

BERGEN NEW JERSEY *County*

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

AMERICAS UNIDAS MULTICULTURAL
SENIOR ACTIVITY CENTER

101 Hudson Street
Hackensack, NJ 07601

Phone: (201) 336-3320 • Fax: (201) 488-2867

UnitedCenter@co.bergen.nj.us

Open: Monday - Friday, 8:00AM - 3:30PM

BERGEN NEW JERSEY *County*

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AMERICAS UNIDAS MULTICULTURAL
SENIOR ACTIVITY CENTER
Bergen County Department of Human Services
Division of Senior Services/ADRC

AUGUST 2022

August 4:	Last Class for the WISE Program	10:00AM
August 8:	Presentation: Alzheimer's Resources by: Act Now Foundation	10:30AM
August 11:	August Trivia with Maria and Tricia	10:30AM
August 12:	Concentration Game with Maria and Dorene	9:00AM
August 12:	Ice Cream Social - Sign Up! \$2	12 Noon
August 15:	Presentation: Stretching Your Food Dollars by: Community Food Bank of NJ	10:30AM
August 17:	August Birthday Party	11:30AM
August 24:	Blood Pressure Screenings by: Hackensack Health Department	9:00AM
August 26:	Bingo Bash	12:30PM

On behalf of the County of Bergen, we thank you for your patience during the Covid-19 pandemic. At this time, the County has lifted most restrictions related to Covid-19, but will continue to require health screenings upon entrance to the centers. Masks are now optional throughout the centers. Masks are still required on the bus for those who are unvaccinated, although it is preferable for all to wear a mask when on the bus. Meals will return to congregate setting, and there will no longer be a Grab & Go option. We look forward to seeing you again as we resume all regular activities. If you have any questions, kindly contact your center directly at (201) 336-3320.

The Americas Unidas Multicultural Senior Activity Center 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.

AUGUST 2022

AMERICAS UNIDAS MULTICULTURAL SENIOR ACTIVITY CENTER

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>1 9:00AM SENIOR KARATE WITH LARRY 10:00AM ESL & CITIZENSHIP 11:00AM POOL & CARDS 11:45AM LUNCH SERVED 12:30PM BINGO</p> <p>CHICKEN ROTINI SALAD</p>	<p>2 10:00AM ESL & CITIZENSHIP 10:30AM TAI CHI WITH STANLEY 11:00AM POOL & CARDS 11:45AM LUNCH SERVED 12:30PM BINGO</p> <p>SLICED TURKEY w/ TURKEY GRAVY</p>	<p>3 10:00AM LINE DANCING WITH IRMA 11:00AM POOL & CARDS 11:45AM LUNCH SERVED 12:30PM BINGO</p> <p>BAKED FISH FLORENTINE</p>	<p>4 9:00AM EXERCISE WITH LISA 10:00AM WISE PROGRAM 11:00AM POOL & CARDS 11:45AM LUNCH SERVED 12:30PM BINGO</p> <p>HOMESTYLE MEATLOAF w/ BROWN GRAVY</p>	<p>5 10:30AM CHAIR EXERCISE WITH LISA 11:00AM POOL & CARDS 11:45AM LUNCH SERVED 12:30PM BINGO</p> <p>CHICKEN PARMESAN</p>
<p>8 9:00AM SENIOR KARATE WITH LARRY 10:00AM ESL & CITIZENSHIP 10:30AM PRESENTATION: ALZHEIMERS 11:00AM POOL & CARDS 11:45AM LUNCH SERVED 12:30PM BINGO</p> <p>CHICKEN SALAD w/ LETTUCE LEAF</p>	<p>9 10:00AM ESL & CITIZENSHIP 10:30AM TAI CHI WITH STANLEY 11:00AM POOL & CARDS 11:45AM LUNCH SERVED 12:30PM BINGO</p> <p>PENNE w/ CRUMBLLED PORK SAUSAGE & GARLIC & OLIVE OIL</p>	<p>10 10:00AM LINE DANCING WITH IRMA 11:00AM POOL & CARDS 11:45AM LUNCH SERVED 12:30PM BINGO</p> <p>CHICKEN CHOW MEIN</p>	<p>11 9:00AM EXERCISE WITH LISA 10:00AM AUGUST TRIVIA 11:00AM POOL & CARDS 11:45AM LUNCH SERVED 12:30PM BINGO</p> <p>SWEET & SOUR MEATBALLS</p>	<p>12 9:00AM CONCENTRATION 10:30AM EXERCISE WITH LISA 11:00AM POOL & CARDS 11:45AM LUNCH SERVED 12:30PM BINGO</p> <p><i>Ice Cream Social 12 Noon</i> CHICKEN FILET w/ HONEY DIJON SAUCE</p>
<p>15 9:00AM SENIOR KARATE WITH LARRY 10:00AM ESL & CITIZENSHIP 11:00AM POOL & CARDS 10:30AM PRESENTATION: NUTRITION 11:45AM LUNCH SERVED 12:30PM BINGO</p> <p>TUNA AND BOWTIE PASTA SALAD</p>	<p>16 10:00AM ESL & CITIZENSHIP 10:30AM TAI CHI WITH STANLEY 11:00AM POOL & CARDS 11:45AM LUNCH SERVED 12:30PM BINGO</p> <p>TURKEY BURGER</p>	<p>17 10:00AM LINE DANCING WITH IRMA 11:00AM POOL & CARDS 11:30AM AUGUST BIRTHDAY PARTY 11:45AM LUNCH SERVED 12:30PM BINGO</p> <p>UNBREADED CHICKEN PICCATA</p>	<p>18 9:00AM EXERCISE WITH LISA 11:00AM POOL & CARDS 11:45AM LUNCH SERVED 12:30PM BINGO</p> <p>HOMESTYLE SALISBURY STEAK w/ BROWN GRAVY</p>	<p>19 10:30AM EXERCISE WITH LISA 11:00AM POOL & CARDS 11:45AM LUNCH SERVED 12:30PM BINGO</p> <p>ROSEMARY ROASTED PORK w/ GRAVY</p>
<p>22 9:00AM SENIOR KARATE WITH LARRY 10:00AM ESL & CITIZENSHIP 11:00AM POOL & CARDS 11:45AM LUNCH SERVED 12:30PM BINGO</p> <p>EGG SALAD w/ ROMAINE LETTUCE</p>	<p>23 10:00AM ESL & CITIZENSHIP 10:30AM TAI CHI WITH STANLEY 11:00AM POOL & CARDS 11:45AM LUNCH SERVED 12:30PM BINGO</p> <p>BONELESS CHICKEN SCAMPI</p>	<p>24 9:00AM BLOOD PRESSURE 10:00AM LINE DANCING WITH IRMA 11:00AM POOL & CARDS 11:45AM LUNCH SERVED 12:30PM BINGO</p> <p>PORK CHOP w/ APPLESAUCE</p>	<p>25 9:00AM EXERCISE WITH LISA 11:00AM POOL & CARDS 11:45AM LUNCH SERVED 12:30PM BINGO</p> <p>TURKEY CHILI w/ BEANS</p>	<p>26 10:30AM EXERCISE WITH LISA 11:00AM POOL & CARDS 11:45AM LUNCH SERVED 12:30PM BINGO BASH</p> <p>CHICKEN MARSALA</p>
<p>29 9:00AM SENIOR KARATE WITH LARRY 11:00AM ESL & CITIZENSHIP 11:00AM POOL & CARDS 11:45AM LUNCH SERVED 12:30PM BINGO</p> <p>PULLED BBQ PORK</p>	<p>30 10:00AM ESL & CITIZENSHIP 10:30AM TAI CHI WITH STANLEY 11:00AM POOL & CARDS 11:45AM LUNCH SERVED 12:30PM BINGO</p> <p>KOREAN BBQ CHICKEN LEG QUARTER</p>	<p>31 10:00AM LINE DANCING WITH IRMA 11:00AM POOL & CARDS 11:45AM LUNCH SERVED 12:30PM BINGO</p> <p>PEPPER STEAK</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~</p>				