

AMERICAS UNIDAS MULTI-CULTURAL SENIOR ACTIVITY CENTER

Maria Tihui Sanjurjo, Center Director

DECEMBER 2019

(201) 336-3320





Monday

Tuesday

Wednesday

Thursday

Friday

<p>2 8:00 MUSIC AND MORNING DANCE 9:30 ESL & CITIZENSHIP 9:30 MUSCLE TRAINING EXERCISE 10:30 COMPUTER WORKSHOP 1:00 BINGO</p> <p>CHICKEN PICATTA</p>	<p>3 8:00 MUSIC/ MORNING DANCE 9:00 EXERCISE 9:30 ESL & CITIZENSHIP 10:30 BINGO 12:30 GROCERY SHOPPING</p> <p>SALISBURY STEAK</p>	<p>4 8:00 MUSIC AND MORNING DANCE 9:00 TAI CHI 10:30 LINE DANCING 1:00 BINGO</p> <p>LEMON PEPPER FISH</p>	<p>5 8:00 MUSIC AND MORNING DANCE 9:30 BELLY DANCE 10:30 SPANISH WORKSHOP 10:30 ZUMBA WITH RITA</p> <p>CHICKEN SALAD</p>	<p>6 8:00 MUSIC AND MORNING DANCE 9:30 DANCE & YOGA 10:00 KNITTING & CROCHETING 10:30 COMPUTER WORKSHOP 11:00 Presentation: Nutrition 1:00 BINGO VEGETABLE LASAGNA</p>
<p>9 8:00 MUSIC AND MORNING DANCE 9:30 ESL & CITIZENSHIP 9:30 MUSCLE TRAINING EXERCISE 10:30 COMPUTER WORKSHOP 10:30 SUN YOGA 1:00 BINGO</p> <p>BREADED FISH SANDWICH</p>	<p>10 8:00 MUSIC/ MORNING DANCE 9:00 EXERCISE 9:30 ESL & CITIZENSHIP 10:30 BINGO 12:30 GROCERY SHOPPING</p> <p>ROAST PORK</p>	<p>11 8:00 MUSIC AND MORNING DANCE 9:00 BLOOD PRESSURE 9:00 TAI CHI 10:30 LINE DANCING 1:00 BINGO</p> <p>EGGPLANT ROLLATINI</p>	<p>12 8:00 MUSIC AND MORNING DANCE 9:30 BELLY DANCE 10:30 SPANISH WORKSHOP 10:30 ZUMBA WITH RITA</p> <p>MEATLOAF</p>	<p>13 8:00 MUSIC AND MORNING DANCE 9:30 DANCE & YOGA 10:00 KNITTING & CROCHETING 10:30 COMPUTER WORKSHOP 1:00 BINGO</p> <p>CHICKEN SCAMPI</p>
<p>16 8:00 MUSIC AND MORNING DANCE 9:30 ESL & CITIZENSHIP 9:30 MUSCLE TRAINING EXERCISE 10:30 COMPUTER WORKSHOP 10:30 SUN YOGA 1:00 BINGO</p> <p>OPEN TURKEY SANDWICH</p>	<p>17 8:00 MUSIC/ MORNING DANCE 9:00 EXERCISE 9:30 ESL & CITIZENSHIP 10:30 BINGO 12:30 GROCERY SHOPPING</p> <p>CHICKEN PARMESAN</p>	<p>18 8:00 MUSIC AND MORNING DANCE 9:00 TAI CHI 10:30 LINE DANCING 11:45 DECEMBER BIRTHDAY PARTY 1:00 BINGO</p> <p>HAMBURGER</p>	<p>19 8:00 MUSIC AND MORNING DANCE 9:30 BELLY DANCE 10:30 BASIC SPANISH WORKSHOP 10:30 ZUMBA WITH RITA</p> <p>HAWAIIAN BONELESS PORK</p>	<p>20</p>  <p>HOLIDAY FIESTA 10:00AM - 2:00PM</p>
<p>23 8:00 MUSIC AND MORNING DANCE 9:30 ESL & CITIZENSHIP 9:30 MUSCLE TRAINING EXERCISE 10:30 COMPUTER WORKSHOP 10:30 SUN YOGA 1:00 BINGO</p> <p>Hanukkah SWEET & SOUR MEATBALLS</p>	<p>24 8:00 MUSIC/ MORNING DANCE 9:00 EXERCISE 9:30 ESL & CITIZENSHIP 10:30 BINGO 12:30 GROCERY SHOPPING</p> <p>TUNA SALAD</p>	<p>25 CHRISTMAS DAY OBSERVANCE CENTER CLOSED</p> 	<p>26 8:00 MUSIC AND MORNING DANCE 9:30 BELLY DANCE 10:30 BASIC SPANISH WORKSHOP 10:30 ZUMBA WITH RITA</p> <p>Kwanzaa Begins ROASTED CHICKEN LEG</p>	<p>27 8:00 MUSIC AND MORNING DANCE 9:30 DANCE & YOGA 10:00 KNITTING & CROCHETING 10:30 COMPUTER WORKSHOP 1:00 BINGO</p> <p>BONELESS BBQ BEEF RIB</p>
<p>30 8:00 MUSIC AND MORNING DANCE 9:30 ESL & CITIZENSHIP 9:30 MUSCLE TRAINING EXERCISE 10:30 COMPUTER WORKSHOP 10:30 SUN YOGA 1:00 BINGO BASH PORK CHOP</p>	<p>31 8:00 MUSIC/ MORNING DANCE 9:00 EXERCISE 9:30 ESL & CITIZENSHIP 10:30 BINGO 12:30 GROCERY SHOPPING Sparkling Cider Toast 11:30am CHEESE OMELET</p>	 <p>MERRY CHRISTMAS</p>	 <p>Happy Hanukkah!</p>	<p>101 Hudson Street, Hackensack, NJ 07601 ~Center Hours: 8:00 - 3:30~ Lunch Served Daily ~ 11:45 (Suggested Lunch Donation) ~ \$1.25</p>

BERGEN NEW JERSEY County

James J. Tedesco III
County Executive

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DEPARTMENT OF HUMAN SERVICES

Melissa DeBartolo, Esq.
Acting Department Director

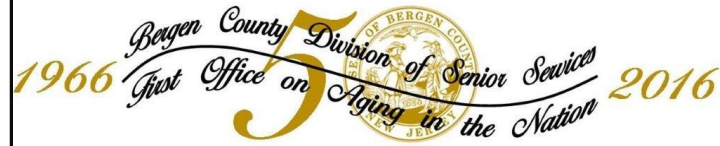
Division of Senior Services
Lorraine Joewono
Director



AMERICAS UNIDAS MULTI-CULTURAL SENIOR ACTIVITY CENTER

101 Hudson Street
Hackensack, NJ 07601

Phone: (201) 336-3320 • Fax: (201) 488-2867
Open: Monday - Friday, 8:00AM - 3:30PM
unitedcenter@co.bergen.nj.us



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 on Disability Services
201-336-6500

Bergen County
Board of Social Services
201-368-4200

BERGEN NEW JERSEY County

James J. Tedesco III *County Executive*

AMERICAS UNIDAS MULTI-CULTURAL SENIOR ACTIVITY CENTER

Bergen County Department of Human Services
Division of Senior Services/ADRC

DECEMBER 2019 SEASON'S GREETINGS

December 6:	Presentation: Nutrition By: Shoprite of Hackensack, Inserra Supermarkets	11:00am
December 11:	Blood Pressure, Hackensack Health Department	11:00am
December 18:	December Birthday Party	11:45am
December 20:	Holiday Fiesta - \$3 Sign Up!	10:00am
December 21:	Winter Begins	
December 22:	Hanukkah Begins at Sundown	
December 23:	Hanukkah	
December 25:	Center Closed - Christmas Day Observance	
December 25:	Christmas Dinner at Garfield Senior Center 480 Midland Avenue, Garfield, NJ	10am - 1:30pm
December 26:	Kwanzaa Begins	
December 30:	Bingo Bash	1:00pm
December 31:	Sparkling Cider Toast	11:30am



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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.