

AMERICAS UNIDAS MULTI-CULTURAL SENIOR ACTIVITY CENTER

Maria Tihui Sanjurjo, Center Director

MAY 2019

(201) 336-3320

Monday

Tuesday

Wednesday

Thursday

Friday

<p>101 Hudson Street, Hackensack, NJ 07601 ~Center Hours: 8:00 - 3:30~ Lunch Served Daily ~ 11:45 (Suggested Lunch Donation) ~ \$1.25</p>		<p>1 8:00 MUSIC AND MORNING DANCE 10:30 LINE DANCING 1:00 BINGO</p> <p>BAKED FISH</p>	<p>2 8:00 MUSIC AND MORNING DANCE 9:30 BELLY DANCE 10:30 SPANISH WORKSHOP 10:30 ZUMBA WITH RITA</p> <p>Senior Citizen Public Hearing 9:00am PORK CHOP WITH GRAVY</p>	<p>3 8:00 MUSIC AND MORNING DANCE 9:30 DANCE & YOGA 10:00 KNITTING & CROCHETING 10:30 COMPUTER WORKSHOP 1:00 BINGO</p> <p>TURKEY & BEAN CHILI</p>
<p>6 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>FISH & CHIPS</p>	<p>7 8:00 MUSIC / MORNING DANCE 9:00 EXERCISE 9:30 ESL & CITIZENSHIP 10:30 BINGO 12:30 GROCERY SHOPPING</p> <p>ZITI & ITALIAN MEATBALLS</p>	<p>8 8:00 MUSIC AND MORNING DANCE 9:00 BLOOD PRESSURE 10:30 LINE DANCING 1:00 BINGO</p> <p>CHICKEN SALAD</p>	<p>9 8:00 MUSIC AND MORNING DANCE 9:30 BELLY DANCE 10:30 SPANISH WORKSHOP 10:30 ZUMBA WITH RITA</p> <p>ROAST TURKEY WITH GRAVY</p>	 <p>10:00AM \$6.00 PLEASE JOIN US! SIGN UP!</p> <p>CHICKEN FAJITAS</p>
<p>13 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>OMELET & BREAKFAST SAUSAGE</p>	<p>14 8:00 MUSIC/ MORNING DANCE 9:00 EXERCISE 9:30 ESL & CITIZENSHIP 10:30 BINGO 12:30 GROCERY SHOPPING</p> <p>CHICKEN CUTLET MILANESE</p>	<p>15 8:00 MUSIC AND MORNING DANCE 10:30 LINE DANCING 11:45 MAY BIRTHDAY PARTY 1:00 BINGO</p> <p>OPEN HOUSE TO THE PUBLIC SALISBURY STEAK</p>	<p>16 8:00 MUSIC AND MORNING DANCE 9:30 BELLY DANCE 10:30 BASIC SPANISH WORKSHOP 10:30 ZUMBA WITH RITA</p> <p>VEGETABLE LASAGNA</p>	<p>17 8:00 MUSIC AND MORNING DANCE 9:30 DANCE & YOGA 10:00 KNITTING & CROCHETING 10:30 COMPUTER WORKSHOP 1:00 BINGO</p> <p>Act Now Memory Screening 10am-1pm COCONUT CRUSTED HADDOCK</p>
<p>20 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</p> <p>CHICKEN SCAMPI</p>	<p>21 8:00 MUSIC/ MORNING DANCE 9:00 EXERCISE 9:30 ESL & CITIZENSHIP 10:30 BINGO 12:30 GROCERY SHOPPING</p> <p>OPEN ROAST BEEF SANDWICH</p>	<p>22 8:00 MUSIC AND MORNING DANCE 10:30 LINE DANCING 1:00 BINGO</p> <p>MEMORIAL DAY HOT DOG LUNCHEON 12 NOON ZITI WITH PORK SAUSAGE</p>	<p>23 8:00 MUSIC AND MORNING DANCE 9:30 BELLY DANCE 10:30 BASIC SPANISH WORKSHOP 10:30 ZUMBA WITH RITA</p> <p>ASIAN STYLE CHICKEN & BROCCOLI</p>	<p>24 8:00 MUSIC AND MORNING DANCE 9:30 DANCE & YOGA 10:00 KNITTING & CROCHETING 10:30 COMPUTER WORKSHOP 11:00 Presentation: Foods/BP 1:00 BINGO</p> <p>HAMBURGER</p>
<p>27 MEMORIAL DAY OBSERVANCE CENTER CLOSED</p> 	<p>28 8:00 MUSIC/ MORNING DANCE 9:00 EXERCISE 9:30 ESL & CITIZENSHIP 10:30 BINGO 12:30 GROCERY SHOPPING</p> <p>PARMESAN CRUSTED FISH</p>	<p>29 8:00 MUSIC AND MORNING DANCE 9:00 BLOOD PRESSURE 10:30 LINE DANCING 1:00 BINGO</p> <p>ROAST TURKEY WRAP</p>	<p>30 8:00 MUSIC AND MORNING DANCE 9:30 BELLY DANCE 10:30 BASIC SPANISH WORKSHOP 10:30 ZUMBA WITH RITA</p> <p>EGGPLANT ROLLATINI</p>	<p>31 8:00 MUSIC AND MORNING DANCE 9:30 DANCE & YOGA 10:00 KNITTING & CROCHETING 10:30 COMPUTER WORKSHOP 11:00 Presentation: Medicare Patrol 1:00 BINGO</p> <p>HAWAIIAN CHICKEN</p>

BERGEN NEW JERSEY County

James J. Tedesco III
County Executive

BOARD OF CHOSEN FREEHOLDERS

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Chairwoman
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DEPARTMENT OF HUMAN SERVICES

Michael V. Bellucci
Acting Director

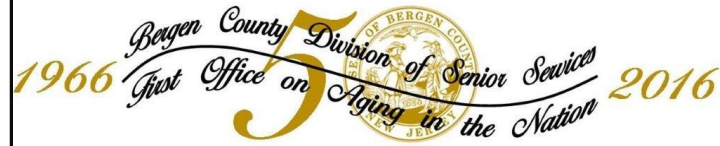
Division of Senior Services
Lorraine Joewono
Director



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 MAY 2019 OLDER AMERICANS MONTH

May 2:	Public Hearing on the Needs of Older Adults - One Bergen County Plaza, Hackensack, NJ 5th Floor	9:00am
May 8:	Blood Pressure, Hackensack Health Department	9:00am
May 10:	Cinco De Mayo/ Mother's Day Fiesta! \$6.00 Sign Up!	10:00am
May 12:	Happy Mother's Day!	
May 15:	May Birthday Party	11:45am
May 15:	Open House to the Public in Celebration of Older Americans Month	
May 17:	Act Now Foundation Memory Screenings	10:00am
May 20:	Bingo Bash	1:00pm
May 22:	Memorial Day Hot Dog Luncheon \$5.00 Sign Up!	12 Noon
May 24:	Presentation: Foods that Impact Blood Pressure By: Shoprite of Hackensack	11:00am
May 27:	Memorial Day Observance - Center Closed	
May 29:	Blood Pressure, Hackensack Health Department	9:00am
May 31:	Presentation: Medicare Scams and Fraud By: Senior Medicare Patrol of NJ	11:00am



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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.