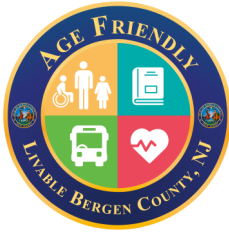


BERGEN NEW JERSEY *County*



Bergen County Executive
James J. Tedesco III
and the

Board of County Commissioners
invite you to the

Department of Human Services, Division of Senior Services



BERGEN COUNTY SENIOR NUTRITION PROGRAMS



A Bergen County Age-Friendly Initiative

*Please join us at one of the 23 Senior Activity Centers
or Nutrition Sites in Bergen County to celebrate Older Americans Month.*

Tuesday, May 16th

***9:00 am to 2:00 pm**

** Times may vary*

Senior Centers have so much to offer to seniors aged 60 and over: socialization, exercise, education, healthy lunches, and more. Come and join the fun! Visit any of the locations during the Open House and find the program that is right for you.

A special lunch will be served.

Seating is limited; reservations are required for lunch.

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

See back for list of all locations. →

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

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

Bergen County Senior Nutrition Program Open House

Tuesday, May 16th 9:00 am—2:00 pm

Seating is limited; reservations are required for lunch.

Please call the location of your choice for details and reservations



Bergenfield Senior Activity Center, 293 Murray Hill Terrace	201-387-7212
Cliffside Park Senior Activity Center, 500 Gorge Road	201-943-3768
East Rutherford - Southwest Senior Activity Center, 147 Hackensack Street	201-935-8920
Elmwood Park Senior Activity Center, 500 Mola Boulevard	201-796-3342
Englewood - Bergen Family Center Adult Day Program, 44 Armory Street	201-568-0817
Fair Lawn Senior Center, 11-05 Gardiner Road	201-796-1191
**Fort Lee - Richard & Catherine Nest Adult Activity Center, 319 Main Street	201-592-3754
Garfield Senior Activity Center, 480 Midland Avenue	973-478-0502
*Garfield - Golden Towers Senior Center, 225 Midland Avenue	201-522-4280
*Garfield - Belmont Gardens Senior Center, 377 Midland Avenue	201-522-4280
Hackensack - Americas Unidas Multicultural Senior Center, 101 Hudson St.	201-336-3320
Hackensack - Martin Luther King Jr. Senior Center, 375 First Street	201-342-2654
*Lyndhurst Nutrition Program, 281 Stuyvesant Avenue	201-896-1629
Midland Park - Northwest Senior Activity Center, 46-50 Center Street	201-445-5690
North Arlington Senior Activity Center, 11 York Road	201-998-5636
Palisades Park Senior Activity Center, 300 Highland Avenue	201-944-5616
Ridgefield Park Senior Activity Center, 159 Park Street	201-641-1220
River Edge (<i>Kosher</i>) - JCC of Northern NJ, 385 Howland Avenue	201-666-6610 ext. 2
Rutherford - 55 Kip Senior Center, 55 Kip Avenue	201-460-1600
Teaneck - Asian Women's Christian Association (AWCA), 9 Genesee Avenue	201-862-1665
Tenafly (<i>Kosher</i>) - JCC on the Palisades, 411 E. Clinton Avenue	201-569-7900
Tenafly - Korean Community Center, 100 Grove Street	201- 541-1200
Wallington Senior Activity Center, 24 Union Boulevard	973-777-5815

** Lunch only; no activities offered at these locations.*

*** Fort Lee is currently at full capacity with a wait list.*