

# BERGEN NEW JERSEY *County*

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

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**DIVISION OF SENIOR SERVICES**  
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*Director*



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.

## 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](mailto:WallingtonCenter@co.bergen.nj.us)

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

# BERGEN NEW JERSEY *County*

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## WALLINGTON ACTIVITY CENTER Bergen County Department of Human Services Division of Senior Services/AD FEBRUARY 2023 BLACK HISTORY MONTH

February 2	Stay Healthy During Covid -19 and Flu Season With Kathleen Fabrizio	11: 45 AM
February 3	National Wear Red Day - Please Wear <b>Red</b> in Support of the National Heart Association	
February 6	Blood Pressure Screening With Lisa Lupetti BSN, RN, CHFN	10: 00 AM
February 10	Your Heart Health with Stephane Sass MS - RD	11:45 AM
February 14	Valentine's Day Celebration - Cupcake Decorating	
February 14	Valentine's Day Jingo	11:15 AM
February 20	President's Day - Center Closed	

## 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

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

		<p><sup>1</sup> 8:00 WALMART SHOPPING 10:00 KNITTING &amp; CROCHETING 10:30 CHAIR STRENGTH TRAINING 11:30 LUNCH SERVED 12:15 ARTS &amp; CRAFTS</p> <p><b>Baked Fish w/ Garlic Lemon</b></p>	<p><sup>2</sup> 8:00 SHOP RITE SHOPPING 10:30 CHAIR YOGA 11:30 LUNCH SERVED 12:00 ACTIVE SENIOR EXERCISE 1:00 PUZZLES</p> <p><b>Sliced Roast Beef with Gravy</b></p>	<p><sup>3</sup> 10:00 KNITTING &amp; CROCHETING 10:30 INFORMAL ART– PAINTING 11:30 LUNCH SERVED 12:00 BINGO NATIONAL WEAR RED DAY PLEASE WEAR RED</p> <p><b>Turkey &amp; Black Bean Chile</b></p>
<p><sup>6</sup> 10:00 <b>BLOOD PRESSURE SCREENING</b> 10:30 ZUMBA GOLD 11:30 LUNCH SERVED 12:15 <b>MOVIE</b></p> <p><b>BBQ Beef Ribque (Patty)</b></p>	<p><sup>7</sup> 10:30 CHAIR YOGA 11:30 LUNCH SERVED 12:00 ACTIVE SENIOR EXERCISE 1:00 BOARD GAMES</p> <p><b>Chicken Cacciatore</b></p>	<p><sup>8</sup> 8:00 WALMART SHOPPING 10:00 KNITTING &amp; CROCHETING 10:30 CHAIR STRENGTH TRAINING 11:30 LUNCH SERVED 12:15 ARTS &amp; CRAFTS</p> <p><b>Italian Meatballs</b></p>	<p><sup>9</sup> 8:00 SHOP RITE SHOPPING 10:30 CHAIR YOGA 11:30 LUNCH SERVED 12:00 ACTIVE SENIOR EXERCISE 1:00 PUZZLES</p> <p><b>Beef and Broccoli</b></p>	<p><sup>10</sup> 10:00 KNITTING &amp; CROCHETING 10:30 INFORMAL ART– PAINTING 11:30 LUNCH SERVED 12:00 BINGO</p> <p><b>Chicken Cordon Bleu</b></p>
<p><sup>13</sup> 10:30 ZUMBA GOLD 11:30 LUNCH SERVED 12:15 <b>MOVIE</b></p> <p><b>Meatloaf with Brown Gravy</b></p>	<p><sup>14</sup> 10:30 CHAIR YOGA 11:15 VALENTINE 'S DAY JINGO 11:30 LUNCH SERVED 12:00 ACTIVE SENIOR EXERCISE 1:00 BOARD GAMES</p> <p><b>Valentine's Day Cupcake Decorating BBQ Chicken Leg</b></p>	<p><sup>15</sup> 8:00 WALMART SHOPPING 10:00 KNITTING &amp; CROCHETING 10:30 CHAIR STRENGTH TRAINING 11:30 LUNCH SERVED 12:15 ARTS &amp; CRAFTS</p> <p><b>Sliced Turkey with Gravy</b></p>	<p><sup>16</sup> 8:00 SHOP RITE SHOPPING 10:30 CHAIR YOGA 11:30 LUNCH SERVED 12:00 ACTIVE SENIOR EXERCISE 1:00 PUZZLES</p> <p><b>Sweet &amp; Sour Meatballs</b></p>	<p><sup>17</sup> 10:00 KNITTING &amp; CROCHETING 10:30 INFORMAL ART– PAINTING 11:30 LUNCH SERVED 12:00 BINGO</p> <p><b>Sliced Pork Tenderloin with Applesauce</b></p>
<p><sup>20</sup> <b>CLOSED</b></p> 	<p><sup>21</sup> 10:30 CHAIR YOGA 11:30 LUNCH SERVED 12:00 ACTIVE SENIOR EXERCISE 1:00 BOARD GAMES</p> <p><b>Salisbury Steak with Gravy</b></p>	<p><sup>22</sup> 8:00 WALMART SHOPPING 10:00 KNITTING &amp; CROCHETING 10:30 CHAIR STRENGTH TRAINING 11:30 LUNCH SERVED 12:15 ARTS &amp; CRAFTS</p> <p><b>Lemon Pepper Baked Fish</b></p>	<p><sup>23</sup> 8:00 SHOP RITE SHOPPING 10:30 CHAIR YOGA 11:30 LUNCH SERVED 12:00 ACTIVE SENIOR EXERCISE 1:00 PUZZLES</p> <p><b>Chicken Marsala</b></p>	<p><sup>24</sup> 10:00 KNITTING &amp; CROCHETING 10:30 NFORMAL ART– PAINTING 11:30 LUNCH SERVED 12:00 BINGO</p> <p><b>Mini Cheese Ravioli</b></p>
<p><sup>27</sup> 10:30 ZUMBA GOLD 11:30 LUNCH SERVED 12:15 <b>MOVIE</b></p> <p><b>Breaded Chicken Piccata</b></p>	<p><sup>28</sup> 10:30 CHAIR YOGA 11:30 LUNCH SERVED 12:00 ACTIVE SENIOR EXERCISE 1:00 BOARD GAMES</p> <p><b>Baked Macaroni and Cheese</b></p>			<p><b>Suggested Donation</b></p> <p><b>\$1.25</b></p>