

# 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](mailto: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 SEPTEMBER 2023

September 1	National Food Bank Day - Bring Canned Goods	
September 1	Walk in The Park - Samuel Nelkin Park	9:00AM
September 4	Labor Day - Center Closed	
September 12	Senior Festival - for registration call 973-777-5815	10:00AM - 2:00 PM
September 13	Falls Prevention & Balance Training w/ Nisha Bhatt	11:45AM
September 15	National POW/MIA Recognition Day	
September 18	Blood Pressure Screening with Lisa BSN, RN, CHFNP	10:00AM
September 20	Aromatherapy and Hand Massage	12:00PM
September 22	Pet Adoption sponsored by Bergen County Shelter Come and adopt a animal.	11:00AM - 2:00PM
September 25	Yom Kippur	
September 25	Flu Shot with Lisa BSN, RN, CHFNP	10:00AM
September 27	Your Legal Rights in the Face of Disaster with Edward Madrigal	11:45 AM
September 29	National Senior Appreciation Day Party & Bingo Sing, Dance, Clap Along and Play Bingo	11:00AM - 2:00PM

*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**



1 [WALK IN THE PARK](#)  
 10:00 SENIOR FITNESS  
 10:00 KNITTING & CROCHETING  
 10:30 INFORMAL ART- PAINTING  
 11:30 LUNCH SERVED  
 12:00 BINGO  
[NATIONAL FOOD BANK DAY](#)  
**RIGATONI BOLOGNESE**



5  
 10:30 CHAIR YOGA  
 11:30 LUNCH SERVED  
 12:00 ACTIVE SENIOR EXERCISE  
  
**BEEF HAMBURGER**

6  
 8:00 WALMART SHOPPING  
 10:00 KNITTING & CROCHETING  
 10:30 CHAIR STRENGTH TRAINING  
 11:30 LUNCH SERVED  
 12:15 ARTS & CRAFTS  
  
**CHICKEN FLORENTINE**

7  
 8:00 SHOPRITE SHOPPING  
 10:30 CHAIR YOGA  
 11:30 LUNCH SERVED  
 12:00 ACTIVE SENIOR EXERCISE  
  
**FISH STICKS**

8  
 10:00 SENIOR FITNESS  
 10:00 KNITTING & CROCHETING  
 10:30 INFORMAL ART- PAINTING  
 11:30 LUNCH SERVED  
 12:00 BINGO  
  
**BBQ PULLED PORK SANDWICH**

11  
 10:00 KNITTING & CROCHETING  
 10:30 ZUMBA GOLD  
 11:30 LUNCH SERVED  
 12:15 **MOVIE**  
  
**GRILLED CHICKEN CAESAR SALAD**

12  
 10:30 CHAIR YOGA  
 11:30 LUNCH SERVED  
 12:00 ACTIVE SENIOR EXERCISE  
  
[SENIOR FESTIVAL](#)  
**SALISBURY STEAK W/ BROWN GRAVY**

13  
 8:00 WALMART SHOPPING  
 10:00 KNITTING & CROCHETING  
 10:30 CHAIR STRENGTH TRAINING  
 11:30 LUNCH SERVED  
 12:15 ARTS & CRAFTS  
[FALL PREVENTION & BALANCE TRAINING](#)  
**ITALIAN MEATBALLS W/ TOMATO SAUCE**

14  
 8:00 SHOPRITE SHOPPING  
 10:30 CHAIR YOGA  
 11:30 LUNCH SERVED  
 12:00 ACTIVE SENIOR EXERCISE  
  
**TURKEY BURGER**

15  
 10:00 SENIOR FITNESS  
 10:00 KNITTING & CROCHETING  
 10:30 INFORMAL ART- PAINTING  
 11:30 LUNCH SERVED  
 12:00 BINGO  
[National POW/MIA Recognition Day](#)  
**HAWAIIAN CHICKEN BREAST WITH PINEAPPLE CHUNKS**

18  
 10:00 KNITTING & CROCHETING  
 10:00 [BLOOD PRESSURE SCREENING](#)  
 10:30 ZUMBA GOLD  
 11:30 LUNCH SERVED  
 12:15 **MOVIE**  
  
**TURKEY AND SWISS CHESSE W/ ARUGULA ON WHOLE WHEAT ROLL**

19  
 10:30 CHAIR YOGA  
 11:30 LUNCH SERVED  
 12:00 ACTIVE SENIOR EXERCISE  
  
**STUFFED CABBAGE**

20  
 8:00 WALMART SHOPPING  
 10:00 KNITTING & CROCHETING  
 10:30 CHAIR STRENGTH TRAINING  
 11:30 LUNCH SERVED  
 12:15 ARTS & CRAFTS  
[Aromatherapy & Hand Massage](#)  
**CHICKEN CORDON BLUE**

21  
 8:00 SHOPRITE SHOPPING  
 10:30 CHAIR YOGA  
 11:30 LUNCH SERVED  
 12:00 ACTIVE SENIOR EXERCISE  
 1:00 PUZZLES  
  
**CHILI AND BEANS**

22  
 10:00 SENIOR FITNESS  
 10:00 KNITTING & CROCHETING  
 10:30 INFORMAL ART- PAINTING  
 11:30 LUNCH SERVED  
 12:00 BINGO  
[PET ADOPTION](#)  
**SLICED PORK TENDERLOIN W/ APPLESAUCE**

25  
 10:00 KNITTING & CROCHETING  
 10:30 ZUMBA GOLD  
 10:00 [FLU SHOT](#)  
 11:30 LUNCH SERVED  
 12:15 **MOVIE**  
[YOM KIPPUR](#)  
**EGG SALAD PLATTER ON ROMAINE**

26  
 10:30 CHAIR YOGA  
 11:30 LUNCH SERVED  
 12:00 ACTIVE SENIOR EXERCISE  
  
**PEPPER STEAK**

27  
 8:00 WALMART SHOPPING  
 10:00 KNITTING & CROCHETING  
 10:30 CHAIR STRENGTH TRAINING  
 11:30 LUNCH SERVED  
 12:15 ARTS & CRAFTS  
[Your Legal Rights in the Face of Disaster](#)  
**KOREAN BBQ CHICKEN LEG QUARTER)**

28  
 8:00 SHOPRITE SHOPPING  
 10:30 CHAIR YOGA  
 11:30 LUNCH SERVED  
 12:00 ACTIVE SENIOR EXERCISE  
 1:00 PUZZLES  
  
**EGGPLANT ROLATINI**

29  
 10:00 SENIOR FITNESS  
 10:00 KNITTING & CROCHETING  
 10:30 INFORMAL ART- PAINTING  
 11:30 LUNCH SERVED  
 12:00 BINGO  
[Senior Appreciation Day Party & Bingo](#)  
**SHAVED CHICKEN SANDWICH**