

BERGEN NEW JERSEY *County*

James J. Tedesco III
County Executive

BOARD OF COUNTY COMMISSIONERS

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DEPARTMENT OF HUMAN SERVICES
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
24 Union Blvd
Wallington, NJ, 07057
Phone: (973-777-5815 • Fax (973-777-5134

wallingtoncenter@bergencountynj.gov

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 February 2025

| | | |
|-------------|---|-----------------------|
| February 3 | Hand Massage w/ Agata Halat | 12:00 PM |
| February 4 | National Thank Your Mail Carrier Day Making Thank You Cards for our Mail Carriers | All Day |
| February 4 | Introduction to CareLink 360 Remote monitoring, medication and daily task reminders, health tools, video chats and educational resources. | 11:45 AM |
| February 5 | Presentation: Learn How To Cut Your Energy Bill w/ Michael Hayes from PSE&G | 11:45 AM |
| February 5 | Valentine Tree Ornament Group Project w/ Donna | All Day |
| February 10 | Love Your Heart presentation w/ Sarah Bombino MPH, CHES | 11:45 AM |
| February 12 | Get Out Your Guitar Day! Music and instruction /w Marshal | 11:30 AM- 12:00 PM |
| February 14 | Happy Valentine's Day Donna is making heart shaped pancakes for breakfast! | 10:00 AM |
| February 17 | Presidents' Day – Center Closed | All Day |
| February 24 | Total Brain Health w/ Agata Halat | 12:00 PM |
| February 28 | A Day To Inspire Laughter! Tell A joke! Wear a funny hat! Let's have fun today! | All Day |

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


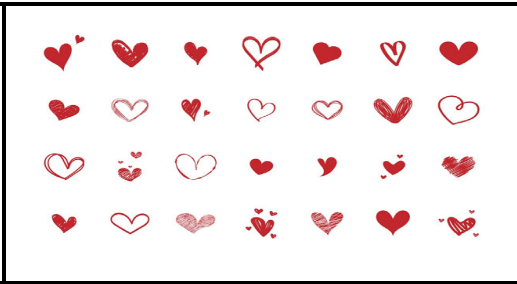



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

| | | | | |
|--|---|--|---|--|
| <p>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> |  |  |  |  |
| <p>3 10:00 Knitting & Crocheting 10:30 Zumba Gold 12:00 Diamond Art 12:00 Hand Massage Asian Beef Stir Fry</p> | <p>4 <u>National Thank Yor Mail Carrier Day</u> 10:30 Chair Yoga 12:00 Line Dancing 12:00 Diamond Art Chicken Tarragon</p> | <p>5 <u>Valentine Tree Ornament Project</u> 8:00 Walmart Shopping 10:00 Knitting & Crocheting 10:30 Active Adult Exercise 11:45 Presentation: Lower Your Energy Bill 12:15 Arts & Crafts Tuna Noodle Salad</p> | <p>6 8:00 ShopRite Shopping 9:30 Blood Pressure Screenings 10:30 Chair Yoga 12:00 Chair Flow Exercise Korean BBQ Leg</p> | <p>7 10:00 Senior Fitness 10:00 Knitting & Crocheting 11:00 Informal Art-Painting 12:00 Bingo Stuffed Cabbage</p> |
| <p>10 10:00 Knitting & Crocheting 10:30 Zumba Gold 11:45 Presentation: Love Your Heart 12:00 Diamond Art Lemon Pepper Tilapia</p> | <p>11 10:30 Chair Yoga 12:00 Line Dancing 12:00 Diamond Art Cheeseburger</p> | <p>12 8:00 Walmart Shopping 10:00 Knitting & Crocheting 10:30 Active Adult Exercise 11:30 Get Out Your Guitar Day 12:15 Arts & Crafts Chicken Cordon Bleu</p> | <p>13 8:00 ShopRite Shopping 10:30 Chair Yoga 12:00 Chair Flow Exercise Roast Turkey w/ Swiss</p> | <p>14 10:00 Valentine's Day Breakfast 10:00 Senior Fitness 10:00 Knitting & Crocheting 11:00 Informal Art-Painting 12:00 Bingo Chicken Parmesan</p> |
| <p>17  Center Closed</p> | <p>18 10:30 Chair Yoga 12:00 Line Dancing 12:00 Diamond Art Chili Con Carne</p> | <p>19 8:00 Walmart Shopping 10:00 Knitting & Crocheting 10:30 Active Adult Exercise 12:15 Arts & Crafts Chicken Cranberry Dijon</p> | <p>20 8:00 ShopRite Shopping 10:30 Chair Yoga 12:00 Chair Flow Exercise Italian Turkey Sausage</p> | <p>21 10:00 Senior Fitness 10:00 Knitting & Crocheting 11:00 Informal Art-Painting 12:00 Bingo Egg Salad Platter</p> |
| <p>24 10:00 Knitting & Crocheting 10:30 Zumba Gold 12:00 Diamond Art 12:00 Total Brain Health Sliced Pork Loin</p> | <p>25 10:30 Chair Yoga 12:00 Line Dancing 12:00 Diamond Art Cheese Omelet</p> | <p>26 8:00 Walmart Shopping 10:00 Knitting & Crocheting 10:30 Active Adult Exercise 12:15 Arts & Crafts Potato Crusted Pollack</p> | <p>27 8:00 ShopRite Shopping 10:30 Chair Yoga 12:00 Chair Flow Exercise Stuffed Peppers</p> | <p>28 <u>A Day to Inspire Laughter</u> 10:00 Senior Fitness 10:00 Knitting & Crocheting 11:00 Informal Art-Painting 12:00 Bingo Homestyle Meatloaf w/ Gravy</p> |