

AMERICAS UNIDAS MULTI-CULTURAL SENIOR ACTIVITY CENTER

Maria Tihui Sanjurjo, Center Director

SEPTEMBER 2021

(201) 336-3320

Monday	Tuesday	Wednesday	Thursday	Friday
		<p>1</p> <p>9:00AM BINGO 10:30AM TAI CHI WITH STANLEY 12 NOON POOL & CARDS</p> <p>BREADED CHICKEN CUTLET</p>	<p>2</p> <p>9:00AM BINGO 10:30AM CHAIR ZUMBA 12 NOON POOL & CARDS</p> <p>SHAVED BEEF STROGANOFF</p>	<p>3</p> <p>9:00AM BINGO 10:30AM CHAIR EXERCISE WITH LISA 12 NOON POOL & CARDS</p> <p>BROCCOLI STUFFED CHICKEN</p>
<p>6</p> <p>CENTER CLOSED LABOR DAY</p> <p>Rosh Hashanah Begins at Sundown</p>	<p>7</p> <p>9:00AM BINGO 10:30AM SUN YOGA WITH ESTHER 12 NOON POOL & CARDS</p> <p>PULLED PORK</p>	<p>8</p> <p>9:00AM BINGO 10:30AM TAI CHI WITH STANLEY 12 NOON POOL & CARDS</p> <p>Blood Pressure Screening 8:30am</p> <p>HAMBURGER</p>	<p>9</p> <p>9:00AM BINGO 10:30AM CHAIR ZUMBA 12 NOON POOL & CARDS</p> <p>CHICKEN FLORENTINE</p>	<p>10</p> <p>9:00AM BINGO 10:30AM CHAIR EXERCISE WITH LISA 12 NOON POOL & CARDS</p> <p>RIGATONI BOLOGNESE</p>
<p>13</p> <p>9:00AM BINGO 10:30AM STRETCH AND STRENGTH 12 NOON POOL & CARDS</p> <p>HAM AND SWISS CHEESE SANDWICH</p>	<p>14</p> <p>9:00AM BINGO 10:30AM SUN YOGA WITH ESTHER 12 NOON POOL & CARDS</p> <p>CHICKEN TERIYAKI</p>	<p>15</p> <p>9:00AM BINGO 10:30AM TAI CHI WITH STANLEY 12 NOON POOL & CARDS</p> <p>Yom Kippur Begins at Sundown</p> <p>SALISBURY STEAK</p>	<p>16</p> <p>9:00AM BINGO 10:30AM CHAIR ZUMBA 12 NOON POOL & CARDS</p> <p>ITALIAN MEATBALLS</p>	<p>17</p> <p>9:00AM BINGO 10:30AM CHAIR EXERCISE WITH LISA 12 NOON POOL & CARDS</p> <p>SHAVED CHICKEN SANDWICH</p>
<p>20</p> <p>9:00AM BINGO 10:30AM STRETCH AND STRENGTH 12 NOON POOL & CARDS</p> <p>TURKEY AND AMERICAN CHEESE SANDWICH</p>	<p>21</p> <p>9:00AM BINGO 10:30AM SUN YOGA WITH ESTHER 12 NOON POOL & CARDS</p> <p>KOREAN BBQ CHICKEN LEG</p>	<p>22</p> <p>9:00AM BINGO 10:30AM TAI CHI WITH STANLEY 12 NOON POOL & CARDS</p> <p>First Day of Autumn</p> <p>STUFFED CABBAGE</p>	<p>23</p> <p>9:00AM BINGO 10:30AM PRESENTATION: Eating Well on a Budget 12 NOON POOL & CARDS</p> <p>HONEY MUSTARD CHICKEN FILET</p>	<p>24</p> <p>9:00AM BINGO 10:30AM CHAIR EXERCISE WITH LISA 12 NOON POOL & CARDS</p> <p>* Special Bingo Bash to Celebrate Senior Center Week!</p> <p>MEATBALLS MARSALA</p>
<p>27</p> <p>9:00AM BINGO 10:30AM STRETCH AND STRENGTH 12 NOON POOL & CARDS</p> <p>SALAMI AND PROVOLONE SANDWICH</p>	<p>28</p> <p>9:00AM BINGO 10:30AM SUN YOGA WITH ESTHER 12 NOON POOL & CARDS</p> <p>MEATLOAF/ MUSHROOM GRAVY</p>	<p>29</p> <p>9:00AM BINGO 10:30AM TAI CHI WITH STANLEY 12 NOON POOL & CARDS</p> <p>BAKED PENNE</p>	<p>30</p> <p>9:00AM BINGO 10:30AM CHAIR ZUMBA 12 NOON POOL & CARDS</p> <p>ORANGE CHICKEN</p>	<p>TAKE HOME LUNCH</p> <p>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~</p>



James J. Tedesco III
County Executive

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DEPARTMENT OF HUMAN SERVICES

Melissa H. DeBartolo, Esq.
Director

DIVISION of SENIOR SERVICES

Lorraine Joewono
Director



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 of Disability Services
201-336-6500

Bergen County
Board of Social Services
201-368-4200



James J. Tedesco III *County Executive*

**AMERICAS UNIDAS MULTI-CULTURAL
SENIOR ACTIVITY CENTER**

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

SEPTEMBER 2021

NATIONAL SENIOR CENTER MONTH

Celebrate Senior Center Week September 20th - 24th!

- September 6: Center Closed - Labor Day Observance
- September 6: Rosh Hashanah Begins at Sundown
- September 8: Blood Pressure, Hackensack Health Department 8:30am
- September 15: Yom Kippur Begins at Sundown
- September 22: First Day of Autumn
- September 23: Presentation: Eating Well on a Budget 10:30am
By: Health Awareness Regional Program, HUMC
- September 24: Special Bingo Bash to Celebrate Senior Center Week 9:00am

Thank you for your patience and understanding as we continue to navigate necessary COVID-19 protocols and preventative measures at our Senior Activity Centers. These protocols are intended to further ensure the health and safety of everyone at the center. Our senior activity center staff are diligently working to bring safe, but fun and enjoyable activities and programming to our centers. At this time, we ask that you please continue to pre-register for morning or afternoon sessions, as well as, for to-go lunches. Please know that your cooperation during these challenging times is very much appreciated. If you have any questions, kindly contact your center directly at (201) 336-3320 or the Division of Senior Services at 201-336-7440.

**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

Maria Tihui Sanjurjo, C.S.W., Center Director
unitedcenter@co.bergen.nj.us

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.



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.