

BERGEN NEW JERSEY County

James J. Tedesco III
County Executive

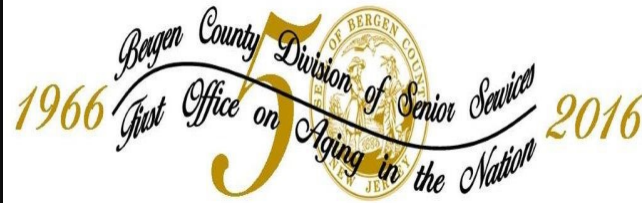
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DEPARTMENT OF HUMAN SERVICES

Melissa DeBartolo, Esq.
Acting 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

MARCH 2020

NATIONAL NUTRITION 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.

March	6	“EZ Ride” with Jillian Duke	11:45 a.m.
March	8	Daylight Saving Time Begins	
March	12	“BC Animal Encounters” w/ Mary Yabrudy	11:45 a.m.
March	17	St. Patrick’s Day	
March	20	First Day of Spring	
March	27	Birthday Party	12:00 p.m.

24 Union Boulevard • Wallington, NJ 07057
Phone: (973) 777-5815 • Fax (973) 777-5134
wallingtoncenter@co.bergen.nj.us
Agata Dressler, Center Director
Open Monday - Friday, 8:00 a.m. - 3:30 p.m.

The Wallington Senior Activity Center’s activities and programs are funded by the Bergen County, Division of Senior Services through the Older American Act and are available at no charge for Bergen County residents 60 years old and over.

WALLINGTON SENIOR ACTIVITY CENTER

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

WALLINGTON SENIOR ACTIVITY CENTER

Agata Dressler, Center Director

MARCH 2020

(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;">CHICKEN BREAST FLORENTINE</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;">EGGPLANT ROLLATINI</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;">CHICKEN SALAD SANDWICH</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;">HOMESTYLE MEATLOAF WITH GRAVY</p>	<p>6</p> <p>9:00 CONTINENTAL BREAKFAST 10:00 LINE DANCING 10:00 KNITTING & CROCHETING 11:30 LUNCH SERVED 12:30 TOTAL BODY 1:00 BINGO</p> <p style="text-align: center;">CHILLED TUNA AND BOWTIE SALAD</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;">BONELESS BBQ BEEF 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;">UNBREADED CHICKEN PICATTA</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;">HAMBURGER</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;">GREEK STYLE CHICKEN QTR WITH LEMON AND OREGANO</p>	<p>13</p> <p>9:00 CONTINENTAL BREAKFAST 10:00 LINE DANCING 10:00 KNITTING & CROCHETING 11:30 LUNCH SERVED 12:30 TOTAL BODY 1:00 BINGO</p> <p style="text-align: center;">POTATO CRUSTED FISH</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;">ROAST BEEF & 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;">CORNEBEEF, CABBAGE, POTATO</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;">IRISH BANGERS & MASH</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;">OPEN ROAST TURKEY SANDWICH WITH GRAVY</p>	<p>20</p> <p>9:00 CONTINENTAL BREAKFAST 10:00 LINE DANCING 10:00 KNITTING & CROCHETING 11:30 LUNCH SERVED 12:30 TOTAL BODY 1:00 BINGO</p> <p style="text-align: center;">VEGGIE BURGER</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;">KOREAN BBQ CHICKEN LEG</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;">SALISBURY STEAK W/GRAVY</p>	<p>25</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;">BALSAMIC BREADED CHICKEN BREAST</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;">PORK CHOP WITH GRAVY</p>	<p>27</p> <p>9:00 CONTINENTAL BREAKFAST 10:00 LINE DANCING 10:00 KNITTING & CROCHETING 11:30 LUNCH SERVED 12:30 TOTAL BODY 1:00 BINGO</p> <p style="text-align: center;">BAKED PENNE W/ RICOTTA</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;">PHILLY SHAVED STEAK & CHEESE SANDWICH</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;">CHICKEN TERIYAKI</p>	<p>SUGGESTED DONATION</p> <p>\$1.25</p>	<p>EACH MEAL IS SERVED WITH SKIM MILK AND YOUR CHOICE OF COFFEE OR HOT TEA</p>	