

AMERICAS UNIDAS MULTI-CULTURAL SENIOR ACTIVITY CENTER

Maria Tihui Sanjurjo, Center Director

JULY 2019

(201) 336-3320

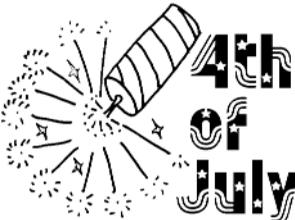
Monday

Tuesday

Wednesday

Thursday

Friday

<p>1 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 ROAST TURKEY WITH GRAVY</p>	<p>2 8:00 MUSIC / MORNING DANCE 9:00 EXERCISE 9:30 ESL & CITIZENSHIP 10:30 BINGO 12:30 GROCERY SHOPPING Farmers Market Coupons 8:30am FISH & CHIPS</p>	<p>3 8:00 MUSIC AND MORNING DANCE 9:00 TAI CHI 10:30 LINE DANCING 1:00 BINGO HOT DOGS</p>	<p>4 CENTER CLOSED INDEPENDENCE DAY </p>	<p>5 8:00 MUSIC AND MORNING DANCE 9:30 DANCE & YOGA 10:00 KNITTING & CROCHETING 10:30 COMPUTER WORKSHOP 1:00 BINGO CHICKEN CORDON BLEU</p>
<p>8 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 EGGPLANT ROLLATINI</p>	<p>9 8:00 MUSIC / MORNING DANCE 9:00 EXERCISE 9:30 ESL & CITIZENSHIP 10:30 BINGO 12:30 GROCERY SHOPPING HAWAIIAN BONELESS CHICKEN</p>	<p>10 8:00 MUSIC AND MORNING DANCE 9:00 BLOOD PRESSURE 9:00 TAI CHI 10:30 LINE DANCING 1:00 BINGO COCONUT CRUSTED HADDOCK</p>	<p>11 8:00 MUSIC AND MORNING DANCE 9:30 BELLY DANCE 10:30 SPANISH WORKSHOP 10:30 ZUMBA WITH RITA MEATLOAF</p>	<p>12 8:00 MUSIC AND MORNING DANCE 9:30 DANCE & YOGA 10:00 KNITTING & CROCHETING 10:30 COMPUTER WORKSHOP 11:00 Presentation: Consumer Def. 1:00 BINGO BAKED PENNE WITH RICOTTA</p>
<p>15 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 CHICKEN PICCATA</p>	<p>16 8:00 MUSIC/ MORNING DANCE 9:00 EXERCISE 9:30 ESL & CITIZENSHIP 10:30 BINGO 12:30 GROCERY SHOPPING RIGATONI TURKEY BOLOGNESE</p>	<p>17 8:00 MUSIC AND MORNING DANCE 9:00 TAI CHI 10:30 LINE DANCING 11:45 JULY BIRTHDAY PARTY 1:00 BINGO BBQ BEEF RIB</p>	<p>18 8:00 MUSIC AND MORNING DANCE 9:30 BELLY DANCE 10:30 BASIC SPANISH WORKSHOP 10:30 ZUMBA WITH RITA BREADED FLOUNDER</p>	<p>19 8:00 MUSIC AND MORNING DANCE 9:30 DANCE & YOGA 10:00 KNITTING & CROCHETING 10:30 COMPUTER WORKSHOP 1:00 BINGO MEATBALLS WITH MUSHROM GRAVY</p>
<p>22 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 MEAT LASAGNA</p>	<p>23 8:00 MUSIC/ MORNING DANCE 9:00 EXERCISE 9:30 ESL & CITIZENSHIP 10:30 BINGO 12:30 GROCERY SHOPPING PORK CHOP WITH GRAVY</p>	<p>24 8:00 MUSIC AND MORNING DANCE 9:00 TAI CHI 10:30 LINE DANCING 1:00 BINGO CHICKEN SALAD</p>	<p>25 8:00 MUSIC AND MORNING DANCE 9:30 BELLY DANCE 10:30 BASIC SPANISH WORKSHOP 10:30 ZUMBA WITH RITA TURKEY BURGER</p>	<p>26 8:00 MUSIC AND MORNING DANCE 9:30 DANCE & YOGA 10:00 KNITTING & CROCHETING 10:30 COMPUTER WORKSHOP 1:00 BINGO PIZZA PARTY 12 NOON TORTILLA CRUSTED FISH</p>
<p>29 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 HOT ROAST BEEF SANDWICH</p>	<p>30 8:00 MUSIC/ MORNING DANCE 9:00 EXERCISE 9:30 ESL & CITIZENSHIP 10:30 BINGO 12:30 GROCERY SHOPPING TUNA SALAD</p>	<p>31 8:00 MUSIC AND MORNING DANCE 9:00 BLOOD PRESSURE 9:00 TAI CHI 10:30 LINE DANCING 1:00 BINGO PENNE WITH MEATBALLS</p>	<p></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

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

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Bergen County Department of Human Services
Division of Senior Services/ADRC
JULY 2019

NATIONAL ICE CREAM MONTH

July 2:	Farmer's Market Coupons 1 Day Only!	8:30am - 11:00am
July 4:	Independence Day Observance - Center Closed	
July 10:	Blood Pressure, Hackensack Health Department	9:00am
July 12:	Presentation: Nutrition By: Prospect Heights Care Center	11:00am
July 17:	July Birthday Party	11:45am
July 26:	Pizza Luncheon - \$5 - Sign up!	12 Noon
July 29:	Bingo Bash	1:00pm
July 31:	Blood Pressure, Hackensack Health Department	9:00am



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Maria Tihui Sanjurjo, C.S.W., Center Director

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.