

# BERGEN NEW JERSEY County

**James J. Tedesco III**  
County Executive

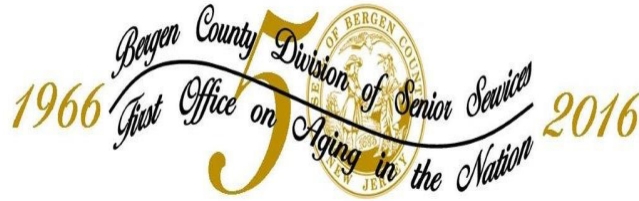
## BOARD OF CHOSEN FREEHOLDERS

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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

### JULY 2019

## NATIONAL ICE CREAM MONTH

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.



July	4	Independence Day - CENTER CLOSED	
July	5	"Fruits & Vegetable Color Yourself Healthy" with Ann Marie Banout	11:45
July	19	Ice Cream Party	12:30
July	19	"Stroke Awareness" with Olga Vizcaino	11:45
July	26	Birthday Party	12:00

## 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  
wallingtoncenter@co.bergen.nj.us  
Agata Dressler, Center Director

# WALLINGTON SENIOR ACTIVITY CENTER

**Agata Dressler, Center Director**

## JULY 2019

**(973) 777-5815**

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>1</b></p> <p>9:00 CONTINENTAL BREAKFAST 11:30 LUNCH SERVED 12:00 CHAIR FITNESS 1:00 BINGO</p> <p style="text-align: center;"><b>Roast Turkey with Gravy</b></p>	<p><b>2</b></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;"><b>Fish &amp; Chips</b></p>	<p><b>3</b></p> <p>9:00 CONTINENTAL BREAKFAST 10:00 KNITTING &amp; CROCHETING 11:30 LUNCH SERVED 12:30 SENIOR FIT 1:00 BINGO</p> <p style="text-align: center;"><b>Hot Dog with Sauerkraut</b></p>	<p><b>CLOSED</b></p> <p><b>INDEPENDENCE DAY</b></p>	<p><b>5</b></p> <p>9:00 CONTINENTAL BREAKFAST 10:00 LINE DANCING 10:00 KNITTING &amp; CROCHETING 11:30 LUNCH SERVED 12:30 ZUMBA GOLD 1:00 BINGO</p> <p style="text-align: center;"><b>Chicken Cordon Bleu</b></p>
<p><b>8</b></p> <p>9:00 CONTINENTAL BREAKFAST 11:30 LUNCH SERVED 12:00 CHAIR FITNESS 1:00 BINGO</p> <p style="text-align: center;"><b>Eggplant Rollatini</b></p>	<p><b>9</b></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;"><b>Hawaiian Boneless Chicken</b></p>	<p><b>10</b></p> <p>9:00 CONTINENTAL BREAKFAST 10:00 KNITTING &amp; CROCHETING 11:30 LUNCH SERVED 12:30 SENIOR FIT 1:00 BINGO</p> <p style="text-align: center;"><b>Coconut Crusted Haddock</b></p>	<p><b>11</b></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;"><b>Homestyle Meatloaf w/ Gravy</b></p>	<p><b>12</b></p> <p>9:00 CONTINENTAL BREAKFAST 10:00 LINE DANCING 10:00 KNITTING &amp; CROCHETING 11:30 LUNCH SERVED 12:30 ZUMBA GOLD 1:00 BINGO</p> <p style="text-align: center;"><b>Baked Penne w/ Ricotta</b></p>
<p><b>15</b></p> <p>9:00 CONTINENTAL BREAKFAST 11:30 LUNCH SERVED 12:00 CHAIR FITNESS 1:00 BINGO</p> <p style="text-align: center;"><b>Chicken Piccata</b></p>	<p><b>16</b></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;"><b>Rigatoni w/Turkey Bolognese</b></p>	<p><b>17</b></p> <p>9:00 CONTINENTAL BREAKFAST 10:00 KNITTING &amp; CROCHETING 11:30 LUNCH SERVED 12:30 SENIOR FIT 1:00 BINGO</p> <p style="text-align: center;"><b>BBQ Beef Rib</b></p>	<p><b>18</b></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;"><b>Breaded Flounder Filet</b></p>	<p><b>19</b></p> <p>9:00 CONTINENTAL BREAKFAST 10:00 LINE DANCING 10:00 KNITTING &amp; CROCHETING 11:30 LUNCH SERVED 12:30 ZUMBA GOLD 1:00 BINGO</p> <p style="text-align: center;"><b>Meatballs w/ Mushroom Gravy</b></p>
<p><b>22</b></p> <p>9:00 CONTINENTAL BREAKFAST 11:30 LUNCH SERVED 12:00 CHAIR FITNESS 1:00 BINGO</p> <p style="text-align: center;"><b>Meat Lasagna</b></p>	<p><b>23</b></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;"><b>Pork Chop with Gravy</b></p>	<p><b>24</b></p> <p>9:00 CONTINENTAL BREAKFAST 10:00 KNITTING &amp; CROCHETING 11:30 LUNCH SERVED 12:30 SENIOR FIT 1:00 BINGO</p> <p style="text-align: center;"><b>Chicken Salad on Lettuce</b></p>	<p><b>25</b></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;"><b>Turkey Burger</b></p>	<p><b>26</b></p> <p>9:00 CONTINENTAL BREAKFAST 10:00 LINE DANCING 10:00 KNITTING &amp; CROCHETING 11:30 LUNCH SERVED 12:30 ZUMBA GOLD 1:00 BINGO</p> <p style="text-align: center;"><b>Tortilla Crusted Fish</b></p>
<p><b>29</b></p> <p>9:00 CONTINENTAL BREAKFAST 11:30 LUNCH SERVED 12:00 CHAIR FITNESS 1:00 BINGO</p> <p style="text-align: center;"><b>Open Roast Beef Sandwich</b></p>	<p><b>30</b></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;"><b>Tuna Salad Sandwich</b></p>	<p><b>31</b></p> <p>9:00 CONTINENTAL BREAKFAST 10:00 KNITTING &amp; CROCHETING 11:30 LUNCH SERVED 12:30 SENIOR FIT 1:00 BINGO</p> <p style="text-align: center;"><b>Penne with Italian Meatballs</b></p>	<p><b>EACH MEAL IS SERVED WITH SKIM MILK AND YOUR CHOICE OF COFFEE OR HOT TEA</b></p>	<p><b>SUGGESTED DONATION</b></p> <p style="font-size: 1.2em;"><b>\$1.25</b></p>