

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

BERGEN NEW JERSEY County

James J. Tedesco III, County Executive

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

April 2	National Peanut Butter & Jelly Day <i>Peanut Butter & Jelly Breakfast will be served</i>	9:30- 11:00AM
April 3	National Walking Day - <i>Join us for a walk in Wallington Nelkin Park</i>	10:00AM
April 3	Sleep & Older Adults w/ Cary Lopez from Act Now Foundation	11:45AM
April 3	Free Memory Screening w/ Cary Lopez	12:30 PM
April 5	Gold Star Spouse's Day - <i>Making & Sending cards to Gold Star spouses acknowledging their sacrifice</i>	
April 9	National Library Workers' Day <i>Come sign a card to show appreciation for the Wallington Library Staff</i>	
April 11	Barbershop Quartet Day	
April 17	Drum Circle w/ Zrinka & Agata	12:00PM
April 17	Total Brain Health w/ Agata & Dorene	10:00AM
April 22	Earth Day - Plant a Garden w/ us	10:00AM
April 25	National Zucchini Day - Special Treat	

Caregivers Conference

Thursday, April 11th
5:00 PM - 9:00 PM

Bergen County Administration Building
Multi-Purpose Room

SAVE THE DATE

Public Hearing on the Needs of Older Adults

Tuesday, April 30th
8:30 AM - 11:30 AM

Bergen County Administration Building
Public Meeting Room (5th floor)

To RSVP Call 201-336-7417 or
Email seniors@co.bergen.nj.us



To RSVP Call 201-336-7400 or
Email seniors@co.bergen.nj.us



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.

Lunch Served Daily at 11:30

WALLINGTON SENIOR ACTIVITY CENTER

April 2024

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY																					
1 10:00 Knitting & Crocheting 10:00 <u>Blood Pressure Screening</u> 10:00 Zumba Gold 12:15 Movie Pork Loin w/Gravy	2 <u>Peanut Butter & Jelly Breakfast</u> 10:30 Chair Yoga 12:00 Line Dancing 12:00 Diamond Art Chicken Cordon Bleu	3 8:00 Walmart Shopping 10:00 Knitting & Crocheting 10:00 <u>Walk In The Park</u> 10:30 Chair Strength Training 11:45 <u>Sleep Cognitive Screening</u> 12:15 Arts & Crafts Homestyle Meatloaf w/ Gavy	4 8:00 ShopRite Shopping 10:30 Chair Yoga 12:00 Chair Flow Exercise Stuffed Cabbage	10:00 Senior Fitness 10:00 Knitting & Crocheting 10:30 Informal Art-Painting 12:00 Bingo Turkey and Swiss	8 10:00 Knitting & Crocheting 10:00 Zumba Gold 12:15 Movie Korean BBQ Chicken Leg	9 <u>National Library Workers' Day</u> 10:30 Chair Yoga 12:00 Line Dancing 12:00 Diamond Art Egg Salad Platter	10 8:00 Walmart Shopping 10:00 Knitting & Crocheting 10:30 Chair Strength Training 12:15 Arts & Crafts LS Ham Steak	11 <u>Barbershop Quartet Day</u> 8:00 ShopRite Shopping 10:30 Chair Yoga 12:00 Chair Flow Exercise Salisbury Steak	12 10:00 Senior Fitness 10:00 Knitting & Crocheting 10:30 Informal Art-Painting 12:00 Bingo Chicken Parmesan	15 10:00 Knitting & Crocheting 10:00 <u>Blood Pressure Screening</u> 10:00 Zumba Gold 12:15 Movie Stuffed Peppers (Turkey)	16 10:30 Chair Yoga 12:00 Line Dancing 12:00 Diamond Art Roast Beef w Gravy	17 8:00 Walmart Shopping 10:00 <u>Total Brain Health</u> 10:00 Knitting & Crocheting 10:30 Chair Strength Training 12:00 <u>Drum Circle</u> 12:15 Arts & Crafts Tuna Salad Platter	18 8:00 ShopRite Shopping 10:30 Chair Yoga 12:00 Chair Flow Exercise Cheeseburger	19 10:00 Senior Fitness 10:00 Knitting & Crocheting 10:30 Informal Art-Painting 12:00 Bingo Eggplant Rollatini	22 10:00 Knitting & Crocheting 10:00 Zumba Gold 10:00 <u>Earth Day - Plant Garden</u> 12:15 Movie Herb Roasted Chicken Leg	23 10:30 Chair Yoga 12:00 Line Dancing 12:00 Diamond Art Cheese Omlet	24 8:00 Walmart Shopping 10:00 Knitting & Crocheting 10:30 Chair Strength Training 12:15 Arts & Crafts Baked Ziti w/ Meatballs	25 <u>National Zucchini Day</u> 8:00 ShopRite Shopping 10:30 Chair Yoga 12:00 Chair Flow Exercise Chicken Piccata	26 10:00 Senior Fitness 10:00 Knitting & Crocheting 10:30 Informal Art-Painting 12:00 Bingo Swedish Meatballs	29 10:00 Knitting & Crocheting 10:00 Zumba Gold 12:15 Movie Chicken Cacciatore	30 10:30 Chair Yoga 12:00 Line Dancing 12:00 Diamond Art Beer Battered Fish			Suggested Lunch Donation: \$1.25 Per Meal Please reserve lunch by 11:30 AM the day before Lunch will Be Served at 11:30 Daily					
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