

BERGEN NEW JERSEY *County*

James J. Tedesco III
County Executive

BOARD OF COUNTY COMMISSIONERS

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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

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WALLINGTON ACTIVITY CENTER
Bergen County Department of Human Services
Division of Senior Services/AD
AUGUST 2023

August 3	National Watermelon Day - Special treat - watermelon	
August 4, 11	Pottery Class	9:30AM -11:30 AM
August 8	Wear Your Mother's Jewelry Day	
August 9	Celebrate Elvis Day Elvis's music and movies all day	
August 9	National Rice Pudding Day - Special treat - rice pudding	
August 14	Navajo Code Talkers Day - History About Navajo Code Talkers and a movie "Windtalkers"	12:00 PM
August 16	Aromatherapy and Hands Massage with Agata and Dorene	12:00 PM
August 16	National Tell a Joke Day - Tell us your favorite joke	
August 21, 28	Blood Pressure Screening w/ Lisa Lupetti BSN, RN, CHFN	10:00 AM
August 22	National Eat a Peach Day - Special treat - peach	
August 23	Jeopardy Game	12:00 PM

NATIONAL PEACH MONTH

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.

Save the Date
the Date

Senior Festival

September 12, 2023

Rain Date: Tuesday September 19, 2023

10AM - 2PM

Van Saun County Park, Paramus

Registration Recommended: Call: 201-336-7416 or Email: seniors@co.bergen.nj.us

Or Scan the QR code!



Eventbrite Link: <https://www.eventbrite.com/e/bergen-county-senior-festival-tickets-660481015497?aff=oddtcreator>

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



7
10:00 KNITTING & CROCHETING
10:00 **BLOOD PRESSURE SCREENING**
10:30 ZUMBA GOLD
11:30 LUNCH SERVED
12:15 **MOVIE**

CHICKEN CORDON BLEU

14
10:00 KNITTING & CROCHETING
10:30 ZUMBA GOLD
11:30 LUNCH SERVED
12:15 **MOVIE**

Navajo Code Talkers Day

HOMESTYLE SALISBURY STEAK

21
10:00 KNITTING & CROCHETING
10:00 **BLOOD PRESSURE SCREENING**
10:30 ZUMBA GOLD
11:30 LUNCH SERVED
12:15 **MOVIE**

SLICED ROAST BEEF W/PROVOLONE SANDWICH ON PUMPERNICKLE BREAD

28
10:00 KNITTING & CROCHETING
10:30 ZUMBA GOLD
11:30 LUNCH SERVED
12:15 **MOVIE**

PORK TENDELOIN WITH GRAVY

1
10:30 CHAIR YOGA
11:30 LUNCH SERVED
12:00 ACTIVE SENIOR EXERCISE

TUNA SALAD ON LETTUCE LEAF

8
10:30 CHAIR YOGA
11:30 LUNCH SERVED
12:00 ACTIVE SENIOR EXERCISE

Wear Your Mother's Jewelry

TURKEY STUFFED PEPPERS

15
10:30 CHAIR YOGA
11:30 LUNCH SERVED
12:00 ACTIVE SENIOR EXERCISE

CHICKEN STUFFED WITH BROCCOLI

22
10:30 CHAIR YOGA
11:30 LUNCH SERVED
12:00 ACTIVE SENIOR EXERCISE

National Eat a Peach Day

CRISPY FISH SANDWICH

29
10:30 CHAIR YOGA
11:30 LUNCH SERVED
12:00 ACTIVE SENIOR EXERCISE

EGG SALAD WITH LETTUCE LEAF

2
8:00 WALMART SHOPPING
10:00 KNITTING & CROCHETING
10:30 CHAIR STRENGTH TRAINING
11:30 LUNCH SERVED
12:15 ARTS & CRAFTS

PENNE MARINARA WITH MEATBALLS

9
8:00 WALMART SHOPPING
10:00 KNITTING & CROCHETING
10:30 CHAIR STRENGTH TRAINING
11:30 LUNCH SERVED
12:15 ARTS & CRAFTS

Celebrate Elvis Day
National Rice Pudding Day
SOUTHERN STYLE FISH

16
Hands Massage
8:00 WALMART SHOPPING
10:00 KNITTING & CROCHETING
10:30 CHAIR STRENGTH TRAINING
11:30 LUNCH SERVED
12:15 ARTS & CRAFTS

National Tell a Joke Day

CHEF SALAD

23
8:00 WALMART SHOPPING
10:00 KNITTING & CROCHETING
10:30 CHAIR STRENGTH TRAINING
11:30 LUNCH SERVED
12:15 ARTS & CRAFTS

Jeopardy Day
SWEET ITALIAN SAUSAGE SANDWICH W/POTATOES PEPPERS & ONIONS

30
8:00 WALMART SHOPPING
10:00 KNITTING & CROCHETING
10:30 CHAIR STRENGTH TRAINING
11:30 LUNCH SERVED
12:15 ARTS & CRAFTS

CHICKEN PICCATA (UNBREADED)

3
8:00 SHOPRITE SHOPPING
10:30 CHAIR YOGA
11:30 LUNCH SERVED
12:00 ACTIVE SENIOR EXERCISE

National Watermelon Day

CHICKEN SCAMPI

10
8:00 SHOPRITE SHOPPING
10:30 CHAIR YOGA
11:30 LUNCH SERVED
12:00 ACTIVE SENIOR EXERCISE

SWEDISH MEATBALLS

17
8:00 SHOPRITE SHOPPING
10:30 CHAIR YOGA
11:30 LUNCH SERVED
12:00 ACTIVE SENIOR EXERCISE

BBQ CHICKEN LEG

24
8:00 SHOPRITE SHOPPING
10:30 CHAIR YOGA
11:30 LUNCH SERVED
12:00 ACTIVE SENIOR EXERCISE
1:00 PUZZLES

CHICKEN SALAD WITH CRANBERRIES

31
8:00 SHOPRITE SHOPPING
10:30 CHAIR YOGA
11:30 LUNCH SERVED
12:00 ACTIVE SENIOR EXERCISE
1:00 PUZZLES

BEEF CHEESBURGER

4
9:30 **POTTERY CLASS**
10:00 ACTIVE SENIOR EXERCISE
10:00 KNITTING & CROCHETING
10:30 INFORMAL ART- PAINTING
11:30 LUNCH SERVED
12:00 BINGO

TURKEY BURGER

11
9:30 **POTTERY CLASS**
10:00 ACTIVE SENIOR EXERCISE
10:00 KNITTING & CROCHETING
10:30 INFORMAL ART- PAINTING
11:30 LUNCH SERVED
12:00 BINGO

SWEET & SOUR CHICKEN

18
10:00 ACTIVE SENIOR EXERCISE
10:00 KNITTING & CROCHETING
10:30 INFORMAL ART- PAINTING
11:30 LUNCH SERVED
12:00 BINGO

EGGPLANT ROLLATINI

25
10:00 ACTIVE SENIOR EXERCISE
10:00 KNITTING & CROCHETING
10:30 INFORMAL ART- PAINTING
11:30 LUNCH SERVED
12:00 BINGO

HOMESTYLE MEATLOAF WITH GRAVY

