

BERGEN NEW JERSEY *County*

James J. Tedesco III
County Executive

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DEPARTMENT OF HUMAN SERVICES
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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/ADRC/December 2023

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|-------------|--|---------------------|
| December 4 | Writing "Thank You Notes" to the Troops - Join us in delivering Holiday cheer to our men & women serving overseas | 10:00 am |
| December 6 | Christmas Tree Decorating - We will serve Hot Chocolate & Cookies | 12:00 pm |
| December 7 | National Pearl Harbor Remembrance Day | |
| December 7 | National Cotton Candy Day - Special treat Cotton Candy | 12:00 pm |
| December 8 | First Full Day of Hanukkah | |
| December 13 | Emergency Preparedness "File of Life" w/ Bill Wright | 11:45 am |
| December 15 | Christmas and Holiday Party | 11:00 am 2:00 pm |
| December 20 | Day of Beauty - sponsored by Estee Lauder Must register in advance | 10:00 am 2:00 pm |
| December 20 | Aromatherapy and Hand Massage Day | 12:00 pm |
| December 21 | Crossword Puzzle Day - Keep your brain active with puzzles | |
| December 22 | National Cookie Exchange Day - bring cookies to exchange with everyone. | 12:00 pm |
| December 25 | Holiday Luncheon - Garfield Senior Activity Center 480 Midland Ave, Garfield, NJ Call (973) 474-0502 for reservations. | 10:00 am 1:30 pm |
| December 25 | Christmas - CENTER CLOSED | |
| December 26 | National Thank You Note Day | |

The 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.

Holiday Luncheon

Garfield Senior Activity Center
480 Midland Ave
Garfield, New Jersey, 07026
Monday, December 25, 2023
10:00 AM - 1:30 PM

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



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

| | | | | |
|--|--|--|--|--|
|  <p>NATIONAL PEARL HARBOR Remembrance Day DECEMBER 7</p> |  <p>Happy Hanukkah</p> |  <p>HAPPY KWANZAA</p> |  <p>Merry Christmas & HAPPY NEW YEAR</p> | <p>1</p> <p>10:00 SENIOR FITNESS 10:00 KNITTING & CROCHETING 10:30 INFORMAL ART- PAINTING 11:30 LUNCH SERVED 12:00 BINGO</p> <p>ITALIAN MEATBALLS</p> |
| <p>4</p> <p>10:00 WRITING THANK YOU NOTES 10:00 KNITTING & CROCHETING 10:00 BLOOD PRESSURE SCREENING 10:30 ZUMBA GOLD 11:30 LUNCH SERVED 12:15 MOVIE</p> <p>TURKEY AND BLACK BEAN CHILI</p> | <p>5</p> <p>9:30 DIAMOND ART 10:30 CHAIR YOGA 11:30 LUNCH SERVED 12:00 LINE DANCING</p> <p>CHICKEN ALFREDO FETTUCCINI</p> | <p>6</p> <p>8:00 WALMART SHOPPING 10:00 KNITTING & CROCHETING 10:30 CHAIR STRENGTH TRAINING 11:30 LUNCH SERVED 12:00 CHRISTMAS TREE DECORATING 12:15 ARTS & CRAFTS</p> <p>STUFFED CABBAGE</p> | <p>7</p> <p>8:00 SHOPRITE SHOPPING 10:30 CHAIR YOGA 11:30 LUNCH SERVED 12:00 COTTON CANDY DAY 12:00 ACTIVE SENIOR EXERCISE</p> <p>BEER BATTERED FISH SANDWICH</p> | <p>8</p> <p>10:00 SENIOR FITNESS 10:00 KNITTING & CROCHETING 10:30 INFORMAL ART- PAINTING 11:30 LUNCH SERVED 12:00 BINGO</p> <p>KOREAN BBQ CHICKEN LEG</p> |
| <p>11</p> <p>10:00 KNITTING & CROCHETING 10:30 ZUMBA GOLD 11:30 LUNCH SERVED 12:15 MOVIE</p>  <p>SWEET AND SOUR MEATBALLS</p> | <p>12</p> <p>9:30 DIAMOND ART 10:30 CHAIR YOGA 11:30 LUNCH SERVED 12:00 LINE DANCING</p> <p>PORK TENDERLOIN W/ GRAVY</p> | <p>13</p> <p>8:00 WALMART SHOPPING 10:00 KNITTING & CROCHETING 10:30 CHAIR STRENGTH TRAINING 11:30 LUNCH SERVED 11:45 FILE OF LIFE PRESENTATION 12:15 ARTS & CRAFTS</p> <p>BAKED ZITI W/ MEATBALLS AND MARINARA SAUCE</p> | <p>14</p> <p>8:00 SHOPRITE SHOPPING 10:30 CHAIR YOGA 11:30 LUNCH SERVED 12:00 ACTIVE SENIOR EXERCISE</p> <p>CHESSEBURGER W/ LETTUCE AND TOMATO</p> | <p>15</p> <p>10:00 SENIOR FITNESS 10:00 KNITTING & CROCHETING 10:30 INFORMAL ART- PAINTING 11:30 LUNCH SERVED 12:00 BINGO</p> <p>CHRISTMAS & HOLIDAY PARTY</p> <p>CHICKEN MARSALA</p> |
| <p>18</p> <p>10:00 KNITTING & CROCHETING 10:00 BLOOD PRESSURE SCREENING 10:30 ZUMBA GOLD 11:30 LUNCH SERVED 12:15 MOVIE</p> <p>HOMESTYLE MEATLOAF W/ GRAVY</p> | <p>19</p> <p>9:30 DIAMOND ART 10:30 CHAIR YOGA 11:30 LUNCH SERVED 12:00 LINE DANCING</p>  <p>LS HAM STEAK</p> | <p>20</p> <p>8:00 WALMART SHOPPING 10:00 DAY OF BEAUTY 10:00 KNITTING & CROCHETING 10:30 CHAIR STRENGTH TRAINING 11:30 LUNCH SERVED 12:00 HAND MASSAGE 12:15 ARTS & CRAFTS</p> <p>TUNA SALAD ON ROMAINE</p> | <p>21</p> <p>8:00 SHOPRITE SHOPPING 10:30 CHAIR YOGA 11:30 LUNCH SERVED 12:00 ACTIVE SENIOR EXERCISE</p> <p>CROSS PUZZLE DAY</p> <p>CHICKEN CORDON BLEU</p> | <p>22</p> <p>10:00 SENIOR FITNESS 10:00 KNITTING & CROCHETING 10:30 INFORMAL ART- PAINTING 11:30 LUNCH SERVED 12:00 BINGO</p> <p>NATIONAL COOKIE EXCHANGE DAY</p> <p>SWEDISH MEATBALLS W/ GRAVY</p> |
| <p>25</p> <p>CENTER CLOSED</p> <p>Holiday Luncheon Garfield Senior Activity Center 480 Midland Ave, Garfield, NJ Call (973) 474-0502 for reservations</p> | <p>26</p> <p>9:30 DIAMOND ART 10:30 CHAIR YOGA 11:30 LUNCH SERVED 12:00 LINE DANCING</p> <p>NATIONAL THANK YOU NOTE DAY</p> <p>PEPPER STEAK</p> | <p>27</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>TURKEY AND SWISS CHESSE W/ ROMAINE ON RYE</p> | <p>28</p> <p>8:00 SHOPRITE SHOPPING 10:30 CHAIR YOGA 11:30 LUNCH SERVED 12:00 ACTIVE SENIOR EXERCISE</p> <p>SALISBURY STEAK W/ GRAVY AND SAUTEED ONIONS</p> | <p>29</p> <p>10:00 SENIOR FITNESS 10:00 KNITTING & CROCHETING 10:30 INFORMAL ART- PAINTING 11:30 LUNCH SERVED 12:00 BINGO</p> <p>HAWAIIAN CHICKEN</p> |