

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
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

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James J. Tedesco III, County Executive

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

January 1	New Year's Day	CLOSED
January 3	Trivia Day - Join Us For Jeopardy Game	12:15PM
January 4	National Bird Day - Special Arts & Crafts Project	11:00AM
January 11	Learn Your Name in Morse Code Day Presentation by Fair Lawn Amateur Radio Club	11:45AM
January 15	Martin Luther King Jr. Day	CLOSED
January 19	National Popcorn Day - Special treat - Popcorn	
January 24	National Compliment Day - Let's Compliment each other !	
January 30	National Croissants Day - Special treat	

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.

BERGEN COUNTY

WISHES YOU A

Happy and Healthy

NEW YEAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>CENTER CLOSED</p> <p><i>Happy New Year</i></p>	<p>2</p> <p>10:30 CHAIR YOGA 11:30 LUNCH SERVED 12:00 LINE DANCING 12:00 DIAMOND ART</p> <p>Sweet Sausage (Chicken)</p>	<p>3</p> <p>8:00 WALMART SHOPPING 10:00 KNITTING & CROCHETING 10:30 CHAIR STRENGTH TRAINING 11:30 LUNCH SERVED 12:15 ARTS & CRAFTS 12:15 TRIVIA DAY</p> <p>Cheeseburger w/ Lettuce & Tomato on Whole Wheat Bun</p>	<p>4</p> <p>8:00 SHOPRITE SHOPPING 10:30 CHAIR YOGA 11:00 NATIONAL BIRD DAY 11:30 LUNCH SERVED 12:00 ACTIVE SENIOR EXERCISE</p> <p>Korean BBQ Chicken Leg</p>	<p>5</p> <p>10:00 SENIOR FITNESS 10:00 KNITTING & CROCHETING 10:30 INFORMAL ART- PAINTING 11:30 LUNCH SERVED 12:00 BINGO</p> <p>Vegan Meatball Marsala</p>
<p>8</p> <p>10:00 KNITTING & CROCHETING 10:30 ZUMBA GOLD 11:30 LUNCH SERVED 12:15 MOVIE</p> <p>Baked Chicken Cutlet w/ Garlic Lemon Sauce</p>	<p>9</p> <p>10:30 CHAIR YOGA 11:30 LUNCH SERVED 12:00 LINE DANCING 12:00 DIAMOND ART</p> <p>Pork Tenderloin w/ Gravy</p>	<p>10</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>Tuna Salad on Romaine</p>	<p>11</p> <p>8:00 SHOPRITE SHOPPING 10:30 CHAIR YOGA 11:30 LUNCH SERVED 11:45 MORSE CODE DAY 12:00 ACTIVE SENIOR EXERCISE</p> <p>Stewed Beef Tips</p>	<p>12</p> <p>10:00 SENIOR FITNESS 10:00 KNITTING & CROCHETING 10:30 INFORMAL ART- PAINTING 11:30 LUNCH SERVED 12:00 BINGO</p> <p>Turkey Sloppy Joe on a Whole Wheat Bun</p>
<p>15</p>  <p>CENTER CLOSED</p> <p>Martin Luther King Jr. Day</p> 	<p>16</p> <p>10:30 CHAIR YOGA 11:30 LUNCH SERVED 12:00 LINE DANCING 12:00 DIAMOND ART</p> <p>Baked BBQ Chicken</p>	<p>17</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>Pulled Pork</p>	<p>18</p> <p>8:00 SHOPRITE SHOPPING 10:30 CHAIR YOGA 11:30 LUNCH SERVED 12:00 ACTIVE SENIOR EXERCISE</p> <p>Turkey & Swiss Cheese w/ Romaine on Pumpernickel</p>	<p>19 NATIONAL POPCORN DAY</p> <p>10:00 SENIOR FITNESS 10:00 KNITTING & CROCHETING 10:30 INFORMAL ART- PAINTING 11:30 LUNCH SERVED 12:00 BINGO</p> <p>Baked Ziti & Meatballs w/ Marinara Sauce</p>
<p>22</p> <p>10:00 KNITTING & CROCHETING 10:30 ZUMBA GOLD 11:30 LUNCH SERVED 12:15 MOVIE</p> <p>Baked Egg, Spinach, Onion and Mushroom Casserole</p>	<p>23</p> <p>10:30 CHAIR YOGA 11:30 LUNCH SERVED 12:00 LINE DANCING 12:00 DIAMOND ART</p> <p>Homestyle Meatloaf w/Gravy</p>	<p>24</p> <p>8:00 WALMART SHOPPING 10:00 KNITTING & CROCHETING 10:30 CHAIR STRENGTH TRAINING 11:30 LUNCH SERVED 12:15 ARTS & CRAFTS NATIONAL COMPLIMENT DAY</p> <p>Sesame Chicken</p>	<p>25</p> <p>8:00 SHOPRITE SHOPPING 10:30 CHAIR YOGA 11:30 LUNCH SERVED 12:00 ACTIVE SENIOR EXERCISE</p> <p>LS Ham Steak</p>	<p>26</p> <p>10:00 SENIOR FITNESS 10:00 KNITTING & CROCHETING 10:30 INFORMAL ART- PAINTING 11:30 LUNCH SERVED 12:00 BINGO</p> <p>Backed Chicken Cutlet w/ Gravy</p>
<p>29</p> <p>10:00 BLOOD PRESSURE SCREENING 10:00 KNITTING & CROCHETING 10:30 ZUMBA GOLD 11:30 LUNCH SERVED 12:15 MOVIE</p> <p>Roast Turkey on Rye</p>	<p>30</p> <p>10:30 CHAIR YOGA 11:30 LUNCH SERVED 12:00 LINE DANCING 12:00 DIAMOND ART</p> <p>Beer Battered Fish</p>	<p>31</p> <p>8:00 WALMART SHOPPING 10:00 KNITTING & CROCHETING 10:30 CHAIR STRENGTH TRAINING 11:30 LUNCH SERVED 12:00 ARTS & CRAFTS</p> <p>Eggplant Rollatini</p>		<p>Suggested Lunch Donation: \$1.25 Per Meal</p> <p>Please reserve lunch by 11:30 AM the day before</p>