

# BERGEN NEW JERSEY County

James J. Tedesco III  
County Executive

## BOARD OF COUNTY COMMISSIONERS

Germaine M. Ortiz  
Chairwoman

Mary J. Amoroso  
Vice Chairwoman

Dr. Joan M. Voss  
Chair Pro Tempore

Rafael Marte

Thomas J. Sullivan

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

### WALLINGTON SENIOR ACTIVITY CENTER

AGATA DRESSLER, Director  
24 UNION BOULEVARD  
Wallington, NJ07057  
Phone: 973 - 777-5815 • Fax 973-777-5134

[Wallingtoncenter@co.bergen.nj.us](mailto:Wallingtoncenter@co.bergen.nj.us)

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

# BERGEN NEW JERSEY County

James J. Tedesco III, County Executive

## WALLINGTON SENIOR ACTIVITY CENTER Bergen County Department of Human Services Division of Senior Services/ADRC May 2024

May 3	<b>Garden Meditation Day</b> <i>Meditation and Exercise in Samuel Nelkin Park</i>	10:00AM
May 6	<b>Skin Cancer Awareness</b> <i>Presentation by Hackensack UMC Arminda Jaochico BSN,RN-C</i>	11:30AM
May 6	<b>Trip to Bergen PAC Theater for the performance of "Alice Dreaming of Wonderland"</b> <i>Reservations required 973-777-5815 cost \$10.</i>	10:00AM
May 7	<b>Open House</b> <i>Deadline for lunch reservations is May 1, 973-777-5815 When making reservations ask about bus shuttle availability at 10:00 am, 10:30 am and 11:00 am.</i>	9:00AM - 2:00PM
May 10	<b>Mother's Day Breakfast</b>	10:00 AM
May 13	<b>International Hummus Day</b> <i>Participate in making Hummus w/ Stephane Sass MS, RD</i>	11:45AM
May 14	<b>Farmers' Market Voucher Distribution</b> <i>for questions call 973-777-5815</i> <i>Application and Self-Declarations can be obtained at the center</i>	10:00AM-1:00PM
May 15	<b>National Chocolate Chip Day</b> <i>Join Pam in making Chocolate Chip Cookies.</i>	10:00AM
May 21	<b>International Tea Day</b> <i>Get together with us for a cup of Tea and cookies.</i>	12:00PM
May 27	<b>Memorial Day - Center Closed</b>	
May 28	<b>In Celebration of the National Senior Health &amp; Fitness</b> <i>Students from Wallington High School will visit and participate in Yoga and Line Dancing.</i>	
May 29	<b>National Senior Health &amp; Fitness Day</b>	

The 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.

## Open House

Please join us at one of the 24 Senior Activity Centers or Nutrition Sites in Bergen County to celebrate Older Americans Month

For More Information Email:  
[seniors@co.bergen.nj.us](mailto:seniors@co.bergen.nj.us)



## Senior Festival

September 12, 2024

Rain Date: Tuesday September 17, 2023

10AM - 2PM

Van Saun County Park, Paramus

To RSVP Call 201-336-7417 or  
Email [seniors@co.bergen.nj.us](mailto:seniors@co.bergen.nj.us)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Suggested Lunch Donation: \$1.25 Per Meal Please reserve lunch by 11:30 AM the day before</p> <p>Lunch will Be Served at 11:30 Daily</p>		<p>1</p> <p>8:00 Walmart Shopping 10:00 Knitting &amp; Crocheting 10:30 Chair Strength Training 12:15 Arts &amp; Crafts</p> <p>Roast Turkey w/ Gravy</p>	<p>2</p> <p>8:00 ShopRite Shopping 10:30 Chair Yoga 12:00 Chair Flow Exercise</p> <p>Chef Salad </p>	<p>3</p> <p><u>Garden Meditation Day</u> 10:00 Senior Fitness 10:00 Knitting &amp; Crocheting 10:30 Informal Art-Painting 12:00 Bingo</p> <p>Chicken Fajitas w/ Onions &amp;Peppers</p>
<p>6</p> <p>9:15 <u>Bergen Pac Trip</u> 10:00 Knitting &amp; Crocheting 10:00 <u>Blood Pressure Screening</u> 10:00 Zumba Gold 11:45 <u>Presentation:</u> <u>Skin Cancer Awareness</u></p> <p>Stuffed Cabbage</p>	<p>7</p> <p><u>Open House</u> 10:30 Chair Yoga 12:00 Line Dancing 12:00 Diamond Art</p> <p>Chicken Cordon Bleu </p>	<p>8</p> <p>8:00 Walmart Shopping 10:00 Knitting &amp; Crocheting 10:30 Chair Strength Training 12:15 Arts &amp; Crafts</p> <p>Pepper Steak</p>	<p>9</p> <p>8:00 ShopRite Shopping 10:30 Chair Yoga 12:00 Chair Flow Exercise</p> <p>Balsamic Chicken </p>	<p>10</p> <p><u>Mother's Day Breakfast</u> 10:00 Senior Fitness 10:00 Knitting &amp; Crocheting 10:30 Informal Art-Painting 12:00 Bingo</p> <p>Eggplant Rollatini</p>
<p>13</p> <p><u>International Hummus Day</u> 10:00 Knitting &amp; Crocheting 10:00 Zumba Gold</p> <p>Chicken Piccata </p>	<p>14</p> <p><u>Farmers' Market Voucher Distribution</u> 10:30 Chair Yoga 12:00 Line Dancing 12:00 Diamond Art</p> <p>Stuffed Peppers</p>	<p>15</p> <p><u>National Chocolate Chip Day</u> 8:00 Walmart Shopping 10:00 Knitting &amp; Crocheting 10:30 Chair Strength Training 12:15 Arts &amp; Crafts</p> <p>Korean BBQ Leg </p>	<p>16</p> <p>8:00 ShopRite Shopping 10:30 Chair Yoga 12:00 Chair Flow Exercise</p> <p>Homestyle Meatloaf w/ Gravy</p>	<p>17</p> <p>10:00 Senior Fitness 10:00 Knitting &amp; Crocheting 10:30 Informal Art-Painting 12:00 Bingo</p> <p>Chicken Parmesan</p>
<p>20</p> <p>10:00 Knitting &amp; Crocheting 10:00 <u>Blood Pressure Screening</u> 10:00 Zumba Gold</p> <p>Pork Loin w/ Gravy</p>	<p>21</p> <p><u>International Tea Day</u> 10:30 Chair Yoga 12:00 Line Dancing 12:00 Diamond Art</p> <p>Tuna Salad</p>	<p>22</p> <p>8:00 Walmart Shopping 10:00 Knitting &amp; Crocheting 10:30 Chair Strength Training 12:15 Arts &amp; Crafts</p> <p>Bake Ziti and Meatballs</p>	<p>23</p> <p>8:00 ShopRite Shopping 10:30 Chair Yoga 12:00 Chair Flow Exercise</p> <p>Cheeseburger on Whole Wheat Bun </p>	<p>24</p> <p>10:00 Senior Fitness 10:00 Knitting &amp; Crocheting 10:30 Informal Art-Painting 12:00 Bingo</p> <p>Sliced Turkey w/ Swiss</p>
<p>27</p>  <p>CENTER CLOSED</p>	<p>28</p> <p><u>Visit From High School Students</u> 10:30 Chair Yoga 12:00 Line Dancing 12:00 Diamond Art</p> <p>Hawaiian Chicken </p>	<p>29</p> <p><u>National Senior Health &amp; Fitness Day</u> 8:00 Walmart Shopping 10:00 Knitting &amp; Crocheting 10:30 Chair Strength Training 12:15 Arts &amp; Crafts</p> <p>Egg Salad</p>	<p>30</p> <p>8:00 ShopRite Shopping 10:30 Chair Yoga 12:00 Chair Flow Exercise</p> <p>Beer Battered Fish</p>	<p>31</p> <p>10:00 Senior Fitness 10:00 Knitting &amp; Crocheting 10:30 Informal Art-Painting 12:00 Bingo</p> <p>Salisbury Steak w/ Gravy </p>