

BERGEN NEW JERSEY *County*

James J. Tedesco III
County Executive

BOARD OF COUNTY COMMISSIONERS

Thomas J Sullivan
Chairman
Germaine M. Ortiz
Vice Chairwoman

Dr. Joan M. Voss
Chair Pro Tempore

Mary J. Amoroso
Rafael Marte
Steven A. Tanelli
Tracy Silna Zur

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

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

BERGEN NEW JERSEY *County*

James J. Tedesco III, County Executive

WALLINGTON ACTIVITY CENTER Bergen County Department of Human Services Division of Senior Services/AD APRIL 2023

April 3	Blood Pressure Screening With Lisa Lupetti BSN, RN, CHFNP	10:00 AM
April 7	GOOD FRIDAY - CENTER CLOSED	
April 13	National Scrabble Day / All Day Scrabble Game	
April 14	Take Control of Your Health Workshop	10:00 AM -12:00 PM
April 17	Lets Talk About Heart Failure with Lisa Lupetti BSN, RN, CHFNP	11:30 AM
April 20	National Pineapple Upside Down Cake Day	
April 21	Take Control of Your Health Workshop	10:00 AM -12:00 PM
April 28	Take Control of Your Health Workshop	10:00 AM -12:00 PM

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 practices.

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>3 10:00 BLOOD PRESSURE SCREENING 10:30 ZUMBA GOLD 11:30 LUNCH SERVED 12:15 MOVIE</p> <p>TUNA NOODLE SALAD W/ PEAS & DILL</p>	<p>4 10:30 CHAIR YOGA 11:30 LUNCH SERVED 12:00 ACTIVE SENIOR EXERCISE 1:00 BOARD GAMES</p> <p>BREADED CHICKEN PICCATA</p>	<p>5 8:00 WALMART SHOPPING 10:00 KNITTING & CROCHETING 10:30 CHAIR STRENGTH TRAINING 11:30 LUNCH SERVED 12:15 ARTS & CRAFTS</p> <p>BONELESS BBQ BEEF RIB</p>	<p>6 8:00 SHOP RITE SHOPPING 10:30 CHAIR YOGA 11:30 LUNCH SERVED 12:00 ACTIVE SENIOR EXERCISE 1:00 PUZZLES</p> <p>SALISBURY STEAK WITH GRAVY</p>	<p>7</p> <p>Good Friday Center Closed</p>
<p>10 10:30 ZUMBA GOLD 11:30 LUNCH SERVED 12:15 MOVIE</p> <p>STUFFED CABBAGE</p>	<p>11 10:30 CHAIR YOGA 11:30 LUNCH SERVED 12:00 ACTIVE SENIOR EXERCISE 1:00 BOARD GAMES</p> <p>KOREAN BBQ CHICKEN LEG</p>	<p>12 8:00 WALMART SHOPPING 10:00 KNITTING & CROCHETING 10:30 CHAIR STRENGTH TRAINING 11:30 LUNCH SERVED 12:15 ARTS & CRAFTS</p> <p>LS HAM W/ PINEAPPLE RING</p>	<p>13 8:00 SHOP RITE SHOPPING 10:30 CHAIR YOGA 11:30 LUNCH SERVED 12:00 ACTIVE SENIOR EXERCISE 1:00 PUZZLES</p> <p>National Scrabble Day</p> <p>HOT SLICED ROAST BEEF W/ GRAVY</p>	<p>14 10:00 WORKSHOP 10:00 KNITTING & CROCHETING 10:30 INFORMAL ART- PAINTING 11:30 LUNCH SERVED 12:00 BINGO</p> <p>GARLIC ROASTED PORK</p>
<p>17 10:00 BLOOD PRESSURE SCREENING 10:30 ZUMBA GOLD 11:30 LUNCH SERVED 11:30 SPEAKER 12:15 MOVIE</p> <p>CHICKEN CORDON BLEU</p>	<p>18 10:30 CHAIR YOGA 11:30 LUNCH SERVED 12:00 ACTIVE SENIOR EXERCISE 1:00 BOARD GAMES</p> <p>SLICED TURKEY & SWISS CHEESE ON A WHOLE WHEAT KAISER ROLL</p>	<p>19 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>20 8:00 SHOP RITE SHOPPING 10:30 CHAIR YOGA 11:30 LUNCH SERVED 12:00 ACTIVE SENIOR EXERCISE 1:00 PUZZLES</p> <p>Pineapple Upside Down Cake Day</p> <p>CHICKEN MARSALA</p>	<p>21 10:00 WORKSHOP 10:00 KNITTING & CROCHETING 10:30 INFORMAL ART- PAINTING 11:30 LUNCH SERVED 12:00 BINGO</p> <p>PEPPER STEAK</p>
<p>24 10:30 ZUMBA GOLD 11:30 LUNCH SERVED 12:15 MOVIE</p> <p>EGGPLANT PARMESAN</p>	<p>25 10:30 CHAIR YOGA 11:30 LUNCH SERVED 12:00 ACTIVE SENIOR EXERCISE 1:00 BOARD GAMES</p> <p>MEATLOAF W/ BROWN GRAVY</p>	<p>26 8:00 WALMART SHOPPING 10:00 KNITTING & CROCHETING 10:30 CHAIR STRENGTH TRAINING 11:30 LUNCH SERVED 12:15 ARTS & CRAFTS</p> <p>CHEF SALAD – DICED TURKEY, SLICED EGG, DICED SWISS CHEESE ON MIXED GREENS</p>	<p>27 8:00 SHOP RITE SHOPPING 10:30 CHAIR YOGA 11:30 LUNCH SERVED 12:00 ACTIVE SENIOR EXERCISE 1:00 PUZZLES</p> <p>PORK TENDERLOIN WITH GRAVY</p>	<p>28 10:00 WORKSHOP 10:00 KNITTING & CROCHETING 10:30 INFORMAL ART- PAINTING 11:30 LUNCH SERVED 12:00 BINGO</p> <p>SWEDISH MEATBALLS</p>
		<p>SUGGESTED DONATION \$ 1.25</p>	<p>FOR EASTER LUNCH RESERVATIONS, CALL (201) 336-3320 BY APRIL 4TH</p>	