

# BERGEN NEW JERSEY *County*

**James J. Tedesco III**  
*County Executive*

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**Melissa H. DeBartolo, Esq.**  
*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

**Agata Dressler, Director**  
**Address**  
**Wallington, NJ, 07057**  
**Phone 973 -777-5815 • Fax 973 - 777 - 5134**

**Wallington@co.bergen.nj.us**

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

# BERGEN NEW JERSEY *County*

James J. Tedesco III, County Executive

## **WALLINGTON SENIOR ACTIVITY CENTER** **Bergen County Department of Human Services** **Division of Senior Services/ADRC** **July 2024**

July 4	<b>Independence Day - CENTER CLOSED</b>	
July 5	<b>Walk in the Park - Take a stroll in the park and join us for a healthy start to your day outdoors.</b>	<b>9:00AM</b>
July 10	<b>National Kitten Day - Join us for a purrfect day spent with cats from Bergen County Animal Shelter. Come and make new furry friends and find your perfect companion.</b>	<b>10:00AM - 1:00PM</b>
July 11	<b>Make Your Sundae Day - Celebrate Sundae Day with us by joining to create your own sundae!</b>	<b>12:00PM</b>
July 15	<b>Jeopardy w/ Agata &amp; Dorene</b>	<b>12:00PM</b>
July 17	<b>Gorgeous Grandma Day - Makeup done by an Estee Lauder makeup artists. Registration required to secure a spot for a chance to win. Ask Sophie or Agata for details.</b>	<b>11:00AM - 1:00PM</b>
July 17	<b>Driver, Pedestrian Safety Class w/ Jency Jimenez</b>	<b>11:45AM</b>
July 22	<b>Total Brain Health w/ Agata &amp; Dorene</b>	<b>10:00AM</b>
July 31	<b>National Avocado Day - Let's Make Guacamole !!! w/ Stephane Sass MS, RD</b>	<b>11:45AM</b>

*Save the Date*

## Senior Festival

**September 12, 2024**

*Rain Date: Tuesday September 17, 2024*

**10AM - 2PM**

**Van Saun County Park, Paramus**

Registration Recommended: Call: 201-336-7417 or Email: seniors@co.bergen.nj.us

*The 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	
1 10:00 Knitting & Crocheting 10:00 <b>Blood Pressure Screening</b> 10:00 Zumba Gold  Stuffed Peppers	2 10:30 Chair Yoga 12:00 Line Dancing 12:00 Diamond Art  Home Style Meatloaf	3 8:00 Walmart Shopping 10:00 Knitting & Crocheting 10:30 Chair Strength Training 12:15 Arts & Crafts  Hawaiian Chicken	 Center Closed		5 9:00 <b>Walk in the Park</b> 10:00 Senior Fitness 10:00 Knitting & Crocheting 10:30 Informal Art-Painting 12:00 Bingo  Roast Turkey				
8 10:00 Knitting & Crocheting 10:00 Zumba Gold  Chicken Marsala	9 10:30 Chair Yoga 12:00 Line Dancing 12:00 Diamond Art  Pork Loin w/ Gravy	10 <b>National Kitten Day</b> 8:00 Walmart Shopping 10:00 Knitting & Crocheting 10:30 Chair Strength Training 12:15 Arts & Crafts  Roast Beef w/ Gravy	11 <b>Make Your Sundae Day</b> 8:00 Shoprite Shopping 10:30 Chair Yoga 12:00 Chair Flow Exercise  BBQ Chicken leg	12 10:00 Senior Fitness 10:00 Knitting & Crocheting 10:30 Informal Art-Painting 12:00 Bingo  Cheeseburger					
15 10:00 Knitting & Crocheting 10:00 <b>Blood Pressure Screening</b> 10:00 Zumba Gold 12:00 <b>Jeopardy</b>  Sweet Chicken Sausage	16 10:30 Chair Yoga 12:00 Line Dancing 12:00 Diamond Art  Stuffed Cabbage	17 <b>Gorgeous Grandma Day</b> 8:00 Walmart Shopping 10:00 Knitting & Crocheting 10:30 Chair Strength Training 11:30 <b>Driver Pedestrian Safety Claa</b> 12:15 Arts & Crafts  Ziti and Meatballs	18 8:00 Shoprite Shopping 10:30 Chair Yoga 12:00 Chair Flow Exercise  Chef Salad	19 10:00 Senior Fitness 10:00 Knitting & Crocheting 10:30 Informal Art-Painting 12:00 Bingo  Chicken Cordon Blue					
22 10:00 Knitting & Crocheting 10:00 Zumba Gold 12:00 <b>Total Brain Health</b>  Roast Turkey w/ Gravy	23 10:30 Chair Yoga 12:00 Line Dancing 12:00 Diamond Art  Swedish Meatballs w/ Gravy	24 8:00 Walmart Shopping 10:00 Knitting & Crocheting 10:30 Chair Strength Training 12:15 Arts & Crafts  Beef and Cheese Lasagna	25 8:00 Shoprite Shopping 10:30 Chair Yoga 12:00 Chair Flow Exercise  Balsamic Chicken	26 10:00 Senior Fitness 10:00 Knitting & Crocheting 10:30 Informal Art-Painting 12:00 Bingo  Egg Salad					
29 10:00 Knitting & Crocheting 10:00 Zumba Gold  Herbed Chicken Legs	30 10:30 Chair Yoga 12:00 Line Dancing 12:00 Diamond Art  Cheese Omelet	31 8:00 Walmart Shopping 10:00 Knitting & Crocheting 10:30 Chair Strength Training 11:45 <b>National Avocado Day</b> 12:15 Arts & Crafts  Salisbury Steak w/ Gravy	<p>Suggested Lunch Donation: \$1.25 Per Meal Please reserve lunch by 11:30 AM the day before</p> <p>Lunch will Be Served at <b>11:30</b> Daily</p>						