

# AMERICAS UNIDAS MULTI-CULTURAL SENIOR ACTIVITY CENTER

Maria Tihui Sanjurjo, Center Director

JUNE 2019

(201) 336-3320

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

<p>3</p> <p>8:00 MUSIC AND MORNING DANCE 9:30 ESL &amp; CITIZENSHIP 9:30 MUSCLE TRAINING EXERCISE 10:30 COMPUTER WORKSHOP 10:30 SUN YOGA 1:00 BINGO</p> <p><b>MEATBALLS MUSHROOM GRAVY</b></p>	<p>4</p> <p>8:00 MUSIC / MORNING DANCE 9:00 EXERCISE 9:30 ESL &amp; CITIZENSHIP 10:30 BINGO 12:30 GROCERY SHOPPING</p> <p><b>BREADED FLOUNDER</b></p>	<p>5</p> <p>8:00 MUSIC AND MORNING DANCE 9:00 TAI CHI 10:30 LINE DANCING 1:00 BINGO</p> <p><b>PENNE W/ TURKEY BOLOGNESE</b></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><b>CHICKEN PICCATA</b></p>	<p>7</p> <p>8:00 MUSIC AND MORNING DANCE 9:30 DANCE &amp; YOGA 10:00 KNITTING &amp; CROCHETING 10:30 COMPUTER WORKSHOP 11:00 <b>Presentation: Consumer Def.</b> 1:00 BINGO</p> <p><b>BBQ BEEF RIB</b></p>
<p>10</p> <p>8:00 MUSIC AND MORNING DANCE 9:30 ESL &amp; CITIZENSHIP 9:30 MUSCLE TRAINING EXERCISE 10:30 COMPUTER WORKSHOP 10:30 SUN YOGA 1:00 BINGO</p> <p><b>TORTILLA CRUSTED FISH</b></p>	<p>11</p> <p>8:00 MUSIC / MORNING DANCE 9:00 EXERCISE 9:30 ESL &amp; CITIZENSHIP 10:30 BINGO 12:30 GROCERY SHOPPING</p> <p><b>TURKEY BURGER</b></p>	<p>12</p> <p>8:00 MUSIC AND MORNING DANCE 9:00 TAI CHI 10:30 LINE DANCING 1:00 BINGO</p> <p><b>Public Hearing on Transportation</b> 9:30am</p> <p><b>PORK CHOP W/ GRAVY</b></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><b>MEAT LASAGNA</b></p>	<p>14</p> <p>8:00 MUSIC AND MORNING DANCE 9:30 DANCE &amp; YOGA 10:00 KNITTING &amp; CROCHETING 10:30 COMPUTER WORKSHOP 1:00 BINGO</p> <p><b>Ice Cream Social 12 Noon</b> <b>BALSAMIC BREADED CHICKEN</b></p>
<p>17</p> <p>8:00 MUSIC AND MORNING DANCE 9:30 ESL &amp; CITIZENSHIP 9:30 MUSCLE TRAINING EXERCISE 10:30 COMPUTER WORKSHOP 10:30 SUN YOGA 1:00 BINGO</p> <p><b>OMELET &amp; BREAKFAST SAUSAGE</b></p>	<p>18</p> <p>8:00 MUSIC/ MORNING DANCE 9:00 EXERCISE 9:30 ESL &amp; CITIZENSHIP 10:30 BINGO 12:30 GROCERY SHOPPING</p> <p><b>CHICKEN SCAMPI</b></p>	<p>19</p> <p>8:00 MUSIC AND MORNING DANCE 9:00 TAI CHI 10:30 LINE DANCING 11:45 <b>JUNE BIRTHDAY PARTY</b> 1:00 BINGO</p> <p><b>TUNA SALAD</b></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><b>OPEN HOT ROAST BEEF SANDWICH</b></p>	<p>21</p> <p>8:00 MUSIC AND MORNING DANCE 9:30 DANCE &amp; YOGA 10:00 KNITTING &amp; CROCHETING 10:30 COMPUTER WORKSHOP 1:00 BINGO</p> <p><b>First Day of Summer</b> <b>PENNE WITH MEATBALLS</b></p>
<p>24</p> <p>8:00 MUSIC AND MORNING DANCE 9:30 ESL &amp; CITIZENSHIP 9:30 MUSCLE TRAINING EXERCISE 10:30 COMPUTER WORKSHOP 10:30 SUN YOGA 1:00 <b>BINGO BASH</b></p> <p><b>ROAST PORK W/ GRAVY</b></p>	<p>25</p> <p>8:00 MUSIC/ MORNING DANCE 9:00 EXERCISE 9:30 ESL &amp; CITIZENSHIP 10:30 BINGO 12:30 GROCERY SHOPPING</p> <p><b>VEGETABLE LASAGNA</b></p>	<p>26</p> <p>8:00 MUSIC AND MORNING DANCE 9:00 <b>BLOOD PRESSURE</b> 9:00 TAI CHI 10:30 LINE DANCING 1:00 BINGO</p> <p><b>BREADED CHICKEN MILANESE</b></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><b>PARMESAN CRUSTED FISH</b></p>	<p>28</p> <p>8:00 MUSIC AND MORNING DANCE 9:30 DANCE &amp; YOGA 10:00 KNITTING &amp; CROCHETING 10:30 COMPUTER WORKSHOP 11:00 <b>Presentation: Budgeting</b> 1:00 BINGO</p> <p><b>Hot Dog Luncheon 12 Noon</b> <b>SALISBURY STEAK</b></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

James J. Tedesco III County Executive

## AMERICAS UNIDAS MULTI-CULTURAL SENIOR ACTIVITY CENTER

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

JUNE 2019

### NATIONAL FRESH FRUITS & VEGETABLES MONTH

June 7:	Presentation: Consumer Defense By: Myra Metzger, Attorney at Law	11:00am
June 12:	Public Hearing on Transportation One Bergen County Plaza, Hackensack, NJ 5th Floor	9:30am
June 14:	Father's Day Ice Cream Social - \$2 - Sign Up!	12 Noon
June 16:	Happy Father's Day!	
June 19:	June Birthday Party	11:45am
June 21:	First Day of Summer	
June 24:	Bingo Bash	1:00pm
June 26:	Blood Pressure, Hackensack Health Department	9:00am
June 28:	Presentation: Budgeting By: Beal Bank	11:00am
June 28:	Hot Dog Luncheon - \$5 - Sign up!	12 Noon



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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.