

BERGEN NEW JERSEY County

James J. Tedesco III
County Executive

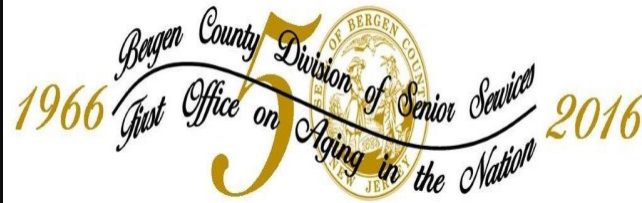
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DEPARTMENT OF HUMAN SERVICES

Melissa DeBartolo, Esq.
Acting Department 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 on Disability Services
201-336-6500

Bergen County
Board of Social Services
201-368-4200

BERGEN NEW JERSEY County

James J. Tedesco III, *County Executive*

WALLINGTON SENIOR ACTIVITY CENTER

Bergen County Department of Human Services
Division of Senior Services

DECEMBER 2019 SEASON'S GREETING

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.



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|-------------|--|--------------------|
| December 6 | Winter Safety Tips with Melissa Muniz Lardiere | 11:45 a.m. |
| December 13 | Christmas Party | 10:00 a.m. |
| December 20 | Bingocize with Jenny Salvaleon | 11:45 a.m. |
| December 22 | Hanukkah Begins at Sundown | |
| December 22 | First Day of Winter | |
| December 25 | Christmas Day Observance - Center Closed | |
| December 25 | Christmas Day Dinner at Garfield
Senior Activity Center | 10:00 am - 1:30 pm |
| December 26 | Kwanzaa Begins | |
| December 27 | Birthday Party | 12:00 p.m. |

WALLINGTON SENIOR ACTIVITY CENTER

24 Union Boulevard
Wallington, NJ 07057
Phone: (973) 777-5815 • Fax (973) 777-5134
Open: Monday - Friday, 8:00AM - 3:30PM
WallingtonCenter@co.bergen.nj.us

24 Union Boulevard • Wallington, NJ 07057
Phone: (973) 777-5815 • Fax (973) 777-5134
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Agata Dressler, Center Director

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DECEMBER 2019

(973) 777-5815

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>9:00 CONTINENTAL BREAKFAST 11:30 LUNCH SERVED 12:00 CHAIR FITNESS 1:00 BINGO</p> <p style="text-align: center;">Unbreaded Chicken Picatta</p>	<p>3</p> <p>9:00 CONTINENTAL BREAKFAST 10:30 CHAIR YOGA 11:30 LUNCH SERVED 12:00 CHAIR FITNESS 1:00 BINGO 1:30 SHOPPING</p> <p style="text-align: center;">Salisbury Steak w/Gravy</p>	<p>4</p> <p>9:00 CONTINENTAL BREAKFAST 10:00 KNITTING & CROCHETING 11:30 LUNCH SERVED 12:30 SENIOR FIT 1:00 BINGO</p> <p style="text-align: center;">Lemon Pepper Fish</p>	<p>5</p> <p>8:00 FOOD SHOPPING 9:00 CONTINENTAL BREAKFAST 11:00 SIT TO STRETCH 11:30 LUNCH SERVED 1:00 BINGO</p> <p style="text-align: center;">Chicken Salad on Lettuce</p>	<p>6</p> <p>9:00 CONTINENTAL BREAKFAST 10:00 LINE DANCING 10:00 KNITTING & CROCHETING 11:30 LUNCH SERVED 12:30 ZUMBA GOLD 1:00 BINGO</p> <p style="text-align: center;">Vegetable Lasagna</p>
<p>9</p> <p>9:00 CONTINENTAL BREAKFAST 11:30 LUNCH SERVED 12:00 CHAIR FITNESS 1:00 BINGO</p> <p style="text-align: center;">Breaded Fish Sandwich</p>	<p>10</p> <p>9:00 CONTINENTAL BREAKFAST 10:30 CHAIR YOGA 11:30 LUNCH SERVED 12:00 CHAIR FITNESS 1:00 BINGO 1:30 SHOPPING</p> <p style="text-align: center;">Roast Pork with Gravy</p>	<p>11</p> <p>9:00 CONTINENTAL BREAKFAST 10:00 KNITTING & CROCHETING 11:30 LUNCH SERVED 12:30 SENIOR FIT 1:00 BINGO</p> <p style="text-align: center;">Eggplant Rollatini</p>	<p>12</p> <p>8:00 FOOD SHOPPING 9:00 CONTINENTAL BREAKFAST 11:00 SIT TO STRETCH 11:30 LUNCH SERVED 1:00 BINGO</p> <p style="text-align: center;">Homestyle Meatloaf w/ Gravy</p>	<p>13</p> <p>9:00 CONTINENTAL BREAKFAST 10:00 LINE DANCING 10:00 KNITTING & CROCHETING 11:30 LUNCH SERVED 12:30 ZUMBA GOLD 1:00 BINGO</p> <p style="text-align: center;">Chicken Scampi</p>
<p>16</p> <p>9:00 CONTINENTAL BREAKFAST 11:30 LUNCH SERVED 12:00 CHAIR FITNESS 1:00 BINGO</p> <p style="text-align: center;">Turkey Sandwich with Gravy</p>	<p>17</p> <p>9:00 CONTINENTAL BREAKFAST 10:30 CHAIR YOGA 11:30 LUNCH SERVED 12:00 CHAIR FITNESS 1:00 BINGO 1:30 SHOPPING</p> <p style="text-align: center;">Chicken Parmesan</p>	<p>18</p> <p>9:00 CONTINENTAL BREAKFAST 10:00 KNITTING & CROCHETING 11:30 LUNCH SERVED 12:30 SENIOR FIT 1:00 BINGO</p> <p style="text-align: center;">Hamburger with Lettuce Leaf</p>	<p>19</p> <p>8:00 FOOD SHOPPING 9:00 CONTINENTAL BREAKFAST 11:00 SIT TO STRETCH 11:30 LUNCH SERVED 1:00 BINGO</p> <p style="text-align: center;">Hawaiian Boneless Pork</p>	<p>20</p> <p>9:00 CONTINENTAL BREAKFAST 10:00 LINE DANCING 10:00 KNITTING & CROCHETING 11:30 LUNCH SERVED 12:30 ZUMBA GOLD 1:00 BINGO</p> <p style="text-align: center;">Baked Fish Filet w/ Lemon Sauce</p>
<p>23</p> <p>9:00 CONTINENTAL BREAKFAST 11:30 LUNCH SERVED 12:00 CHAIR FITNESS 1:00 BINGO</p> <p style="text-align: center;">Sweet & Sour Meatballs</p>	<p>24</p> <p>9:00 CONTINENTAL BREAKFAST 10:30 CHAIR YOGA 11:30 LUNCH SERVED 12:00 CHAIR FITNESS 1:00 BINGO 1:30 SHOPPING</p> <p style="text-align: center;">Tuna Salad Sandwich</p>	<p>25</p> <p>CLOSED</p> <p>CHRISTMAS DAY</p>	<p>26</p> <p>8:00 FOOD SHOPPING 9:00 CONTINENTAL BREAKFAST 11:00 SIT TO STRETCH 11:30 LUNCH SERVED 1:00 BINGO</p> <p style="text-align: center;">Roasted Chicken Leg Qtr</p>	<p>27</p> <p>9:00 CONTINENTAL BREAKFAST 10:00 LINE DANCING 10:00 KNITTING & CROCHETING 11:30 LUNCH SERVED 12:30 ZUMBA GOLD 1:00 BINGO</p> <p style="text-align: center;">Boneless BBQ Beef Rib</p>
<p>30</p> <p>9:00 CONTINENTAL BREAKFAST 11:30 LUNCH SERVED 12:00 CHAIR FITNESS 1:00 BINGO</p> <p style="text-align: center;">Pork Chop with Gravy</p>	<p>31</p> <p>9:00 CONTINENTAL BREAKFAST 10:30 CHAIR YOGA 11:30 LUNCH SERVED 12:00 CHAIR FITNESS 1:00 BINGO 1:30 SHOPPING</p> <p style="text-align: center;">Cheese Omelet</p>	<p>SUGGESTED DONATION</p> <p>\$1.25</p>	