

AMERICAS UNIDAS MULTI-CULTURAL SENIOR ACTIVITY CENTER

Maria Tihui Sanjurjo, Center Director

MARCH 2020

(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 SUN YOGA 10:30 COMPUTER WORKSHOP 1:00 BINGO Act Now Foundation Memory Screening CHICKEN FLORENTINE</p>	<p>3 8:00 MUSIC /MORNING DANCE 9:00 EXERCISE 9:30 ESL & CITIZENSHIP 10:30 BINGO 12:30 GROCERY SHOPPING EGGPLANT ROLLATINI</p>	<p>4 8:00 MUSIC AND MORNING DANCE 9:00 TAI CHI 10:30 LINE DANCING 1:00 BINGO CHICKEN SALAD</p>	<p>5 8:00 MUSIC AND MORNING DANCE 9:30 BELLY DANCE 10:30 SPANISH WORKSHOP 10:30 ZUMBA WITH RITA MEATLOAF</p>	<p>6 8:00 MUSIC AND MORNING DANCE 9:15 TAI CHI 10:00 KNITTING & CROCHETING 10:30 COMPUTER WORKSHOP 1:00 BINGO TUNA & BOWTIE SALAD</p>
<p>9 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 BONELESS BBQ BEEF SANDWICH</p>	<p>10 8:00 MUSIC /MORNING DANCE 9:00 EXERCISE 9:30 ESL & CITIZENSHIP 10:30 BINGO 12:30 GROCERY SHOPPING CHICKEN PICATTA</p>	<p>11 8:00 MUSIC AND MORNING DANCE 9:00 TAI CHI 10:30 LINE DANCING 11:45 MARCH BIRTHDAY PARTY 1:00 BINGO HAMBURGER</p>	<p>12 8:00 MUSIC AND MORNING DANCE 9:30 BELLY DANCE 10:30 SPANISH WORKSHOP 10:30 ZUMBA WITH RITA GREEK STYLE ROASTED CHICKEN</p>	<p>13 8:00 MUSIC AND MORNING DANCE 9:15 TAI CHI 10:00 KNITTING & CROCHETING 10:30 COMPUTER WORKSHOP 11:00 Presentation: Managing Your \$ 1:00 BINGO POTATO CRUSTED FISH</p>
<p>16 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 ROAST BEEF</p>	<p>17 8:00 MUSIC/ MORNING DANCE 9:00 EXERCISE 9:30 ESL & CITIZENSHIP 10:30 BINGO 12:30 GROCERY SHOPPING Happy St. Patrick's Day! CORNEB BEEF</p>	<p>18 8:00 MUSIC AND MORNING DANCE 9:00 TAI CHI 10:30 LINE DANCING 1:00 BINGO IRISH BANGERS & MASH</p>	<p>19 8:00 MUSIC AND MORNING DANCE 9:30 BELLY DANCE 10:30 BASIC SPANISH WORKSHOP 10:30 ZUMBA WITH RITA OPEN TURKEY SANDWICH</p>	<p>20 8:00 MUSIC AND MORNING DANCE 9:15 TAI CHI 10:00 KNITTING & CROCHETING 10:30 COMPUTER WORKSHOP 1:00 BINGO First Day of Spring! Hot Dog Luncheon \$5 Sign Up! VEGGIE BURGER</p>
<p>23 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 KOREAN BBQ CHICKEN LEG</p>	<p>24 8:00 MUSIC/ MORNING DANCE 9:00 EXERCISE 9:30 ESL & CITIZENSHIP 10:30 BINGO 12:30 GROCERY SHOPPING SALISBURY STEAK</p>	<p>25 8:00 MUSIC AND MORNING DANCE 9:00 TAI CHI 9:00 BLOOD PRESSURE 10:30 LINE DANCING 1:00 BINGO BALSAMIC BREADED CHICKEN</p>	<p>26 8:00 MUSIC AND MORNING DANCE 9:30 BELLY DANCE 10:30 BASIC SPANISH WORKSHOP 10:30 ZUMBA WITH RITA PORK CHOP</p>	<p>27 8:00 MUSIC AND MORNING DANCE 9:15 TAI CHI 10:00 KNITTING & CROCHETING 10:30 COMPUTER WORKSHOP 11:00 Presentation: COPD 1:00 BINGO BAKED PENNE</p>
<p>30 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 PHILLY SHAVED BEEF SANDWICH</p>	<p>31 8:00 MUSIC/ MORNING DANCE 9:00 EXERCISE 9:30 ESL & CITIZENSHIP 10:30 BINGO 12:30 GROCERY SHOPPING CHICKEN TERIYAKI</p>	<p>Happy St. Patrick's Day!</p>	<p>LUNCH Lunch is served daily at 11:45am Please be seated by 11:30am Suggested Lunch Donation \$1.25 Please reserve your lunch one day in advance before 12 noon.</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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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

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

MARCH 2020 NATIONAL NUTRITION MONTH

March 2:	Act Now Foundation: Memory Screenings	10:00am
March 8:	Daylight Saving Time Begins	
March 11:	Birthday Party	11:45am
March 13:	Presentation: Managing Your Money By: Beal Bank	11:00am
March 17:	Happy St. Patrick's Day!	
March 20:	First Day of Spring	
March 20:	Hot Dog Luncheon - \$5 Sign Up!	12 Noon
March 25:	Blood Pressure, Hackensack Health Department	9:00am
March 27:	Presentation: COPD By: Well Care	
March 30:	Bingo Bash	1:00pm

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.