

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

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

JULY 2023

July 3	Blood Pressure Screening w/ Lisa Lupetti BSN, RN, CHFNP	10:00 AM
July 4	CENTER CLOSED	
July 5	Crime Prevention For Seniors Presented by Wallington Police Department	11:45 AM
July 7	Join us for a walk in Samuel Nelkin Park	9:30 AM
July 7, 14, 21, 28	Pottery Class	9:30AM - 11:30 AM
July 12	Make Your Own Sundae Day	12:00 PM
July 17	Blood Pressure Screening w/ Lisa Lupetti BSN, RN, CHFNP	10:00 AM
July 20	International Chess Day Learn to Play Chess with Nikias	10:00 PM
July 31	National Avocado Day Make Guacamole with Us	10:00 AM

National Watermelon Month

Bergen County Elder Abuse Awareness Walk
Saturday June 3, 2023

Overpeck County Park Amphitheater
One Challenger Road, Ridgefield Park

Rain Date Sunday, June 11, 2023

9:00am—12:00pm

Register today using the link below or calling 201-336-7416

<https://www.eventbrite.com/e/bergen-county-elder-abuse-awareness-walk-tickets-635453868627>

The Wallington 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.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>3 10:00 KNITTING & CROCHETING 10:00 BLOOD PRESSURE SCREENING 10:30 ZUMBA GOLD 11:30 LUNCH SERVED 12:15 MOVIE</p> <p>SPINACH SALAD WITH GRILLED CHICKEN</p>		<p>5 8:00 WALMART SHOPPING 10:00 KNITTING & CROCHETING 10:30 CHAIR STRENGTH TRAINING 11:30 LUNCH SERVED 11:45 CRIME PREVENTION 12:15 ARTS & CRAFTS</p> <p>BEEF HAMBURGER</p>	<p>6 8:00 SHOPRITE SHOPPING 10:30 CHAIR YOGA 11:30 LUNCH SERVED 12:00 ACTIVE SENIOR EXERCISE</p> <p>ORANGE CHICKEN</p>	<p>7 9:30 POTTERY CLASS 9:30 WALK IN THE PARK 10:00 KNITTING & CROCHETING 10:30 INFORMAL ART- PAINTING 11:30 LUNCH SERVED 12:00 BINGO</p> <p>BBQ PULLED PORK</p>
<p>10 10:00 KNITTING & CROCHETING 10:30 ZUMBA GOLD 11:30 LUNCH SERVED 12:15 MOVIE</p> <p>TUNA SALAD WITH LETTUCE LEAF</p>	<p>11 10:30 CHAIR YOGA 11:30 LUNCH SERVED 12:00 ACTIVE SENIOR EXERCISE</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>MAKE YOUR OWN SUNDAE</p> <p>ROASTED PORK LOIN W/ GRAVY</p>	<p>13 8:00 SHOPRITE SHOPPING 10:30 CHAIR YOGA 11:30 LUNCH SERVED 12:00 ACTIVE SENIOR EXERCISE</p> <p>SALISBURY STEAK W/BROWN GRAVY</p>	<p>14 9:30 POTTERY CLASS 10:00 KNITTING & CROCHETING 10:30 INFORMAL ART- PAINTING 11:30 LUNCH SERVED 12:00 BINGO</p> <p>LS HAM STEAK WITH PINEAPPLE</p>
<p>17 10:00 KNITTING & CROCHETING 10:00 BLOOD PRESSURE SCREENING 10:30 ZUMBA GOLD 11:30 LUNCH SERVED 12:15 MOVIE</p> <p>TURKEY & SWISS ON PUMPERNICKLE BREAD</p>	<p>18 10:30 CHAIR YOGA 11:30 LUNCH SERVED 12:00 ACTIVE SENIOR EXERCISE</p> <p>SOUTHERN STYLE FISH</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>HAWAIIAN CHICKEN BREAST WITH PINEAPPLE</p>	<p>20 8:00 SHOPRITE SHOPPING 10:00 INTERNATIONAL CHESS DAY 10:30 CHAIR YOGA 11:30 LUNCH SERVED 12:00 ACTIVE SENIOR EXERCISE</p> <p>WW ZITI W/ MARINARA SAUCE TURKEY MEATBALLS</p>	<p>21 9:30 POTTERY CLASS 10:00 KNITTING & CROCHETING 10:30 INFORMAL ART- PAINTING 11:30 LUNCH SERVED 12:00 BINGO</p> <p>MEATLOAF WITH MUSHROOM GRAVY</p>
<p>24 10:00 KNITTING & CROCHETING 10:30 ZUMBA GOLD 11:30 LUNCH SERVED 12:15 MOVIE</p> <p>CHICKEN CORDON BLEU</p>	<p>25 10:30 CHAIR YOGA 11:30 LUNCH SERVED 12:00 ACTIVE SENIOR EXERCISE</p> <p>EGG SALAD WITH LETTUCE</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>FISH FRANCAISE</p>	<p>27 8:00 SHOPRITE SHOPPING 10:30 CHAIR YOGA 11:30 LUNCH SERVED 12:00 ACTIVE SENIOR EXERCISE 1:00 PUZZLES</p> <p>SWEDISH MEATBALLS</p>	<p>28 9:30 POTTERY CLASS 10:00 KNITTING & CROCHETING 10:30 INFORMAL ART- PAINTING 11:30 LUNCH SERVED 12:00 BINGO</p> <p>HERB ROASTED CHICKEN QTR</p>
<p>31 NATIONAL AVACADO DAY</p> <p>10:00 KNITTING & CROCHETING 10:30 ZUMBA GOLD 11:30 LUNCH SERVED 12:15 MOVIE</p> <p>ROAST BEEF WITH TOMATO, LETTUCE & PROVOLONE CHEESE ON WW ROLL</p>			<p>SUGGESTED DONATION</p> <p>\$1.25</p>	