

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
NOVEMBER 2023

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|-------------|---|--------------------|
| November 6 | Saxophone Day - Performance by Wallington High School Students | 11:15AM |
| November 7 | Election Day - Center Closed | |
| November 11 | Veterans Day-Center Closed | |
| November 15 | Aromatherapy and Hand Massage | 12:00PM |
| November 15 | World Diabetes Day - "Diabetes and Nutrition Connection" presented by Diabetes Foundation | 11:45AM |
| November 21 | Game Day - we will play games and puzzles all day | 12:00PM |
| November 22 | Sleep & Older adults with Cary Lopez Sleep & Cognitive Screening Available - must register | 11:45PM |
| November 23 | Thanksgiving Luncheon—Garfield Senior Activity Center, 480 Midland Ave, Garfield, NJ Call (973) 478-0502 for reservations. | 10:00AM -1:30PM |
| November 24 | Thanksgiving Day Observance - CENTER CLOSED | |
| November 29 | National Rice Cake Day - Special Treat Rice Cake | |
| November 30 | National Mason Jar Day - Special Project | 12:00 PM |
| November 30 | Computer Security Presentation by Cesar Guerra Director of Information Technology Department | 11:45AM |

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.

Thanksgiving Luncheon

Garfield Senior Activity Center
480 Midland Ave
Garfield, New Jersey, 07026

Thursday, November 23, 2023
10:00 AM - 1:30 PM



To RSVP call 973-478-0502 or email seniors@co.bergen.nj.us

Thanksgiving Luncheon

Thursday, November 23, 2023
10:00 AM - 1:30 PM
Garfield Senior Activity Center
480 Midland Avenue
Garfield, New Jersey 07026

Reservations are required.
Please RSVP by November 16th.
If you require transportation, a reservation for Community Transportation is required by November 8th.
For further information or to place your reservation please call Garfield Senior Activity Center at 973-478-0502 or email us at seniors@co.bergen.nj.us






MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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|---|---|---|--|---|
|  | | <p>1</p> <p>8:00 WALMART SHOPPING 10:00 KNITTING & CROCHETING 10:30 CHAIR STRENGTH TRAINING 11:30 LUNCH SERVED 12:15 ARTS & CRAFTS</p> <p>Egg Salad on Romaine</p> | <p>2</p> <p>8:00 SHOPRITE SHOPPING 10:30 CHAIR YOGA 11:30 LUNCH SERVED 12:00 ACTIVE SENIOR EXERCISE</p> <p>Swedish Meatballs w/ Gravy</p> | <p>3</p> <p>10:00 SENIOR FITNESS 10:00 KNITTING & CROCHETING 10:30 INFORMAL ART- PAINTING 11:30 LUNCH SERVED 12:00 BINGO</p> <p>Pork Tenderloin w/ Gravy</p> |
| <p>6</p> <p>10:00 KNITTING & CROCHETING 10:00 <u>BLOOD PRESSURE SCREENING</u> 10:30 ZUMBA GOLD 11:15 <u>SAXOPHONE DAY</u> 11:30 LUNCH SERVED 12:15 <u>MOVIE</u> Chicken Stir Fry w/ Peppers & Onions</p> | <p>7 CLOSED</p>  | <p>8</p> <p>8:00 WALMART SHOPPING 10:00 KNITTING & CROCHETING 10:30 CHAIR STRENGTH TRAINING 11:30 LUNCH SERVED 12:15 ARTS & CRAFTS</p> <p>Fish Francese</p> | <p>9</p> <p>8:00 SHOPRITE SHOPPING 10:30 CHAIR YOGA 11:30 LUNCH SERVED 12:00 ACTIVE SENIOR EXERCISE</p> <p>Cheeseburger</p> | <p>10 CLOSED</p>  |
| <p>13</p> <p>10:00 KNITTING & CROCHETING 10:30 ZUMBA GOLD 11:30 LUNCH SERVED 12:15 <u>MOVIE</u></p> <p>Boneless Chicken Scampi</p> | <p>14</p> <p>9:30 <u>DIAMOND ART</u> 10:30 CHAIR YOGA 11:30 LUNCH SERVED 12:00 SENIORSIZE</p> <p>Turkey & Swiss Cheese w/ Arugula on Rye</p> | <p>15</p> <p>8:00 WALMART SHOPPING 10:00 KNITTING & CROCHETING 10:30 CHAIR STRENGTH TRAINING 11:15 <u>DIABETES & NUTRITION</u> 11:30 LUNCH SERVED 12:00 <u>HAND MASSAGE</u> 12:15 ARTS & CRAFTS</p> <p>Stuffed Cabbage</p> | <p>16</p> <p>8:00 SHOPRITE SHOPPING 10:30 CHAIR YOGA 11:30 LUNCH SERVED 12:00 ACTIVE SENIOR EXERCISE</p> <p>Eggplant Rollatini</p> | <p>17</p> <p>10:00 SENIOR FITNESS 10:00 KNITTING & CROCHETING 10:30 INFORMAL ART- PAINTING 11:30 LUNCH SERVED 12:00 BINGO</p> <p>Homestyle Meatloaf w/ Gravy</p> |
| <p>20</p> <p>10:00 KNITTING & CROCHETING 10:00 <u>BLOOD PRESSURE SCREENING</u> 10:30 ZUMBA GOLD 11:30 LUNCH SERVED</p> <p>Meat Lasagna w/ Marinara</p> | <p>21</p> <p>9:30 <u>DIAMOND ART</u> 10:30 CHAIR YOGA 11:30 LUNCH SERVED 12:00 SENIORSIZE</p> <p>Baked LS Ham w/ Pineapple</p> | <p>22</p> <p>8:00 WALMART SHOPPING 10:00 KNITTING & CROCHETING 10:30 CHAIR STRENGTH TRAINING 11:30 LUNCH SERVED 11:45 <u>SLEEP & COGNITIVE SCREENING</u> 12:15 ARTS & CRAFTS</p> <p>Chicken Cordon Bleu</p> | <p>23</p> <p>CENTER CLOSED THANKSGIVING LUNCHEON AT GARFIELD SENIOR CENTER 480 MIDLAND AVENUE, GARFIELD 10:00AM-1:30PM RESERVATIONS REQUIRED (973) 478-0502</p> |  |
| <p>27</p> <p>10:00 KNITTING & CROCHETING 10:30 ZUMBA GOLD 11:30 LUNCH SERVED 12:15 <u>MOVIE</u></p> <p>Stuffed Peppers</p> | <p>28</p> <p>9:30 <u>DIAMOND ART</u> 10:30 CHAIR YOGA 11:30 LUNCH SERVED 12:00 SENIORSIZE</p> <p>Tuna Salad on Spinach Leaf</p> | <p>29</p> <p>8:00 WALMART SHOPPING 10:00 KNITTING & CROCHETING 10:30 CHAIR STRENGTH TRAINING 11:30 LUNCH SERVED 12:00 <u>NATIONAL RICE CAKE DAY</u> 12:15 ARTS & CRAFTS</p> <p>Korean BBQ Chicken Leg</p> | <p>30</p> <p>8:00 SHOPRITE SHOPPING 10:30 CHAIR YOGA 11:30 LUNCH SERVED 11:45 <u>COMPUTER SECURITY</u> 12:00 ACTIVE SENIOR EXERCISE 12:00 <u>NATIONAL MASON JAR DAY</u></p> <p>Pepper Steak</p> | <p>Each meal is served with Skim milk and your choice Of coffee or hot tea</p> |