

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

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

January 6	National Bean Day <i>Bean, versatile legume. Nutrition presentation with Stephane Sass MS,RD</i>	11:45 AM
January 8	Medicare Senior Patrol - Information about Medicare Open Enrollment w/ Joel Schneider	11:45 AM
January 9	Law Enforcement Appreciation Day <i>Coffee with Wallington Police Officers</i>	10:30 AM
January 10	National Cut your Energy Bill Day <i>Presentation with PSE &G</i>	11:45 AM
January 13	What is Your Vision for 2025 <i>Vision board project (all Week)</i>	12:15 PM
January 24	National Compliment Day <i>Share compliments with each other</i>	All Day
January 28	National Blueberry Pancake Day <i>Making pancakes</i>	10:00 AM - 11:00 AM
January 28	National Kazoo Day <i>Lets learn to play Yellow Submarine</i>	11:15 AM
January 29	National Privacy Day <i>Presentation about Cyber Security with Bergen County IT Department</i>	11:45 AM

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.

The County of Bergen

Wishes you a

Happy and Healthy
New Year



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<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 11:30 Daily</p>		<p>1</p> <p>HAPPY <i>New Year</i></p> <p>Center Closed</p>	<p>2</p> <p>8:00 ShopRite Shopping 9:30 <u>Blood Pressure Screening</u> 10:30 Chair Yoga 12:00 Chair Flow Exercise</p> <p>Chicken Cordon Bleu</p>	<p>3</p> <p>10:00 Senior Fitness 10:00 Knitting & Crocheting 10:30 Informal Art-Painting 12:00 Bingo</p> <p>Stuffed Cabbage</p>
<p>6</p> <p>10:00 Knitting & Crocheting 10:30 Zumba Gold 11:45 <u>Presentation for National Bean Day</u></p> <p>Roast Turkey w/ gravy</p>	<p>7</p> <p>10:30 Chair Yoga 12:00 Line Dancing 12:00 Diamond Art</p> <p>Salisbury Steak w/ gravy</p>	<p>8</p> <p>8:00 Walmart Shopping 10:00 Knitting & Crocheting 10:30 Active Adult Exercise 11:45 <u>Medicare Senior Patrol</u> 12:15 Arts & Crafts</p> <p>Chicken Marsala</p>	<p>9</p> <p>8:00 ShopRite Shopping 9:30 <u>Law Enforcement Appreciation Day</u> 10:30 Chair Yoga 12:00 Chair Flow Exercise</p> <p>Tuna Salad on Spinach</p>	<p>10</p> <p>10:00 Senior Fitness 10:00 Knitting & Crocheting 11:00 Informal Art-Painting 11:45 <u>Presentation for National Cut Energy Bill Day</u> 12:00 Bingo</p> <p>Turkey Chili</p>
<p>13</p> <p>10:00 Knitting & Crocheting 10:30 Zumba Gold 12:30 <u>What's Your Vision Day</u></p>	<p>14</p> <p>10:30 Chair Yoga 12:00 Line Dancing 12:00 Diamond Art</p> <p>Roast Pork</p>	<p>15</p> <p>8:00 Walmart Shopping 10:00 Knitting & Crocheting 10:30 Active Adult Exercise 12:15 Arts & Crafts</p> <p>Pot Roast w/ Gravy</p>	<p>16</p> <p>8:00 ShopRite Shopping 10:30 Chair Yoga 12:00 Chair Flow Exercise</p> <p>Fish w/ Lemon Pepper Sauce</p>	<p>17</p> <p>10:00 Senior Fitness 10:00 Knitting & Crocheting 10:30 Informal Art-Painting 12:00 Bingo</p> <p>Chicken Parmesan</p>
<p>20</p>  <p>Center Closed</p>	<p>21</p> <p>10:30 Chair Yoga 12:00 Line Dancing 12:00 Diamond Art</p> <p>Stewed Beef Tips</p>	<p>22</p> <p>8:00 Walmart Shopping 10:00 Knitting & Crocheting 10:30 Active Adult Exercise 12:15 Arts & Crafts</p> <p>Baked Ziti w/ Meatballs</p>	<p>23</p> <p>8:00 ShopRite Shopping 10:30 Chair Yoga 12:00 Chair Flow Exercise</p> <p>Ham Steak</p>	<p>24</p> <p><u>National Complement Day</u></p> <p>10:00 Senior Fitness 10:00 Knitting & Crocheting 10:30 Informal Art-Painting 12:00 Bingo</p> <p>Meatloaf w/ Gravy</p>
<p>27</p> <p>10:00 Knitting & Crocheting 10:30 Zumba Gold</p> <p>Cheeseburger</p>	<p>28</p> <p>9:30 <u>National Blueberry Day</u> 10:30 Chair Yoga 11:30 <u>National Kazoo Day</u> 12:00 Line Dancing 12:00 Diamond Art</p> <p>Chicken Salad on Romaine</p>	<p>29</p> <p>8:00 Walmart Shopping 10:00 Knitting & Crocheting 10:30 Active Adult Exercise 11:45 <u>Presentation for National Privacy Day</u> 12:15 Arts & Crafts</p> <p>Sesame Chicken</p>	<p>30</p> <p>8:00 ShopRite Shopping 10:30 Chair Yoga 12:00 Chair Flow Exercise</p> <p>Vegetable Lasagna</p>	<p>31</p> <p>10:00 Senior Fitness 10:00 Knitting & Crocheting 10:30 Informal Art-Painting 12:00 Bingo</p> <p>Chicken Kiev</p>