

BERGEN NEW JERSEY *County*

James J. Tedesco III
County Executive

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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*

James J. Tedesco III, County Executive

AMERICAS UNIDAS MULTICULTURAL **SENIOR ACTIVITY CENTER** **Bergen County Department of Human Services** **Division of Senior Services/ADRC** **May 2023** **Older Americans Month**

May 2:	Trivia with Maria and Tricia	9:30AM
May 5:	Happy Cinco de Mayo!	
May 9:	Concentration with Dorene	9:30AM
May 12:	Presentation; Keeping Seniors Healthy By: Holy Name Medical Center	9:00AM
May 14:	Happy Mother's Day!	
May 16:	Open House: Join us for a Special Lunch to Celebrate Older Americans Month! Call (201) 336-3320 for Reservations	9:00AM -2:00PM
May 17:	May Birthday Party	11:30AM
May 19:	Bingo Bash	12:30PM
May 24:	Ice Cream Social - Join Us!	12 :00
May 29:	Memorial Day Observance - Center Closed	All Day
May 30:	Join us for Popcorn and a Movie!	9:00AM
May 31:	Blood Pressure by Hackensack Health Department	9:00AM

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.

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 have returned to a 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.



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.

MAY 2023

AMERICAS UNIDAS MULTICULTURAL SENIOR ACTIVITY CENTER

Maria Sanjurjo
Center Director



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>1</p> <p>10:00AM YOGA WITH SANTASHIA 10:00AM ESL & CITIZENSHIP 11:00AM POOL & CARDS 11:45AM LUNCH SERVED 12:30PM BINGO</p> <p>ITALIAN MEATBALLS WITH TOMATO BASIL SAUCE</p>	<p>2</p> <p>9:30AM TRIVIA 10:00AM ESL & CITIZENSHIP 10:30AM TAI CHI WITH STANLEY 11:00AM POOL & CARDS 11:45AM LUNCH SERVED 12:30PM BINGO</p> <p>TUNA AND BOWTIE PASTA SALAD</p>	<p>3</p> <p>10:00AM LINE DANCING WITH IRMA 11:00AM POOL & CARDS 11:45AM LUNCH SERVED 12:30PM BINGO</p> <p>PORK CHOP IN GARLIC SAUCE</p>	<p>4</p> <p>9:00AM EXERCISE WITH LISA 10:30AM ZUMBA WITH LAUREN 11:00AM POOL & CARDS 11:45AM LUNCH SERVED 12:30PM BINGO</p> <p>BALSAMIC BREADED CHICKEN BREAST</p>	<p>5</p> <p>10:30AM EXERCISE WITH LISA 11:00AM POOL & CARDS 11:45AM LUNCH SERVED 12:30PM BINGO</p> <p>Happy Cinco de Mayo!</p> <p>MEXICAN CHICKEN BREAST</p>
<p>8</p> <p>10:00AM YOGA WITH SANTASHIA 10:00AM ESL & CITIZENSHIP 11:00AM POOL & CARDS 11:45AM LUNCH SERVED 12:30PM BINGO</p> <p>BAKED FISH W/ LEMON</p>	<p>9</p> <p>9:30AM CONCENTRATION GAME 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 QTR.</p>	<p>10</p> <p>10:00AM LINE DANCING WITH IRMA 11:00AM POOL & CARDS 11:45AM LUNCH SERVED 12:30PM BINGO</p> <p>STUFFED PEPPERS (TURKEY)</p>	<p>11</p> <p>9:00AM EXERCISE WITH LISA 10:30AM ZUMBA WITH LAUREN 11:00AM POOL & CARDS 11:45AM LUNCH SERVED 12:30PM BINGO</p> <p>LOW SALT HAM STEAK</p>	<p>12</p> <p>9:00AM PRESENTATION: STAYING HEALTHY 10:30AM EXERCISE WITH LISA 11:00AM POOL & CARDS 11:45AM LUNCH SERVED 12:30PM BINGO</p> <p>BONELESS CHICKEN SCAMPI</p>
<p>15</p> <p>10:00AM YOGA WITH SANTASHIA 10:00AM ESL & CITIZENSHIP 11:00AM POOL & CARDS 11:45AM LUNCH SERVED 12:30PM BINGO</p> <p>TUNA SALAD ON ROMAINE</p>	<p>16</p> <p>10:00AM ESL & CITIZENSHIP 10:30AM TAI CHI WITH STANLEY 11:00AM POOL & CARDS 11:45AM LUNCH SERVED 12:30PM BINGO</p> <p>Open House 9:00am - 2:00pm CHICKEN MARSALA</p>	<p>17</p> <p>10:00AM LINE DANCING WITH IRMA 11:00AM POOL & CARDS 11:30AM MAY BIRTHDAY PARTY 11:45AM LUNCH SERVED 12:30PM BINGO</p> <p>SWEET PORK SAUSAGE SANDWICH ON ITALIAN BREAD</p>	<p>18</p> <p>9:00AM EXERCISE WITH LISA 10:30AM ZUMBA WITH LAUREN 11:00AM POOL & CARDS 11:45AM LUNCH SERVED 12:30PM BINGO</p> <p>SALISBURY STEAK W/ BROWN GRAVY</p>	<p>19</p> <p>10:30AM EXERCISE WITH LISA 11:00AM POOL & CARDS 11:45AM LUNCH SERVED 12:30PM BINGO BASH</p> <p>EGGPLANT ROLLATINI W/ ITALIAN MEATBALLS</p>
<p>22</p> <p>10:00AM YOGA WITH SANTASHIA 10:00AM ESL & CITIZENSHIP 11:00AM POOL & CARDS 11:45AM LUNCH SERVED 12:30PM BINGO</p> <p>ORANGE CHICKEN</p>	<p>23</p> <p>10:00AM ESL & CITIZENSHIP 10:30AM TAI CHI WITH STANLEY 11:00AM POOL & CARDS 11:45AM LUNCH SERVED 12:30PM BINGO</p> <p>ROAST BEEF W/ GRAVY</p>	<p>24</p> <p>10:00AM LINE DANCING WITH IRMA 11:00AM POOL & CARDS 11:45AM LUNCH SERVED 12:30PM BINGO</p> <p>Ice Cream Social 12:00 Noon CHICKEN WALDORF SALAD ON LETTUCE LEAF</p>	<p>25</p> <p>9:00AM EXERCISE WITH LISA 10:30AM ZUMBA WITH LAUREN 11:00AM POOL & CARDS 11:45AM LUNCH SERVED 12:30PM BINGO</p> <p>PORK TENDERLOIN W/ GRAVY</p>	<p>26</p> <p>10:30AM EXERCISE WITH LISA 11:00AM POOL & CARDS 11:45AM LUNCH SERVED 12:30PM BINGO</p> <p>SWEDISH MEATBALLS</p>
<p>29</p> <p>MEMORIAL DAY OBSERVANCE CENTER CLOSED</p>  <p><i>Memorial DAY</i></p>	<p>30</p> <p>9:00AM POPCORN & A MOVIE 10:00AM ESL & CITIZENSHIP 10:30AM TAI CHI WITH STANLEY 11:00AM POOL & CARDS 11:45AM LUNCH SERVED 12:30PM BINGO</p> <p>BEEF HAMBURGER</p>	<p>31</p> <p>9:00AM BLOOD PRESSURE SCREENING 10:00AM LINE DANCING WITH IRMA 11:00AM POOL & CARDS 11:45AM LUNCH SERVED 12:30PM BINGO</p> <p>CHICKEN FLORENTINE</p>	 <p>HAPPY MOTHER'S DAY</p> <p>Cinco de Mayo</p>	<p>LUNCH</p> <p>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>