

BERGEN NEW JERSEY *County*

James J. Tedesco III
County Executive

BOARD OF COUNTY COMMISSIONERS

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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

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

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WALLINGTON ACTIVITY CENTER Bergen County Department of Human Services Division of Senior Services/AD FEBRUARY 2023 BACK HISTORY MONTH

February 2	Stay Healthy During Covid -19 and Flu Season with Kathleen Fabrizio	11:45 AM
February 3	National Wear Red Day - Wear Red	
February 6	Blood Pressure Screening w/ Lisa Lupetti, BSN, RN, CHFNP	10:00 AM
February 10	Your Heart Health with Stephane Sass, MS - RD	11:45 AM
February 14	Valentine's Day Celebration - Cupcake Decorating	
February 20	President's Day-Center Closed	

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



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

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.



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

		<p>¹ 8:00 WALMART SHOPPING 10:00 KNITTING & CROCHETING 10:30 CHAIR STRENGTH TRAINING 11:30 LUNCH SERVED 12:15 ARTS & CRAFTS</p> <p>Baked Fish w/ Garlic Lemon</p>	<p>² 8:00 SHOP RITE SHOPPING 10:30 CHAIR YOGA 11:30 LUNCH SERVED 12:00 ACTIVE SENIOR EXERCISE 1:00 PUZZLES</p> <p>Sliced Roast Beef w/ Gravy</p>	<p>³ 10:00 KNITTING & CROCHETING 10:30 INFORMAL ART– PAINTING 11:30 LUNCH SERVED 12:00 BINGO</p> <p>Turkey & Black Bean Chile</p>
<p>⁶ 10:00 BLOOD PRESSURE SCREENING 10:30 ZUMBA GOLD 11:30 LUNCH SERVED 12:15 MOVIE</p> <p>BBQ Beef Ribque (Patty)</p>	<p>⁷ 10:30 CHAIR YOGA 11:30 LUNCH SERVED 12:00 ACTIVE SENIOR EXERCISE 1:00 BOARD GAMES Valentine's Day Celebration</p> <p>Chicken Cacciatore</p>	<p>⁸ 8:00 WALMART SHOPPING 10:00 KNITTING & CROCHETING 10:30 CHAIR STRENGTH TRAINING 11:30 LUNCH SERVED 12:15 ARTS & CRAFTS</p> <p>Italian Meatballs</p>	<p>⁹ 8:00 SHOP RITE SHOPPING 10:30 CHAIR YOGA 11:30 LUNCH SERVED 12:00 ACTIVE SENIOR EXERCISE 1:00 PUZZLES</p> <p>Beef and Broccoli</p>	<p>¹⁰ 10:00 KNITTING & CROCHETING 10:30 INFORMAL ART– PAINTING 11:30 LUNCH SERVED 12:00 BINGO</p> <p>Chicken Cordon Bleu</p>
<p>¹³ 10:30 ZUMBA GOLD 11:30 LUNCH SERVED 12:15 MOVIE</p> <p>Meatloaf w/ Brown Gravy</p>	<p>¹⁴ 10:30 CHAIR YOGA 11:30 LUNCH SERVED 12:00 ACTIVE SENIOR EXERCISE 1:00 BOARD GAMES</p> <p>BBQ Chicken Leg</p>	<p>¹⁵ 8:00 WALMART SHOPPING 10:00 KNITTING & CROCHETING 10:30 CHAIR STRENGTH TRAINING 11:30 LUNCH SERVED 12:15 ARTS & CRAFTS</p> <p>Sliced Turkey w/ Gravy</p>	<p>¹⁶ 8:00 SHOP RITE SHOPPING 10:30 CHAIR YOGA 11:30 LUNCH SERVED 12:00 ACTIVE SENIOR EXERCISE 1:00 PUZZLES</p> <p>Sweet & Sour Meatballs</p>	<p>¹⁷ 10:00 KNITTING & CROCHETING 10:30 INFORMAL ART– PAINTING 11:30 LUNCH SERVED 12:00 BINGO</p> <p>Sliced Pork Tenderloin w/ Applesauce</p>
<p>²⁰ CLOSED</p> 	<p>²¹ 10:30 CHAIR YOGA 11:30 LUNCH SERVED 12:00 ACTIVE SENIOR EXERCISE 1:00 BOARD GAMES</p> <p>Salisbury Steak w/ Gravy</p>	<p>²² 8:00 WALMART SHOPPING 10:00 KNITTING & CROCHETING 10:30 CHAIR STRENGTH TRAINING 11:30 LUNCH SERVED 12:15 ARTS & CRAFTS</p> <p>Lemon-Pepper Baked Fish</p>	<p>²³ 8:00 SHOP RITE SHOPPING 10:30 CHAIR YOGA 11:30 LUNCH SERVED 12:00 ACTIVE SENIOR EXERCISE 1:00 PUZZLES</p> <p>Chicken Marsala</p>	<p>²⁴ 10:00 KNITTING & CROCHETING 10:30 INFORMAL ART– PAINTING 11:30 LUNCH SERVED 12:00 BINGO</p> <p>Mini Cheese Ravioli</p>
<p>²⁷ 10:30 ZUMBA GOLD 11:30 LUNCH SERVED 12:15 MOVIE</p> <p>Breaded Chicken Piccata</p>	<p>²⁸ 10:30 CHAIR YOGA 11:30 LUNCH SERVED 12:00 ACTIVE SENIOR EXERCISE 1:00 BOARD GAMES</p> <p>Baked Macaroni and Cheese</p>			<p>Suggested Donation</p> <p>\$1.25</p>