

# BERGEN NEW JERSEY *County*

James J. Tedesco III  
*County Executive*

## BOARD OF COUNTY COMMISSIONERS

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DEPARTMENT OF HUMAN SERVICES  
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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

Agata Dressler, Director  
24 Union Blvd  
Wallington NJ, 07057  
Phone: 973-777-5815 • Fax (201) 000-0000

[wallingtoncenter@bergencountynj.gov](mailto:wallingtoncenter@bergencountynj.gov)

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

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## WALLINGTON SENIOR ACTIVITY CENTER Bergen County Department of Human Services Division of Senior Services/ADRC April 2025

April 2	Wallington Senior Music Series - Get Your Guitar Out <i>A tour through Musical History w/ Marshal Majchrzak</i>	11:45AM
April 2	National Peanut Butter and Jelly Day <i>Breakfast will be served</i>	10:00AM - 11:00AM
April 4	Field Trip: Walk in the Park <i>Take a walk w/ Sophie at Samuel Nelkin County Park</i>	9:00AM
April 9	Beads and Bracelets <i>A joined project with the second grade students from Jefferson School Annex</i>	10:00AM
April 16	National Orchid Day <i>Sponsored by Metropolitan Plant Exchange / w Christine Wargacki</i>	11:45AM
April 18	Good Friday <i>Center is closed</i>	CLOSED
April 21	129th Running of the Boston Marathon <i>Join us as we watch the Marathon live on TV</i>	ALL DAY
April 23	Volunteer Appreciation	11:30AM
April 25	Earth Day Project <i>Let's plant seeds in our garden</i>	10:00AM
April 30	Wallington Senior Music Series - Maracas Concert <i>w/ Fernando, learn how to dance Salsa / Rosie and Evelyn &amp; Tacos</i>	11:45AM

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.



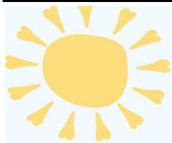
Bergen County Division of Senior Services supports and promotes diverse and inclusive communities, and does not discriminate based on age, color, creed, gender, gender identity, mental or physical disability, national origin, political affiliation, race or sexual orientation in its provision of services or employment practices.

# SPRING LUNCHEON

JOIN US FOR FOOD AND MUSIC ON  
SUNDAY, APRIL 20, 2025  
10:00AM - 2:00PM

Garfield Senior Activity Center  
480 Midland Avenue  
Garfield, New Jersey 07026

Kindly RSVP with your Senior Activity Center Director



**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

 <p>Beef Stir Fry</p>	<p>1 10:30 Chair Yoga 12:00 Line Dancing 12:00 Diamond Art</p> <p>Chicken Florentine</p>	<p>2 8:00 Walmart Shopping 10:00 <u>National PB&amp;J Day Breakfast</u> 10:00 Knitting &amp; Crocheting 10:30 Active Adult Exercise 11:45 <u>Presentation: Guitar</u> 12:15 Arts &amp; Crafts</p> <p>Tuna Salad Platter</p>	<p>3 8:00 ShopRite Shopping 9:30 <u>Blood Pressure Screening</u> 10:30 Chair Yoga 12:00 Chair Flow Exercise</p> <p>Hungarian Goulash</p>	<p>4 9:00 <u>Field Trip: Walk in the Park</u> 10:00 Senior Fitness 10:00 Knitting &amp; Crocheting 11:00 Informal Art-Painting 12:00 Bingo</p> <p>Manicotti with Tomato Sauce</p>
<p>7 10:00 Knitting &amp; Crocheting 10:30 Zumba Gold 12:00 Diamond Art</p> <p>Jamaican Jerk Chicken</p>	<p>8 10:30 Chair Yoga 12:00 Line Dancing 12:00 Diamond Art</p> <p>Pork Loin with Gravy</p>	<p>9 8:00 Walmart Shopping 10:00 <u>Beads and Bracelets Crafts</u> 10:00 Knitting &amp; Crocheting 10:30 Active Adult Exercise 12:15 Arts &amp; Crafts</p> <p>Oven Roasted Turkey Breast</p>	<p>10 8:00 ShopRite Shopping 10:30 Chair Yoga 12:00 Chair Flow Exercise</p> <p>Chicken Parmesan</p>	<p>11 10:00 Senior Fitness 10:00 Knitting &amp; Crocheting 11:00 Informal Art-Painting 12:00 Bingo</p> <p>Seafood Salad Platter</p>
<p>14 10:00 Knitting &amp; Crocheting 10:30 Zumba Gold 12:00 Diamond Art</p> <p>Homestyle Meatloaf</p>	<p>15 10:30 Chair Yoga 12:00 Line Dancing 12:00 Diamond Art</p> <p>Roast Turkey with Swiss Cheese</p>	<p>16 8:00 Walmart Shopping 10:00 Knitting &amp; Crocheting 11:45 <u>Presentation: Orchid Day</u> 10:30 Active Adult Exercise 12:15 Arts &amp; Crafts</p> <p>Chicken Cordon Bleu</p>	<p>17 8:00 ShopRite Shopping 10:30 Chair Yoga 12:00 Chair Flow Exercise</p> <p>Beef Stir Fry</p>	<p>18</p> <p><b>GOOD FRIDAY CENTER CLOSED</b></p>
<p>21 <u>Boston Marathon Day</u> 10:00 Knitting &amp; Crocheting 10:30 Zumba Gold 12:00 Diamond Art</p> <p>Ham Steak with Pineapple</p>	<p>22 10:30 Chair Yoga 12:00 Line Dancing 12:00 Diamond Art</p> <p>Cheese Omelet</p>	<p>23 8:00 Walmart Shopping 10:00 Knitting &amp; Crocheting 10:30 Active Adult Exercise 12:15 Arts &amp; Crafts</p> <p>Meatballs with Marinara</p>	<p>24 8:00 ShopRite Shopping 10:30 Chair Yoga</p>	<p>25 10:00 Senior Fitness 10:00 Knitting &amp; Crocheting 11:00 Informal Art-Painting 11:45 <u>Earth Day Plant Project</u> 12:00 Bingo</p> <p>Korean BBQ Leg</p>
<p>28 10:00 Knitting &amp; Crocheting 10:30 Zumba Gold 12:00 Diamond Art</p> <p>Chicken Piccata</p>	<p>29 10:30 Chair Yoga 12:00 Line Dancing 12:00 Diamond Art</p> <p>Pot Roast</p>	<p>30 8:00 Walmart Shopping 10:00 Knitting &amp; Crocheting 10:30 Active Adult Exercise 11:45 <u>Maracas Music Concert</u> 12:15 <u>Salsa Dancing Lessons</u> 12:30 <u>Taco Lunch</u></p> <p>Egg Salad Platter</p>	 <p>Suggested Lunch Donation: \$1.25 Per Meal Please reserve lunch by 11:30 AM the day before  Lunch will Be Served at 11:30 Daily</p>	