

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

AGATA DRESSLER, Director
Address
WALLINGTON, NJ 07057
Phone: 973 -777 - 5815 • Fax (973-777 - 5134)

Wallingtoncenter@co.bergen.nj.us

Open: Monday - Friday, 8:00AM - 3:30PM

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WALLINGTON SENIOR ACTIVITY CENTER Bergen County Department of Human Services Division of Senior Services/ADRC March 2024

March 1	National Horse Protection Day-Trip to Bergen Equestrian Center <i>Registration Required due to limited seating (973) 777-5815</i>	1:00PM
March 6	National Oreo Cookies Day - Special Treat	
March 6	Greater Bergen Information Seminar - Tenants & Landlord Rights w/ Cindy Arone	11:45AM
March 7,14,21,28	ShopRite Shopping w/ Community Transportation	8:00AM
March 8	International Women's Day Celebration	All Day
March 11	Online Health Resource - Senior Planet U w/ Agata & Dorene	11:45 AM
March 15	Consumer Rights Day - Know Your Consumer Rights w/ Denis Niland Investigator for Consumer Protection at Bergen County Department of Public Safety	11:30AM
March 21	Memory Day Game	11:15AM
March 25	National Medal of Honor Day - Visit and Presentation by Shaun Hutchinson From Bergen County Veteran Services	11:30AM
March 27	World Theater Day	
March 29	Center Closed - Good Friday	All Day
March 31	Spring Luncheon at Garfield Senior Center <i>Registration Required (973) 478-0502 or email garfieldcenter@co.bergen.nj.us</i>	10:00AM- 2:00PM

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.






SPRING LUNCHEON

JOIN US FOR FOOD AND MUSIC ON
SUNDAY, MARCH 31
10:00AM - 2:00PM

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

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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Suggested Lunch Donation: \$1.25 Per Meal Please reserve lunch by 11:30 AM the day before</p> <p>Lunch Served Daily at 11:30AM</p>				<p>1</p> <p>10:00 Senior Fitness 10:00 Knitting & Crocheting 10:30 Informal Art-Painting 12:00 Bingo 1:00 Trip to Bergen Equestrian Center</p> <p>Eggplant Rollatini</p>
<p>4</p> <p>10:00 Knitting & Crocheting 10:00 Zumba Gold 12:15 Movie</p> <p>Swedish Meatballs</p>	<p>5</p> <p>10:30 Chair Yoga 12:00 Line Dancing 12:00 Diamond Art</p> <p>Grilled Chicken w/ Roasted Pepper</p>	<p>6 National Oreo Cookie Day</p> <p>8:00 Walmart Shopping 10:00 Knitting & Crocheting 10:30 Chair Strength Training 11:45 Greater Bergen Information Seminar 12:15 Arts & Crafts</p> <p>Homestyle Meatloaf w/ Gravy</p>	<p>7</p> <p>8:00 ShopRite Shopping 10:30 Chair Yoga 12:00 Chair Flow Exercise</p> <p>LS Ham Steak</p>	<p>8 International Woman's Day</p> <p>10:00 Senior Fitness 10:00 Knitting & Crocheting 10:30 Informal Art-Painting 12:00 Bingo</p> <p>Beer Battered Fish</p>
<p>11</p> <p>10:00 Knitting & Crocheting 10:00 Zumba Gold 11:45 Presentation- Online Health Resources 12:15 Movie</p> <p>Sweet Chicken Sausage</p>	<p>12</p> <p>10:30 Chair Yoga 12:00 Line Dancing 12:00 Diamond Art</p> <p>Stuffed Cabbage</p>	<p>13</p> <p>8:00 Walmart Shopping 10:00 Knitting & Crocheting 10:30 Chair Strength Training 12:15 Arts & Crafts</p> <p>Korean BBQ Chicken Leg</p>	<p>14</p> <p>8:00 ShopRite Shopping 10:30 Chair Yoga 12:00 Chair Flow Exercise</p> <p>Hamburger</p>	<p>15</p> <p>10:00 Senior Fitness 10:00 Knitting & Crocheting 10:30 Informal Art-Painting 11:30 Consumer Rights Day 12:00 Bingo</p> <p>Tuna Salad on Romaine Lettuce</p>
<p>18</p> <p>10:00 Knitting & Crocheting 10:00 Zumba Gold 12:15 Movie</p> <p>Corned Beef</p>	<p>19</p> <p>10:30 Chair Yoga 12:00 Line Dancing 12:00 Diamond Art</p> <p>Pork Tenderloin w/ Gravy</p>	<p>20</p> <p>8:00 Walmart Shopping 10:00 Knitting & Crocheting 10:30 Chair Strength Training 12:15 Arts & Crafts</p> <p>Roast Turkey w/ Gravy</p>	<p>21</p> <p>8:00 ShopRite Shopping 10:30 Chair Yoga 11:15 Memory Game 12:00 Chair Flow Exercise</p> <p>Shepherd's Pie w/ Mashed Potatoes</p>	<p>22</p> <p>10:00 Senior Fitness 10:00 Knitting & Crocheting 10:30 Informal Art-Painting 12:00 Bingo</p> <p>Egg Salad</p>
<p>25</p> <p>10:00 Knitting & Crocheting 10:00 Zumba Gold 11:15 Nat'l Medal of Honor Day 12:15 Movie</p> <p>Stuffed Peppers</p>	<p>26</p> <p>10:30 Chair Yoga 12:00 Line Dancing 12:00 Diamond Art</p> <p>Herbed Roasted Chicken Leg</p>	<p>27 World Theater Day</p> <p>8:00 Walmart Shopping 10:00 Knitting & Crocheting 10:30 Chair Strength Training 12:15 Arts & Crafts</p> <p>Baked Ziti & Meatballs</p>	<p>28</p> <p>8:00 ShopRite Shopping 10:30 Chair Yoga 12:00 Chair Flow Exercise</p> <p>Chicken Sausage w/ Onions & Peppers</p>	<p>29</p> <p>GOOD FRIDAY CENTER CLOSED</p> 