

BERGEN NEW JERSEY *County*

James J. Tedesco III
County Executive

BOARD OF COUNTY COMMISSIONERS

Tracy Silna Zur
Chairwoman

Thomas J. Sullivan
Vice Chairman

Dr. Joan M. Voss
Chair Pro Tempore

Mary J. Amoroso
Ramon M. Hache, Sr.
Germaine M. Ortiz
Steven A. Tanelli

DEPARTMENT OF HUMAN SERVICES
Melissa H. DeBartolo, Esq.
Director

DIVISION OF SENIOR SERVICES
Lorraine Joewono
Director



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. Masks are still required on the bus for those who are unvaccinated, although it is preferable for all to wear a mask when on the bus. Meals will return to 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 (973) 777-5815.

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

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

WallingtonCenter@co.bergen.nj.us

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

BERGEN NEW JERSEY *County*

James J. Tedesco III, County Executive

WALLINGTON ACTIVITY CENTER Bergen County Department of Human Services Division of Senior Services/AD OCTOBER 2022

October 7	Walk in the Park	10:00AM
October 10	Columbus Day - CENTER CLOSED	
October 12	National Teddy Bear Day Bring A Teddy Bear To The Center	
October 13	National M&M's Day	
October 24	Blood Pressure Screening w/ Lisa Lupetti BSN, RN, CHFN	10:00AM
October 28	Halloween Jingo/ Bingo	12:30PM
October 31	Blood Pressure Screening w/ Lisa Lupetti BSN, RN, CHFN	10:00AM
October 31	Happy Halloween Make Your Own Halloween Cupcake	10:00PM

Join Us for a Movie Every Monday at 12:15 p.m.

The Wallington 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.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>3 10:30 STRETCH & FLEX 11:30 LUNCH 12:15 AFTERNOON MOVIE</p> <p>Boneless Chicken Breast w/ Lemon Sauce</p>	<p>4 10:30 CHAIR YOGA 11:30 LUNCH 12:00 ACTIVE SENIOR EXERCISE 1:00 BOARD GAMES</p> <p>Beef Tacos</p>	<p>5 8:00 WALMART SHOPPING 10:00 KNITTING & CROCHETING 10:30 ZUMBA GOLD 11:30 LUNCH 12:15 ARTS & CRAFTS</p> <p>Turkey Burger w/ Tomato and Lettuce</p>	<p>6 8:00 SHOP RITE SHOPPING 10:30 CHAIR YOGA 11:30 LUNCH 12:00 ACTIVE SENIOR EXERCISE 1:00 PUZZLES</p> <p>Potato Crusted Fish</p>	<p>7 10:00 WALK IN THE PARK 10:00 KNITTING & CROCHETING 10:30 INFORMAL ART- PAINTING 11:30 LUNCH 12:30 BINGO</p> <p>Bratwurst w/ Sauerkraut & Sautéed Onions</p>
<p>10 Center Closed</p> 	<p>11 10:30 CHAIR YOGA 11:30 LUNCH 12:00 ACTIVE SENIOR EXERCISE 1:00 BOARD GAMES</p> <p>Skinless Eggplant Rollatini</p>	<p>12 8:00 WALMART SHOPPING 10:00 KNITTING & CROCHETING 10:30 ZUMBA GOLD 11:30 LUNCH 12:15 ARTS & CRAFTS National Bring Your Teddy Bear to the Center</p> <p>Baked Fish w/Dill Sauce</p>	<p>13 8:00 SHOP RITE SHOPPING 10:30 CHAIR YOGA 11:30 LUNCH 12:00 ACTIVE SENIOR EXERCISE 1:00 PUZZLES National M&M's Day</p> <p>Herb Roasted Chicken Leg Qtr.</p>	<p>14 10:00 KNITTING & CROCHETING 10:30 INFORMAL ART- PAINTING 11:30 LUNCH 12:30 BINGO</p> <p>Swedish Meatballs w/ Gravy</p>
<p>17 10:30 STRETCH & FLEX 11:30 LUNCH 12:15 AFTERNOON MOVIE</p> <p>Egg Salad on Romaine Lettuce</p>	<p>18 10:30 CHAIR YOGA 11:30 LUNCH 12:00 ACTIVE SENIOR EXERCISE 1:00 BOARD GAMES</p> <p>Shepherd's Pie</p>	<p>19 8:00 WALMART SHOPPING 10:00 KNITTING & CROCHETING 10:30 ZUMBA GOLD 11:30 LUNCH 12:15 ARTS & CRAFTS</p> <p>Chicken Cutlet Parmesan</p>	<p>20 8:00 SHOP RITE SHOPPING 10:30 CHAIR YOGA 11:30 LUNCH 12:00 ACTIVE SENIOR EXERCISE 1:00 PUZZLES</p> <p>Turkey Breast w/Gravy And Cranberry Sauce</p>	<p>21 10:00 KNITTING & CROCHETING 10:30 INFORMAL ART- PAINTING 11:30 LUNCH 12:30 BINGO</p> <p>Pork Tenderloin w/ Gravy</p>
<p>24 10:00 BLOOD PRESSURE SCREENING 10:30 STRETCH & FLEX 11:30 LUNCH 12:15 AFTERNOON MOVIE</p> <p>Home Style Meatloaf w/ Gravy</p>	<p>25 10:30 CHAIR YOGA 11:30 LUNCH 12:00 ACTIVE SENIOR EXERCISE 1:00 BOARD GAMES</p> <p>BBQ Pulled Pork</p>	<p>26 8:00 WALMART SHOPPING 10:00 KNITTING & CROCHETING 10:30 ZUMBA GOLD 11:30 LUNCH 12:15 ARTS & CRAFTS</p> <p>Vegetable Lasagna</p>	<p>27 8:00 SHOP RITE SHOPPING 10:30 CHAIR YOGA 11:30 LUNCH 12:00 ACTIVE SENIOR EXERCISE 1:00 PUZZLES</p> <p>Pot Roast w/ Gravy</p>	<p>28 10:00 KNITTING & CROCHETING 10:30 INFORMAL ART- PAINTING 11:30 LUNCH 12:30 HALLOWEEN JINGO/BINGO</p> <p>Chicken Florentine</p>
<p>31 10:00 BLOOD PRESSURE SCREENING 10:30 STRETCH & FLEX 11:30 LUNCH 12:15 AFTERNOON MOVIE Happy Halloween Make your own Cupcake Chicken Cordon Bleu</p>	<p>Suggested Donation</p> <p>\$ 1.25</p>			