

# BERGEN NEW JERSEY *County*

**James J. Tedesco III**  
*County Executive*

## BOARD OF COUNTY COMMISSIONERS

**Thomas J. Sullivan**  
*Chairman*

**Germaine M. Ortiz**  
*Vice Chairwoman*

**Dr. Joan M. Voss**  
*Chair Pro Tempore*

**Mary J. Amoroso**  
**Ramon M. Hache, Sr.**

**Steven A. Tanelli**  
**Tracy Silna Zur**

**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](mailto:UnitedCenter@co.bergen.nj.us)

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

# BERGEN NEW JERSEY *County*

James J. Tedesco III, County Executive

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

**March 2023**  
**National Nutrition Month**

<b>March 7:</b>	<b>Presentation: Rehab Information (Rescheduled)</b> <b>By: Prospect Heights Skilled Nursing Facility</b>	<b>9:30AM</b>
<b>March 12:</b>	<b>Daylight Savings Time - Spring Ahead!</b>	<b>All Day</b>
<b>March 14:</b>	<b>Concentration with Dorene and Maria</b>	<b>9:30AM</b>
<b>March 15:</b>	<b>March Birthday Party</b>	<b>11:30AM</b>
<b>March 17:</b>	<b>Happy St. Patrick's Day! Join us for Green Bagels!</b>	<b>9:00AM</b>
<b>March 17:</b>	<b>St. Patrick's Day Trivia w/ Maria and Tricia</b>	<b>9:30AM</b>
<b>March 20:</b>	<b>First Day of Spring!</b>	<b>All Day</b>
<b>March 21:</b>	<b>Apple IPAD Learning Experience</b>	<b>9:30AM</b>
<b>March 22:</b>	<b>Blood Pressure by Hackensack Health Department</b>	<b>9:00AM</b>
<b>March 28:</b>	<b>Join us for Popcorn and a Movie!</b>	<b>9:00AM</b>
<b>March 31:</b>	<b>Bingo Bash</b>	<b>12:30PM</b>

*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.

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. 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.

**MARCH 2023**

**AMERICAS UNIDAS MULTICULTURAL SENIOR ACTIVITY CENTER**

Maria Sanjurjo  
Center Director

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

	<p><b>LUNCH</b> 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.  101 Hudson Street, Hackensack, NJ 07601 ~Center Hours: 8:00 - 3:30~</p>	<p>1 10:00AM LINE DANCING WITH IRMA 11:00AM POOL &amp; CARDS 11:45AM LUNCH SERVED 12:30PM BINGO  <b>KOREAN BBQ PULLED PORK</b></p>	<p>2 9:00AM EXERCISE WITH LISA 10:30AM ZUMBA WITH LAUREN 11:00AM POOL &amp; CARDS 11:45AM LUNCH SERVED 12:30PM BINGO  <b>HERB ROASTED CHICKEN LEG</b></p>	<p>3 10:30AM EXERCISE WITH LISA 11:00AM POOL &amp; CARDS 11:45AM LUNCH SERVED 12:30PM BINGO  <b>EGGPLANT ROLLATINI</b></p>
<p>6 10:00AM YOGA WITH SANTASHIA 10:00AM CHRONIC DISEASE PROGRAM 10:00AM ESL &amp; CITIZENSHIP 11:00AM POOL &amp; CARDS 11:45AM LUNCH SERVED 12:30PM BINGO  <b>SWEET &amp; SOUR MEATBALLS</b></p>	<p>7 9:30AM Presentation: Rehab Information 10:00AM ESL &amp; CITIZENSHIP 10:30AM TAI CHI WITH STANLEY 11:00AM POOL &amp; CARDS 11:45AM LUNCH SERVED 12:30PM BINGO  <b>BAKED FISH W/ DILL SAUCE</b></p>	<p>8 10:00AM LINE DANCING WITH IRMA 11:00AM POOL &amp; CARDS 11:45AM LUNCH SERVED 12:30PM BINGO  <b>CHICKEN FLORENTINE</b></p>	<p>9 9:00AM EXERCISE WITH LISA 10:30AM ZUMBA WITH LAUREN 11:00AM POOL &amp; CARDS 11:45AM LUNCH SERVED 12:30PM BINGO  <b>HAMBURGER</b></p>	<p>10 10:30AM EXERCISE WITH LISA 11:00AM POOL &amp; CARDS 11:45AM LUNCH SERVED 12:30PM BINGO  <b>TUNA AND BOWTIE PASTA SALAD</b></p>
<p>13 10:00AM YOGA WITH SANTASHIA 10:00AM CHRONIC DISEASE PROGRAM 10:00AM ESL &amp; CITIZENSHIP 11:00AM POOL &amp; CARDS 11:45AM LUNCH SERVED 12:30PM BINGO  <b>PORK TENDERLOIN W/ APPLESAUCE</b></p>	<p>14 9:30AM CONCENTRATION GAME 10:00AM ESL &amp; CITIZENSHIP 10:30AM TAI CHI WITH STANLEY 11:00AM POOL &amp; CARDS 11:45AM LUNCH SERVED 12:30PM BINGO  <b>SALISBURY STEAK W/ BROWN GRAVY</b></p>	<p>15 10:00AM LINE DANCING WITH IRMA 11:00AM POOL &amp; CARDS 11:30AM MARCH BIRTHDAY PARTY 11:45AM LUNCH SERVED 12:30PM BINGO  <b>CHICKEN CUTLET PARMESAN</b></p>	<p>16 9:00AM EXERCISE WITH LISA 10:30AM ZUMBA WITH LAUREN 11:00AM POOL &amp; CARDS 11:45AM LUNCH SERVED 12:30PM BINGO  <b>CORNE BEEF</b></p>	<p>17 10:30AM EXERCISE WITH LISA 11:00AM POOL &amp; CARDS 11:45AM LUNCH SERVED 12:30PM BINGO  <b>Happy St. Patrick's Day!</b> <b>Green Bagels 9:00AM! Trivia 9:30AM!</b> <b>BAKED FISH W/ GARLIC AND LEMON SAUCE</b></p>
<p>20 10:00AM YOGA WITH SANTASHIA 10:00AM CHRONIC DISEASE PROGRAM 10:00AM ESL &amp; CITIZENSHIP 11:00AM POOL &amp; CARDS 11:45AM LUNCH SERVED 12:30PM BINGO  <b>TURKEY AND SWISS CHEESE W/ ARUGULA ON WHOLE WHEAT ROLL</b></p>	<p>21 9:30AM APPLE IPAD LEARNING 10:00AM ESL &amp; CITIZENSHIP 10:30AM TAI CHI WITH STANLEY 11:00AM POOL &amp; CARDS 11:45AM LUNCH SERVED 12:30PM BINGO  <b>HOT TUNA NOODLE CASSEROLE</b></p>	<p>22 9:00AM BLOOD PRESSURE 10:00AM LINE DANCING WITH IRMA 11:00AM POOL &amp; CARDS 11:45AM LUNCH SERVED 12:30PM BINGO  <b>CHICKEN CORDON BLEU</b></p>	<p>23 9:00AM EXERCISE WITH LISA 10:30AM ZUMBA WITH LAUREN 11:00AM POOL &amp; CARDS 11:45AM LUNCH SERVED 12:30PM BINGO  <b>SLOPPY JOE ON WHOLE WHEAT KAISER ROLL</b></p>	<p>24 10:30AM EXERCISE WITH LISA 11:00AM POOL &amp; CARDS 11:45AM LUNCH SERVED 12:30PM BINGO  <b>EGG SALAD ON ROMAINE LETTUCE</b></p>
<p>27 10:00AM YOGA WITH SANTASHIA 10:00AM CHRONIC DISEASE PROGRAM 10:00AM ESL &amp; CITIZENSHIP 11:00AM POOL &amp; CARDS 11:45AM LUNCH SERVED 12:30PM BINGO  <b>SWEDISH MEATBALLS</b></p>	<p>28 9:00AM POPCORN &amp; A MOVIE 10:00AM ESL &amp; CITIZENSHIP 10:30AM TAI CHI WITH STANLEY 11:00AM POOL &amp; CARDS 11:45AM LUNCH SERVED 12:30PM BINGO  <b>MEATLOAF W/ GRAVY</b></p>	<p>29 10:00AM LINE DANCING WITH IRMA 11:00AM POOL &amp; CARDS 11:45AM LUNCH SERVED 12:30PM BINGO  <b>SHAVED PHILLY BEEF SANDWICH</b></p>	<p>30 9:00AM EXERCISE WITH LISA 10:30AM ZUMBA WITH LAUREN 11:00AM POOL &amp; CARDS 11:45AM LUNCH SERVED 12:30PM BINGO  <b>KOREAN BBQ CHICKEN LEG QTR.</b></p>	<p>31 10:30AM EXERCISE WITH LISA 11:00AM POOL &amp; CARDS 11:45AM LUNCH SERVED 12:30PM BINGO BASH  <b>BAKED FISH W/ DILL SAUCE</b></p>