


Bergen County Executive
James J. Tedesco, III
and the
Bergen County Board of Commissioners
together with the
Bergen County Department of Human Services/
Division of Senior Services
Invite All Bergen County Senior Citizens to the



BERGEN COUNTY SENIOR NUTRITION PROGRAMS OPEN HOUSE

*Please join us at one of the 24 Senior Activity Centers
or Nutrition Sites in Bergen County to celebrate
Older Americans Month*

9:00AM - 2:00PM

Seniors age 60 and over can enjoy: Healthy free lunches,
socialization, exercise, education, and more. Visit our locations
during the Open House and find the program that is right for you.

Reservations are required for lunch.

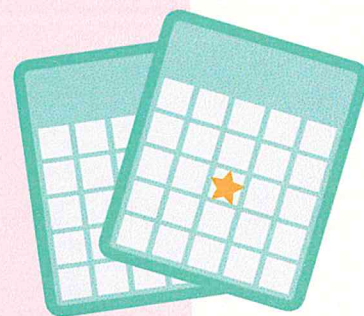
Please call the location of your choice for details and reservations.

Deadline for Lunch Reservations is 1 week prior.

See back for list of all locations and dates.



Celebrate the
Senior Nutrition Program
2024 · CONNECTION IN EVERY BITE



Transportation is available by calling
Bergen County Division of Community
Transportation **201-368-5955**



James J. Tedesco III
Bergen County Executive

Board of County Commissioners

Germaine M. Ortiz, *Chairwoman* • Mary J. Amoroso, *Vice Chairwoman* • Dr. Joan M. Voss, *Chair Pro Tempore*
Rafael Marte • Thomas J. Sullivan • Steven A. Tanelli • Tracy Silna Zur

Monday, May 6

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|---|--------------|
| Cliffside Park Senior Activity Center, 500 Gorge Road | 201-943-3768 |
| Hackensack - Martin Luther King Jr. Senior Center, 375 First Street | 201-342-2654 |

Tuesday, May 7

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|---|--------------|
| Wallington Senior Activity Center, 24 Union Boulevard | 973-777-5815 |
| East Rutherford - Southwest Senior Activity Center, 147 Hackensack Street | 201-935-8920 |

Wednesday, May 8

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|--|--------------|
| Garfield Senior Activity Center, 480 Midland Avenue | 973-478-0502 |
| Teaneck - Asian Women's Christian Association (AWCA), 9 Genesee Avenue | 201-862-1665 |

Thursday, May 9

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|---|--------------|
| North Arlington Senior Activity Center, 11 York Road | 201-998-5636 |
| Elmwood Park Senior Activity Center, 500 Mola Boulevard | 201-796-3342 |

Friday, May 10

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| Midland Park - Northwest Senior Activity Center, 46-50 Center Street | 201-445-5690 |
| Hackensack - Americas Unidas Multicultural Senior Center, 101 Hudson St. | 201-336-3320 |

Monday, May 13

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|--|---------------|
| Tenaflly - Korean Community Center, 100 Grove Street | 201- 541-1200 |
| Fair Lawn Senior Center, 11-05 Gardiner Road | 201-796-1191 |

Tuesday, May 14

| | |
|---|--------------|
| Palisades Park Senior Activity Center, 300 Highland Avenue | 201-944-5616 |
| Bergenfield Senior Activity Center, 293 Murray Hill Terrace | 201-387-7212 |

Wednesday, May 15

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|---|--------------|
| Ridgefield Park Senior Activity Center, 159 Park Street | 201-641-1220 |
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Thursday, May 16

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|---|--------------|
| River Edge (Kosher) - JCC of Northern NJ, 385 Howland Avenue | 201-666-6610 |
| Tenaflly (Kosher) - JCC on the Palisades, 411 E. Clinton Avenue | 201-569-7900 |

Friday, May 17

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| Rutherford - 55 Kip Senior Center, 55 Kip Avenue | 201-460-1600 |
| Englewood - Bergen Family Center Adult Day Program, 44 Armory Street | 201-568-0817 |

Reservations for these sites may be impacted by their current wait lists:

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|---|--------------|
| Teaneck- Richard Rodda Community Center, 250 Colonial Court | 201-837-0171 |
| Fort Lee - Richard & Catherine Nest Adult Activity Center, 319 Main Street | 201-592-3754 |

Activities are not offered at these locations:

| | |
|--|--------------|
| Lyndhurst- Nutrition Program, 281 Stuyvesant Avenue | 201-896-1629 |
| Garfield - Golden Tower, 225 Midland Avenue | 201-522-4280 |
| Garfield - Belmont Gardens, 377 Midland Avenue | 201-522-4280 |

There is no cost for the lunch program. Suggested donations of \$1.25 are accepted