

BERGEN NEW JERSEY *County*

James J. Tedesco III
County Executive

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DIVISION OF SENIOR SERVICES
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Director



On behalf of the County of Bergen, we thank you for your patience during the Covid-19 pandemic. At this time, the County has lifted most restrictions related to Covid-19, but will continue to require health screenings upon entrance to the centers. Masks are now optional throughout the centers. Meals will return to a congregate setting, and there is no longer a Grab & Go option. We look forward to seeing you again as we resume all regular activities. If you have any questions, kindly contact your center directly at (973) 777-5815.

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

MAY 2023

May 1	Blood Pressure Screening w/ Lisa Lupetti	10:00AM
May 5	Take Control of Your Health Workshop	10:00AM - 12:00PM
May 11	Tour of new CareRite Clinic in ShopRite	10:00AM
May 12	Take Control of Your Health Workshop	10:00AM - 12:00PM
May 14	Mother's Day	
May 15	Blood Pressure Screening w/ Lisa Lupetti	10:00AM
May 16	Open House - call (973) 777-5815 for reservations	9:00 AM - 2:00PM
May 19	Take Control of Your Health Workshop	10:00AM - 12:00PM
May 19	"Bingo & Company" w/ Jefferson School Students	12:15PM
May 24	Healthy Eating for Spring w/ Marla Klein MS - RD	11:45AM
May 25	National Senior Health & Fitness Day - Wallington High School students will exercise with our seniors	12:00PM
May 26	Planting Herb Garden	10:00AM
May 29	MEMORIAL DAY - CENTER CLOSED	

Join Us for a Movie Every Monday at 12:15 p.m.

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.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>1 10:00 BLOOD PRESSURE SCREENING 10:30 ZUMBA GOLD 11:30 LUNCH SERVED 12:15 MOVIE</p> <p>ITALIAN MEATBALLS w/ TOMATO BASIL SAUCE</p>	<p>2 10:30 CHAIR YOGA 11:30 LUNCH SERVED 12:00 ACTIVE SENIOR EXERCISE 1:00 BOARD GAMES</p> <p>TUNA & BOWTIE PASTA SALAD</p>	<p>3 8:00 WALMART SHOPPING 10:00 KNITTING & CROCHETING 10:30 CHAIR STRENGTH TRAINING 11:30 LUNCH SERVED 12:15 ARTS & CRAFTS</p> <p>PORK CHOP IN GARLIC SAUCE</p>	<p>4 8:00 SHOP RITE SHOPPING 10:30 CHAIR YOGA 11:30 LUNCH SERVED 12:00 ACTIVE SENIOR EXERCISE 1:00 PUZZLE</p> <p>BALSAMIC BREADED CHICKEN</p>	<p>5 10:00 WORKSHOP 10:00 KNITTING & CROCHETING 10:30 INFORMAL ART- PAINTING 11:30 LUNCH SERVED 12:00 BINGO</p> <p>MEXICAN CHICKEN BREAST</p>
<p>8 10:30 ZUMBA GOLD 11:30 LUNCH SERVED 12:15 MOVIE</p> <p>BAKED FISH W/ LEMON</p>	<p>9 10:30 CHAIR YOGA 11:30 LUNCH SERVED 12:00 ACTIVE SENIOR EXERCISE 1:00 BOARD GAMES</p> <p>KOREAN BBQ CHICKEN LEG QTR</p>	<p>10 8:00 WALMART SHOPPING 10:00 KNITTING & CROCHETING 10:30 CHAIR STRENGTH TRAINING 11:30 LUNCH SERVED 12:15 ARTS & CRAFTS</p> <p>TURKEY STUFFED PEPPERS</p>	<p>11 8:00 SHOP RITE SHOPPING 10:00 TOUR OF SHOP RITE CLINIC 10:30 CHAIR YOGA 11:30 LUNCH SERVED 12:00 ACTIVE SENIOR EXERCISE 1:00 PUZZLES</p> <p>LOW SODIUM HAM</p>	<p>12 10:00 WORKSHOP 10:00 KNITTING & CROCHETING 10:30 INFORMAL ART- PAINTING 11:30 LUNCH SERVED 12:00 BINGO</p> <p>BONELESS CHICKEN SCAMPI</p>
<p>15 10:00 BLOOD PRESSURE SCREENING 10:30 ZUMBA GOLD 11:30 LUNCH SERVED 12:15 MOVIE</p> <p>TUNA SALAD ON ROMAINE LETTUCE</p>	<p>16 10:30 CHAIR YOGA 11:30 LUNCH SERVED 12:00 ACTIVE SENIOR EXERCISE 1:00 BOARD GAMES</p> <p>CHICKEN MARSALA</p> 	<p>17 8:00 WALMART SHOPPING 10:00 KNITTING & CROCHETING 10:30 CHAIR STRENGTH TRAINING 11:30 LUNCH SERVED 12:15 ARTS & CRAFTS</p> <p>SWEET PORK SAUSAGE SANDWICH ON ITALIAN ROLL</p>	<p>18 8:00 SHOP RITE SHOPPING 10:30 CHAIR YOGA 11:30 LUNCH SERVED 12:00 ACTIVE SENIOR EXERCISE 1:00 PUZZLES</p> <p>SALISBURTY STEAK w/ BROWN GRAVY</p>	<p>19 10:00 WORKSHOP 10:00 KNITTING & CROCHETING 10:30 INFORMAL ART- PAINTING 11:30 LUNCH SERVED 12:00 BINGO & COMPANY</p> <p>EGGPLANT ROLLATINI w/ ITALIAN MEATBALLS</p>
<p>22 10:30 ZUMBA GOLD 11:30 LUNCH SERVED 12:15 MOVIE</p> <p>ORANGE CHICKEN</p>	<p>23 10:30 CHAIR YOGA 11:30 LUNCH SERVED 12:00 ACTIVE SENIOR EXERCISE 1:00 BOARD GAMES</p> <p>ROAST BEEF W/ GRAVY</p>	<p>24 8:00 WALMART SHOPPING 10:00 KNITTING & CROCHETING 10:30 CHAIR STRENGTH TRAINING 11:30 LUNCH SERVED 11:45 HEALTHY EATING FOR SPRING 12:15 ARTS & CRAFTS</p> <p>CHICKEN WALDORF SALAD</p>	<p>25 8:00 SHOP RITE SHOPPING 10:30 CHAIR YOGA 11:30 LUNCH SERVED 12:00 ACTIVE SENIOR EXERCISE 1:00 PUZZLES</p> <p>Senior Health & Fitness Day</p> <p>PORK TENDERLOIN w/ GRAVY</p>	<p>26 10:00 PLANTING HERB GARDEN 10:00 KNITTING & CROCHETING 10:30 INFORMAL ART- PAINTING 11:30 LUNCH SERVED 12:00 BINGO</p> <p>SWEDISH MEATBALLS</p>
<p>29</p> <p>CLOSED</p>  <p>MEMORIAL DAY</p> <p>HONORING ALL WHO SERVED</p>	<p>30 10:30 CHAIR YOGA 11:30 LUNCH SERVED 12:00 ACTIVE SENIOR EXERCISE 1:00 BOARD GAMES</p> <p>BEEF HAMBURGER</p>	<p>31 8:00 WALMART SHOPPING 10:00 KNITTING & CROCHETING 10:30 CHAIR STRENGTH TRAINING 11:30 LUNCH SERVED 12:15 ARTS & CRAFTS</p> <p>CHICKEN FLORENTINE</p>		