

# BERGEN NEW JERSEY *County*

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

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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 JUNE 2023

June 1	Say Something Nice Day	
June 2, 9, 30	Pottery Class - Registrations Required	9:30AM - 11:30AM
June 2	Join us for a walk in Samuel Nelkin Park	9:30AM
June 5, 19	Blood Pressure Screening w/ Lisa Lupetti BSN, RN, CHFNP	10:00AM
June 7	iPhone Class with High School Students	12:00PM
June 14	Flag Day	
June 14	National Strawberry Shortcake Day	
June 15	Nature Photography Day - Wallington HS Students Will Display Their Photos	
June 15	Father's Day Celebration - Memory Game	12:00PM
June 15	Farmer's Market Voucher Distribution	10:00AM - 12PM
June 16	CENTER CLOSED	
June 20	National Day of Yoga - Yoga in the Park	10:30AM
June 21	Hand Massage by Agata and Dorene	12:00PM

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.

***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>1</p> <p><b>SAY SOMETHING NICE DAY</b>              8:00 SHOP RITE SHOPPING              10:30 CHAIR YOGA              11:30 LUNCH SERVED              12:00 ACTIVE SENIOR EXERCISE</p> <p><b>PORK CHOP IN GARIC SAUCE              BREAST</b></p>	<p>2</p> <p>9:30 <b>POTTERY CLASS</b>              9:30 <b>WALK IN THE PARK</b>              10:00 KNITTING &amp; CROCHETING              10:30 INFORMAL ART- PAINTING              11:30 LUNCH SERVED              12:00 BINGO</p> <p><b>CREAMED SPINACH STUFFED FISH</b></p>
<p>5</p> <p>10:00 KNITTING &amp; CROCHETING              10:00 <b>BLOOD PREESSURE SCREENING</b>              10:30 ZUMBA GOLD              11:30 LUNCH SERVED              12:15 <b>MOVIE</b></p> <p><b>PHILLY BEEF &amp; CHEESE SANDWICH</b></p>	<p>6</p> <p>10:30 CHAIR YOGA              11:30 LUNCH SERVED              12:00 ACTIVE SENIOR EXERCISE</p> <p><b>HAWAIIAN CHICKEN</b></p>	<p>7</p> <p>8:00 WALMART SHOPPING              10:00 KNITTING &amp; CROCHETING              10:30 CHAIR STRENGTH TRAINING              11:30 LUNCH SERVED              12:00 <b>I PHONE CLASS</b>              12:15 ARTS &amp; CRAFTS</p> <p><b>WW ZITI W/ CRUMBLLED              TURKEY SAUSAGE &amp; PEPPERS</b></p>	<p>8</p> <p>8:00 SHOP RITE SHOPPING              10:30 CHAIR YOGA              11:30 LUNCH SERVED              12:00 ACTIVE SENIOR EXERCISE</p> <p><b>BAKED FISH W/ LEMON DILL SAUCE</b></p>	<p>9</p> <p>9:30 <b>POTTERY CLASS</b>              10:00 KNITTING &amp; CROCHETING              10:30 INFORMAL ART- PAINTING              11:30 LUNCH SERVED              12:00 BINGO</p> <p><b>SWEDISH MEATBALLS</b></p>
<p>12</p> <p>10:00 KNITTING &amp; CROCHETING              10:30 ZUMBA GOLD              11:30 LUNCH SERVED              12:15 <b>MOVIE</b></p> <p><b>MEATLOAF WITH BROWN GRAVY</b></p>	<p>13</p> <p>10:30 CHAIR YOGA              11:30 LUNCH SERVED              12:00 ACTIVE SENIOR EXERCISE</p> <p><b>HERB ROASTED CHICKEN LEG</b></p>	<p>14</p> <p><b>NATIONAL STRAWBERRY SHORTCAKE DAY</b>              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>EGG SALAD ON ROMAINE LETTUCE</b></p>	<p>15</p> <p>8:00 SHOP RITE SHOPPING              10:00 <b>FARMER'S MARKET VOUCHER</b>              10:30 CHAIR YOGA              11:30 LUNCH SERVED              12:00 ACTIVE SENIOR EXERCISE              12:00 <b>FATHER'S DAY MEMORY GAME</b></p> <p><b>STUFFED PEPPERS</b></p>	<p>16</p> <p><b>CENTER CLOSED</b></p> 
<p>19</p> <p>10:00 KNITTING &amp; CROCHETING              10:00 <b>BLOOD PRESSURE SCREENING</b>              10:30 ZUMBA GOLD              11:30 LUNCH SERVED              12:15 <b>MOVIE</b></p> <p><b>LEMON PEPPER BAKED FISH</b></p>	<p>20</p> <p><b>NATIONAL DAY OF YOGA</b>              10:30 <b>CHAIR YOGA IN THE PARK</b>              11:30 LUNCH SERVED              12:00 ACTIVE SENIOR EXERCISE</p> <p><b>CHICKEN FILET W/ HONEY MUSTARD              ROAST BEEF WITH GRAVY</b></p>	<p>21</p> <p>8:00 WALMART SHOPPING              10:00 KNITTING &amp; CROCHETING              10:30 CHAIR STRENGTH TRAINING              11:30 LUNCH SERVED              12:00 <b>HAND MASSAGE</b>              12:15 ARTS &amp; CRAFTS</p> <p><b>HONEY GLAZED PORK CHOP</b></p>	<p>22</p> <p>8:00 SHOP RITE SHOPPING              10:30 CHAIR YOGA              11:30 LUNCH SERVED              12:00 ACTIVE SENIOR EXERCISE              1:00 PUZZLES</p> <p><b>TURKEY &amp; SWISS ON WW ROLL</b></p>	<p>23</p> <p>10:00 KNITTING &amp; CROCHETING              10:30 INFORMAL ART- PAINTING              11:30 LUNCH SERVED              12:00 BINGO</p> <p><b>BEEF HAMBURGER</b></p>
<p>26</p> <p>10:00 KNITTING &amp; CROCHETING              10:30 ZUMBA GOLD              11:30 LUNCH SERVED              12:15 <b>MOVIE</b></p> <p><b>CHICKEN CORDON BLEU</b></p>	<p>27</p> <p>10:30 CHAIR YOGA              11:30 LUNCH SERVED              12:00 ACTIVE SENIOR EXERCISE</p> <p><b>LS HAM STEAK W/PINEAPPLE</b></p>	<p>28</p> <p>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>POTATO CRUSTED BAKED FISH</b></p>	<p>29</p> <p>8:00 SHOP RITE SHOPPING              10:30 CHAIR YOGA              11:30 LUNCH SERVED              12:00 ACTIVE SENIOR EXERCISE              1:00 PUZZLES</p> <p><b>MINI CHEESE RAVIOLI W/MEATBALLS</b></p>	<p>30</p> <p>9:30 <b>POTTERY CLASS</b>              10:00 KNITTING &amp; CROCHETING              10:30 INFORMAL ART- PAINTING              11:30 LUNCH SERVED              12:00 BINGO</p> <p><b>KOREAN BBQ CHICKEN QTR</b></p>