLOR & SIP PARTY 10:00AM ESL & CITIZENSHIP 10:30AM TAI CHI W/ STANLEY 11:45AM LUNCH SERVED 12:30PM BINGO</div> <div>BEER BATTERED FISH</div>	<div>31</div> <div>9:00AM DIAMOND ART 10:00AM LINE DANCING W/ IRMA 11:45AM LUNCH SERVED 12:30PM BINGO</div> <div>EGGPLANT ROLLATINI</div>	<div>*Two Pool Tables are Available Daily</div> <div>*Card Games and Dominoes are Played Daily</div>	<div>Suggested Lunch Donation: \$1.25 Per Meal</div> <div>Please reserve lunch by 11:30 AM the day before.</div>