

# BERGEN NEW JERSEY County

**James J. Tedesco III**  
County Executive

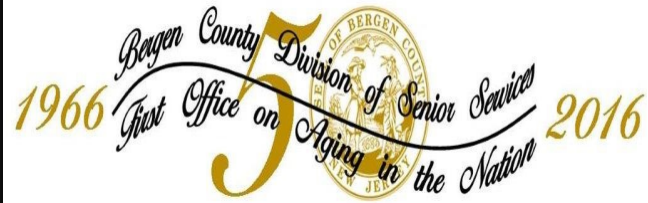
## BOARD OF CHOSEN FREEHOLDERS

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Chairwoman  
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## DEPARTMENT OF HUMAN SERVICES

Melissa DeBartolo, Esq.  
Acting Department 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 on Disability Services**  
201-336-6500

**Bergen County**  
**Board of Social Services**  
201-368-4200

# BERGEN NEW JERSEY County

James J. Tedesco III, *County Executive*

## WALLINGTON SENIOR ACTIVITY CENTER

Bergen County Department of Human Services  
Division of Senior Services

### OCTOBER 2019

## POLITICAL AWARENESS MONTH

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.



October	4	Health Benefits of Fruits and Vegetable With Shannon Gononcky	11:45 a.m.
October	11	Think Positive with Ann Marie Banout	11:45 a.m.
October	8	Yom Kippur Begins at Sundown	11:45 a.m.
October	14	Columbus Day - CENTER CLOSED	.
October	16	Tai Chi - New Class in October	10:30 a.m.
October	23	Tai Chi - New Class in October	10:30 a.m.
October	25	Birthday Party	.12:00 p.m.

## WALLINGTON SENIOR ACTIVITY CENTER

24 Union Boulevard  
Wallington, NJ 07057  
Phone: (973) 777-5815 • Fax (973) 777-5134  
Open: Monday - Friday, 8:00AM - 3:30PM  
WallingtonCenter@co.bergen.nj.us

24 Union Boulevard • Wallington, NJ 07057  
Phone: (973) 777-5815 • Fax (973) 777-5134  
wallingtoncenter@co.bergen.nj.us  
Agata Dressler, Center Director

# WALLINGTON SENIOR ACTIVITY CENTER

**Agata Dressler, Center Director**

## OCTOBER 2019

**(973) 777-5815**

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>SUGGESTED DONATION</b>  <b>\$1.25</b>	<p><b>1</b></p> <p>9:00 CONTINENTAL BREAKFAST 10:30 CHAIR YOGA 11:30 LUNCH SERVED 12:00 CHAIR FITNESS 1:00 BINGO 1:30 SHOPPING</p> <p style="text-align: center;"><b>Rigatoni w/Broccoli &amp; Pork</b></p>	<p><b>2</b></p> <p>9:00 CONTINENTAL BREAKFAST 10:00 KNITTING &amp; CROCHETING 11:30 LUNCH SERVED 12:30 SENIOR FIT 1:00 BINGO</p> <p style="text-align: center;"><b>Baked Cod Filet</b></p>	<p><b>3</b></p> <p>8:00 FOOD SHOPPING 9:00 CONTINENTAL BREAKFAST 11:00 SIT TO STRETCH 11:30 LUNCH SERVED 1:00 BINGO</p> <p style="text-align: center;"><b>Turkey &amp; Bean Chili</b></p>	<p><b>4</b></p> <p>9:00 CONTINENTAL BREAKFAST 10:00 LINE DANCING 10:00 KNITTING &amp; CROCHETING 11:30 LUNCH SERVED 12:30 ZUMBA GOLD 1:00 BINGO</p> <p style="text-align: center;"><b>Chicken Florentine on Spinach</b></p>
<p><b>7</b></p> <p>9:00 CONTINENTAL BREAKFAST 11:30 LUNCH SERVED 12:00 CHAIR FITNESS 1:00 BINGO</p> <p style="text-align: center;"><b>Egg Salad on Lettuce</b></p>	<p><b>8</b></p> <p>9:00 CONTINENTAL BREAKFAST 10:30 CHAIR YOGA 11:30 LUNCH SERVED 12:00 CHAIR FITNESS 1:00 BINGO 1:30 SHOPPING</p> <p style="text-align: center;"><b>Boneless BBQ Chicken</b></p>	<p><b>9</b></p> <p>9:00 CONTINENTAL BREAKFAST 10:00 KNITTING &amp; CROCHETING 11:30 LUNCH SERVED 12:30 SENIOR FIT 1:00 BINGO</p> <p style="text-align: center;"><b>Veggie Burger</b></p>	<p><b>10</b></p> <p>8:00 FOOD SHOPPING 9:00 CONTINENTAL BREAKFAST 11:00 SIT TO STRETCH 11:30 LUNCH SERVED 1:00 BINGO</p> <p style="text-align: center;"><b>Roast Pork with Gravy</b></p>	<p><b>11</b></p> <p>9:00 CONTINENTAL BREAKFAST 10:00 LINE DANCING 10:00 KNITTING &amp; CROCHETING 11:30 LUNCH SERVED 12:30 ZUMBA GOLD 1:00 BINGO</p> <p style="text-align: center;"><b>Italian Meatballs</b></p>
<p><b>14</b></p> <p style="text-align: center;"><b>COLUMBUS DAY</b></p> <p style="text-align: center;"><b>CENTER CLOSED</b></p>	<p><b>15</b></p> <p>9:00 CONTINENTAL BREAKFAST 10:30 CHAIR YOGA 11:30 LUNCH SERVED 12:00 CHAIR FITNESS 1:00 BINGO 1:30 SHOPPING</p> <p style="text-align: center;"><b>Ham Steak w/Pineapple sauce</b></p>	<p><b>16</b></p> <p>9:00 CONTINENTAL BREAKFAST 10:00 KNITTING &amp; CROCHETING 11:30 LUNCH SERVED 12:30 SENIOR FIT 1:00 BINGO</p> <p style="text-align: center;"><b>Hot Roast Beef with gravy</b></p>	<p><b>17</b></p> <p>8:00 FOOD SHOPPING 9:00 CONTINENTAL BREAKFAST 11:00 SIT TO STRETCH 11:30 LUNCH SERVED 1:00 BINGO</p> <p style="text-align: center;"><b>Bake Whole Wheat Penne with Ricotta</b></p>	<p><b>18</b></p> <p>9:00 CONTINENTAL BREAKFAST 10:00 LINE DANCING 10:00 KNITTING &amp; CROCHETING 11:30 LUNCH SERVED 12:30 ZUMBA GOLD 1:00 BINGO</p> <p style="text-align: center;"><b>Balsamic Chicken Breast</b></p>
<p><b>21</b></p> <p>9:00 CONTINENTAL BREAKFAST 11:30 LUNCH SERVED 12:00 CHAIR FITNESS 1:00 BINGO</p> <p style="text-align: center;"><b>Salisbury Steak with Gravy</b></p>	<p><b>22</b></p> <p>9:00 CONTINENTAL BREAKFAST 10:30 CHAIR YOGA 11:30 LUNCH SERVED 12:00 CHAIR FITNESS 1:00 BINGO 1:30 SHOPPING</p> <p style="text-align: center;"><b>Vegetable Lasagna</b></p>	<p><b>23</b></p> <p>9:00 CONTINENTAL BREAKFAST 10:00 KNITTING &amp; CROCHETING 11:30 LUNCH SERVED 12:30 SENIOR FIT 1:00 BINGO</p> <p style="text-align: center;"><b>Tuna Salad on Lettuce Leaf</b></p>	<p><b>24</b></p> <p>8:00 FOOD SHOPPING 9:00 CONTINENTAL BREAKFAST 11:00 SIT TO STRETCH 11:30 LUNCH SERVED 1:00 BINGO</p> <p style="text-align: center;"><b>Chicken Cordon Bleu</b></p>	<p><b>25</b></p> <p>9:00 CONTINENTAL BREAKFAST 10:00 LINE DANCING 10:00 KNITTING &amp; CROCHETING 11:30 LUNCH SERVED 12:30 ZUMBA GOLD 1:00 BINGO</p> <p style="text-align: center;"><b>Pork Chop with Gravy</b></p>
<p><b>28</b></p> <p>9:00 CONTINENTAL BREAKFAST 11:30 LUNCH SERVED 12:00 CHAIR FITNESS 1:00 BINGO</p> <p style="text-align: center;"><b>Chicken Salad on Lettuce Leaf</b></p>	<p><b>29</b></p> <p>9:00 CONTINENTAL BREAKFAST 10:30 CHAIR YOGA 11:30 LUNCH SERVED 12:00 CHAIR FITNESS 1:00 BINGO 1:30 SHOPPING</p> <p style="text-align: center;"><b>Chicken Parmesan</b></p>	<p><b>30</b></p> <p>9:00 CONTINENTAL BREAKFAST 10:00 KNITTING &amp; CROCHETING 11:30 LUNCH SERVED 12:30 SENIOR FIT 1:00 BINGO</p> <p style="text-align: center;"><b>German Knockwurst</b></p>	<p><b>31</b></p> <p>8:00 FOOD SHOPPING 9:00 CONTINENTAL BREAKFAST 11:00 SIT TO STRETCH 11:30 LUNCH SERVED 1:00 BINGO</p> <p style="text-align: center;"><b>Homestyle Meatloaf w/Gravy</b></p>	<p><b>Each meal is served with skim milk and your choice of coffee or hot tea</b></p>