

AMERICAS UNIDAS MULTI-CULTURAL SENIOR ACTIVITY CENTER

Maria Tihui Sanjurjo, Center Director

FEBRUARY 2020

(201) 336-3320







Monday

Tuesday

Wednesday

Thursday

Friday

<p>3</p> <p>8:00 MUSIC AND MORNING DANCE 9:30 ESL & CITIZENSHIP 9:30 MUSCLE TRAINING EXERCISE 10:30 SUN YOGA 10:30 COMPUTER WORKSHOP 1:00 BINGO</p> <p>VEGETABLE LASAGNA</p>	<p>4</p> <p>8:00 MUSIC /MORNING DANCE 9:00 EXERCISE 9:30 ESL & CITIZENSHIP 10:30 BINGO 12:30 GROCERY SHOPPING</p> <p>CHICKEN SALAD</p>	<p>5</p> <p>8:00 MUSIC AND MORNING DANCE 9:00 TAI CHI 10:30 LINE DANCING 1:00 BINGO</p> <p>BONELESS BBQ BEEF</p>	<p>6</p> <p>8:00 MUSIC AND MORNING DANCE 9:30 BELLY DANCE 10:30 SPANISH WORKSHOP 10:30 ZUMBA WITH RITA</p> <p>HAWAIIAN CHICKEN</p>	<p>7</p> <p>8:00 MUSIC AND MORNING DANCE 10:00 KNITTING & CROCHETING 10:30 COMPUTER WORKSHOP 11:00 Presentation: Caption Call 1:00 BINGO</p> <p>MEATBALLS MARSALA</p>
<p>10</p> <p>8:00 MUSIC AND MORNING DANCE 9:30 ESL & CITIZENSHIP 9:30 MUSCLE TRAINING EXERCISE 10:30 SUN YOGA 10:30 COMPUTER WORKSHOP 1:00 BINGO</p> <p>CHEESE OMELET</p>	<p>11</p> <p>8:00 MUSIC /MORNING DANCE 9:00 EXERCISE 9:30 ESL & CITIZENSHIP 10:30 BINGO 11:15 Presentation: Nutrition 12:30 GROCERY SHOPPING</p> <p>CHICKEN SCAMPI</p>	<p>12</p> <p>8:00 MUSIC AND MORNING DANCE 9:00 TAI CHI 10:30 LINE DANCING 11:45 FEBRUARY BIRTHDAY PARTY 1:00 BINGO</p> <p>MEAT LASAGNA</p>	<p>13</p> <p>8:00 MUSIC AND MORNING DANCE 9:30 BELLY DANCE 10:30 SPANISH WORKSHOP 10:30 ZUMBA WITH RITA</p> <p>PORK CHOP</p>	<p>14</p> <p>8:00 MUSIC AND MORNING DANCE 10:00 KNITTING & CROCHETING 10:30 COMPUTER WORKSHOP 1:00 BINGO</p> <p>Happy Valentine's Day! CHICKEN PARMESAN</p>
<p>17</p> <p>CENTER CLOSED PRESIDENT'S DAY</p> 	<p>18</p> <p>8:00 MUSIC/ MORNING DANCE 9:00 EXERCISE 9:30 ESL & CITIZENSHIP 10:30 BINGO 12:30 GROCERY SHOPPING</p> <p>SHAVED PHILLY BEEF SANDWICH</p>	<p>19</p> <p>8:00 MUSIC AND MORNING DANCE 9:00 TAI CHI 10:30 LINE DANCING 1:00 BINGO</p> <p>BREADED CHICKEN CHIPOTLE</p>	<p>20</p> <p>8:00 MUSIC AND MORNING DANCE 9:30 BELLY DANCE 10:30 BASIC SPANISH WORKSHOP 10:30 ZUMBA WITH RITA</p> <p>RIGATONI BEEF BOLOGNESE</p>	<p>21</p> <p>8:00 MUSIC AND MORNING DANCE 10:00 KNITTING & CROCHETING 10:30 COMPUTER WORKSHOP 1:00 BINGO</p> <p>VEGETABLE ROTINI SALAD</p>
<p>24</p> <p>8:00 MUSIC AND MORNING DANCE 9:30 ESL & CITIZENSHIP 9:30 MUSCLE TRAINING EXERCISE 10:30 SUN YOGA 10:30 COMPUTER WORKSHOP 1:00 BINGO BASH</p> <p>ROAST PORK</p>	<p>25</p> <p>8:00 MUSIC/ MORNING DANCE 9:00 EXERCISE 9:30 ESL & CITIZENSHIP 10:30 BINGO 12:30 GROCERY SHOPPING</p> <p>STUFFED CABBAGE</p>	<p>26</p> <p>8:00 MUSIC AND MORNING DANCE 9:00 TAI CHI 9:00 BLOOD PRESSURE 10:30 LINE DANCING 1:00 BINGO</p> <p>BAKED PENNE</p>	<p>27</p> <p>8:00 MUSIC AND MORNING DANCE 9:30 BELLY DANCE 10:30 BASIC SPANISH WORKSHOP 10:30 ZUMBA WITH RITA</p> <p>OPEN HOT ROAST BEEF SANDWICH</p>	<p>28</p> <p>8:00 MUSIC AND MORNING DANCE 10:00 KNITTING & CROCHETING 10:30 COMPUTER WORKSHOP 1:00 BINGO</p> <p>EGGPLANT ROLLATINI</p>
<p>Happy Valentine's Day</p> 	<p>Happy Groundhog Day!</p> 	<p>Healthy Heart</p>   <p>Healthy You</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>



James J. Tedesco III
County Executive

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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



James J. Tedesco III *County Executive*

**AMERICAS UNIDAS MULTI-CULTURAL
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Bergen County Department of Human Services
Division of Senior Services/ADRC

**FEBRUARY 2020
HEALTHY HEART MONTH**

- February 2: Happy Groundhog Day!
- February 7: Presentation: Hearing Loss 11:00am
By: Caption Call
- February 11: Presentation: Heart Health Nutrition 11:15am
By: HUMC, Health Awareness Regional Program
- February 12: February Birthday Party 11:45am
- February 14: Happy Valentine's Day! Join us for Dessert! 12 Noon
- February 17: President's Day - Center Closed
- February 24: Bingo Bash 1:00pm
- February 26: Blood Pressure, Hackensack Health Department 9:00am

The Americas Unidas Multicultural Senior Activity Center's activities and programs are funded by the Bergen County Division of Senior Services through the Older Americans Act and are available at no charge for Bergen County residents 60 years old and over.



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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.