

# 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](mailto: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/OCTOBER 2023**

|            |   |          |
|------------|---|----------|
| October 2  | Blood Pressure Screening w/ Lisa BSN, RN, CHFNP   | 10:00 AM |
| October 3  | Diamond Art - Agata & Doreen  | 10:00 AM |
| October 6  | Walk In The Park - Samuel Nelkin Park   | 9:00 AM  |
| October 9  | Columbus Day - CENTER CLOSED  |          |
| October 11 | Matching Memory Game w/ Agata & Doreen  | 12:00 PM |
| October 11 | National Sausage Pizza Day - Special Treat Pizza. Have a Slice with Us !!!              | 11:30 AM |
| October 16 | Blood Pressure Screening w/ Lisa BSN, RN, CHFNP   | 10:00AM  |
| October 16 | World Food Day - Bring Samples of Food Eaten in Your Country                            | 11:00 AM |
| October 18 | Aromatherapy and Hand Massage   | 12:00 PM |
| October 25 | Merlin or Witch Bingo   | 12:00 PM |
| October 26 | Public Hearing on Transportation Funding for Senior Citizens at One Bergen County Plaza | 10:00 AM |
| October 31 | Halloween Celebration - Cupcake decorating  | 12:00 PM |
| October 31 | National Carmel Apple Day<br>Special Activity - Dip Your Own Apple                      | 12:00 PM |



## Multicultural Family Fun Fest

Saturday, October 14th  
Rain Date: Sunday October 15  
11:00 AM - 3:00 PM  
Saddle River County Park  
Duck Pond Area

To RSVP scan the QR code!

For more information call 201-336-7454 or  
Email [hsplanning@co.bergen.nj.us](mailto:hsplanning@co.bergen.nj.us)



## SAVE THE DATE

## Caregivers Conference

Saturday, October 14th  
9:30 AM - 2:00 PM  
Bergen County Administration Building  
Public Meeting Room (5th floor)

To RSVP Call 201-336-7400 or  
Email [seniors@co.bergen.nj.us](mailto:seniors@co.bergen.nj.us)



*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.

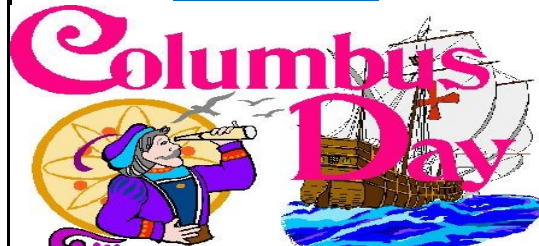



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

|   |   |  |   |  |
|---|---|--|---|--|
| <p>2<br/>9:00 WALK IN SAMUEL NELKIN PARK<br/>10:00 KNITTING &amp; CROCHETING<br/>10:00 <u>BLOOD PRESSURE SCREENING</u><br/>10:30 ZUMBA GOLD<br/>11:30 LUNCH SERVED<br/>12:15 <u>MOVIE</u><br/><br/><b>Homestyle Meatloaf w/ Gravy</b></p> | <p>3<br/>10:30 CHAIR YOGA<br/>11:30 LUNCH SERVED<br/>12:00 SENIORSIZE<br/><br/><b>Chicken Marsala</b></p>   | <p>4<br/>8:00 WALMART SHOPPING<br/>10:00 KNITTING &amp; CROCHETING<br/>10:30 CHAIR STRENGTH TRAINING<br/>11:30 LUNCH SERVED<br/>12:15 ARTS &amp; CRAFTS<br/><br/><b>Swedish Meatballs</b></p>  | <p>5<br/>8:00 SHOPRITE SHOPPING<br/>10:30 CHAIR YOGA<br/>11:30 LUNCH SERVED<br/>12:00 ACTIVE SENIOR EXERCISE<br/><br/><b>Tuna Salad on Romaine</b></p>  | <p>6<br/><u>WALK IN THE PARK</u><br/>10:00 SENIOR FITNESS<br/>10:00 KNITTING &amp; CROCHETING<br/>10:30 INFORMAL ART- PAINTING<br/>11:30 LUNCH SERVED<br/>12:00 BINGO<br/><br/><b>Open Roasted Turkey Sandwich</b></p> |
| <p>9<br/><u>CENTER CLOSED</u><br/><br/><br/><b>Columbus Day</b></p>   | <p>10<br/>10:30 CHAIR YOGA<br/>11:30 LUNCH SERVED<br/>12:00 SENIORSIZE<br/><br/><b>Stuffed Peppers</b></p>  | <p>11<br/><u>NATIONAL SAUSAGE PIZZA DAY</u><br/>8:00 WALMART SHOPPING<br/>10:00 KNITTING &amp; CROCHETING<br/>10:30 CHAIR STRENGTH TRAINING<br/>11:30 LUNCH SERVED<br/>12:00 <u>MATCHING MEMORY GAME</u><br/>12:15 ARTS &amp; CRAFTS<br/><br/><b>Pizza</b></p> | <p>12<br/>8:00 SHOPRITE SHOPPING<br/>10:30 CHAIR YOGA<br/>11:30 LUNCH SERVED<br/>12:00 ACTIVE SENIOR EXERCISE<br/><br/><b>Chicken Chow Mein</b></p>   | <p>13<br/>10:00 SENIOR FITNESS<br/>10:00 KNITTING &amp; CROCHETING<br/>10:30 INFORMAL ART- PAINTING<br/>11:30 LUNCH SERVED<br/>12:00 BINGO<br/><br/><b>Italian Meatballs</b></p>                                       |
| <p>16<br/><u>WORLD FOOD DAY</u><br/>10:00 KNITTING &amp; CROCHETING<br/>10:00 <u>BLOOD PRESSURE SCREENING</u><br/>10:30 ZUMBA GOLD<br/>11:30 LUNCH SERVED<br/>12:15 <u>MOVIE</u><br/><br/><b>Turkey &amp; Swiss w/ Arugula</b></p>        | <p>17<br/>10:30 CHAIR YOGA<br/>11:30 LUNCH SERVED<br/>12:00 SENIORSIZE<br/><br/><b>Pepper Steak</b></p>   | <p>18<br/>8:00 WALMART SHOPPING<br/>10:00 KNITTING &amp; CROCHETING<br/>10:30 CHAIR STRENGTH TRAINING<br/>11:30 LUNCH SERVED<br/>12:00 <u>HAND MASSAGE</u><br/>12:15 ARTS &amp; CRAFTS<br/><br/><b>Korean BBQ Chicken Leg</b></p>                              | <p>19<br/>8:00 SHOPRITE SHOPPING<br/>10:30 CHAIR YOGA<br/>11:30 LUNCH SERVED<br/>12:00 ACTIVE SENIOR EXERCISE<br/><br/><b>Eggplant Rollatini</b></p>  | <p>20<br/>10:00 SENIOR FITNESS<br/>10:00 KNITTING &amp; CROCHETING<br/>10:30 INFORMAL ART- PAINTING<br/>11:30 LUNCH SERVED<br/>12:00 BINGO<br/><br/><b>Bratwurst w/ Sauerkraut &amp; Onions</b></p>                    |
| <p>23<br/>10:00 KNITTING &amp; CROCHETING<br/>10:30 ZUMBA GOLD<br/>11:30 LUNCH SERVED<br/>12:15 <u>MOVIE</u><br/><br/><b>Salisbury Steak</b></p>  | <p>24<br/>10:30 CHAIR YOGA<br/>11:30 LUNCH SERVED<br/>12:00 SENIORSIZE<br/><br/><b>Egg Salad Platter</b></p>  | <p>25<br/>8:00 WALMART SHOPPING<br/>10:00 KNITTING &amp; CROCHETING<br/>10:30 CHAIR STRENGTH TRAINING<br/>11:30 LUNCH SERVED<br/>12:00 <u>MERLIN OR WITCH BINGO</u><br/>12:15 ARTS &amp; CRAFTS<br/><br/><b>Pork Tenderloin w/ Gravy</b></p>                   | <p>26<br/>8:00 SHOPRITE SHOPPING<br/>10:00 PUBLIC HEARING<br/>10:30 CHAIR YOGA<br/>11:30 LUNCH SERVED<br/>12:00 ACTIVE SENIOR EXERCISE<br/>1:00 PUZZLES<br/><br/><b>Roasted Chicken Leg</b></p> | <p>27<br/>10:00 SENIOR FITNESS<br/>10:00 KNITTING &amp; CROCHETING<br/>10:30 INFORMAL ART- PAINTING<br/>11:30 LUNCH SERVED<br/>12:00 BINGO<br/><br/><b>Turkey &amp; Black Bean Chili</b></p>                           |
| <p>30<br/>10:00 KNITTING &amp; CROCHETING<br/>10:30 ZUMBA GOLD<br/>11:30 LUNCH SERVED<br/>12:15 <u>MOVIE</u><br/><br/><b>Pot Roast w/ Gravy</b></p>   | <p>31<br/><u>CARAMEL APPLE DAY</u><br/>10:30 CHAIR YOGA<br/>11:30 LUNCH SERVED<br/>12:00 SENIORSIZE<br/>12:00 <u>CUPCAKE DECORATING</u><br/>12:00 HALLOWEEN CELEBRATION<br/><b>Chicken Parmesan</b></p> | <p>OCTOBER IS...<br/><br/>National Apple Month<br/>National Pretzel Month<br/>National Pumpkin Month<br/><br/><i>Happy Halloween</i> </p>                                 | <br><b>happy halloween</b>   |   |