

# AMERICAS UNIDAS MULTI-CULTURAL SENIOR ACTIVITY CENTER

Maria Tihui Sanjurjo, Center Director

## AUGUST 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 9:30 BELLY DANCE 10:30 SPANISH WORKSHOP 10:30 ZUMBA WITH RITA</p> <p><b>CHICKEN SCAMPI</b></p>	<p>2 8:00 MUSIC AND MORNING DANCE 9:30 DANCE &amp; YOGA 10:00 KNITTING &amp; CROCHETING 10:30 COMPUTER WORKSHOP 11:00 <b>Presentation: Positive Thinking</b> 1:00 BINGO</p> <p><b>EGG OMELET</b></p>
<p>5 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>OPEN ROAST BEEF SANDWICH</b></p>	<p>6 8:00 MUSIC / MORNING DANCE 9:00 EXERCISE 9:30 ESL &amp; CITIZENSHIP 10:30 BINGO 12:30 GROCERY SHOPPING</p> <p><b>BEEF TERIYAKI</b></p>	<p>7 8:00 MUSIC AND MORNING DANCE 9:00 TAI CHI 10:30 LINE DANCING 1:00 BINGO</p> <p><b>PARMESAN CRUSTED FISH</b></p>	<p>8 8:00 MUSIC AND MORNING DANCE 9:30 BELLY DANCE 10:30 SPANISH WORKSHOP 10:30 ZUMBA WITH RITA</p> <p><b>ROAST PORK WITH GRAVY</b></p>	<p>9 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>BREADED CHICKEN MILANESE</b></p>
<p>12 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>BEER BATTERED FISH</b></p>	<p>13 8:00 MUSIC/ MORNING DANCE 9:00 EXERCISE 9:30 ESL &amp; CITIZENSHIP 10:30 BINGO 12:30 GROCERY SHOPPING</p> <p><b>CHICKEN STUFFED W/ BROCCOLI</b></p>	<p>14 8:00 MUSIC AND MORNING DANCE 9:00 <b>BLOOD PRESSURE</b> 9:00 TAI CHI 10:30 LINE DANCING 11:45 <b>AUGUST BIRTHDAY PARTY</b> 1:00 BINGO</p> <p><b>TURKEY &amp; BEAN CHILI</b></p>	<p>15 8:00 MUSIC AND MORNING DANCE 9:30 BELLY DANCE 10:30 BASIC SPANISH WORKSHOP 10:30 ZUMBA WITH RITA</p> <p><b>EGGPLANT ROLLATINI</b></p>	<p>16 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>MEATLOAF WITH GRAVY</b></p>
<p>19 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>CHINESE CHICKEN &amp; BROCCOLI</b></p>	<p>20 8:00 MUSIC/ MORNING DANCE 9:00 EXERCISE 9:30 ESL &amp; CITIZENSHIP 10:30 BINGO 12:30 GROCERY SHOPPING</p> <p><b>RIGATONI W/ TURKEY BOLOGNESE</b></p>	<p>21 8:00 MUSIC AND MORNING DANCE 9:00 TAI CHI 10:30 LINE DANCING 1:00 BINGO</p> <p><b>SWEET ITALIAN SAUSAGE</b></p>	<p>22 8:00 MUSIC AND MORNING DANCE 9:30 BELLY DANCE 10:30 BASIC SPANISH WORKSHOP 10:30 ZUMBA WITH RITA</p> <p><b>ROAST TURKEY</b></p>	<p>23 8:00 MUSIC AND MORNING DANCE 9:30 DANCE &amp; YOGA 10:00 KNITTING &amp; CROCHETING 10:30 COMPUTER WORKSHOP 11:00 <b>Presentation: Credit</b> 1:00 BINGO</p> <p><b>COCONUT CRUSTED HADDOCK</b></p>
<p>26 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>BBQ BEEF RIB</b></p>	<p>27 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>28 8:00 MUSIC AND MORNING DANCE 9:00 TAI CHI 10:30 LINE DANCING 1:00 BINGO</p> <p><b>CHICKEN PICCATA</b></p>	<p>29 8:00 MUSIC AND MORNING DANCE 9:00 <b>BLOOD PRESSURE</b> 9:30 BELLY DANCE 10:30 BASIC SPANISH WORKSHOP 10:30 ZUMBA WITH RITA</p> <p><b>SWEDISH MEATBALLS</b></p>	<p>30 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>BAKED ZITI</b></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

Melissa DeBartolo, Esq.  
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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James J. Tedesco III County Executive

## AMERICAS UNIDAS MULTI-CULTURAL SENIOR ACTIVITY CENTER

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

### AUGUST 2019

August 2:	Presentation: Positive Thinking and Well Being By: Humana	11:00am
August 9:	Ice Cream Social - \$2 Sign up!	12 Noon
August 14:	Blood Pressure, Hackensack Health Department	9:00am
August 14:	August Birthday Party	11:45am
August 23:	Presentation: The Importance of Credit By: Beal Bank	11:00am
August 26:	Bingo Bash	1:00pm
August 29:	Blood Pressure, Hackensack Health Department	9:00am



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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.