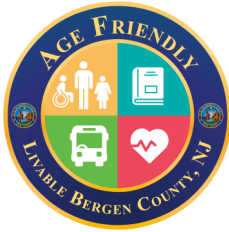


# BERGEN NEW JERSEY *County*



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 16<sup>th</sup>**

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

*\* Times may vary*

Senior Centers have so much to offer to seniors aged 60 and over: Healthy free lunches, socialization, exercise, education, 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.***

***Deadline for Lunch Reservations is Tuesday May 9th.***

***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 16<sup>th</sup> 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*



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

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

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

***There is no cost for the lunch program, donations are accepted with a suggested donation of \$1.25.***