

BERGEN NEW JERSEY County

James J. Tedesco III
County Executive

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DEPARTMENT OF HUMAN SERVICES

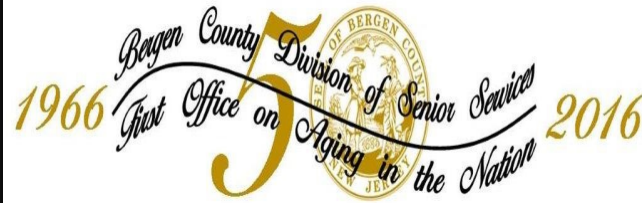
Melissa DeBartolo, Esq.
Acting Director

Division Of Senior Services
Lorraine Joewono
Director



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



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

FEBRUARY 2020 HEALTHY HEART 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.

February	14	Valentines Day	
February	17	President's Day - CENTER CLOSED	
February	21	"Dementia" with Carry Lopez	11:45 a.m.
February	28	"Introduction to the Wallington Library" with Marianne Williams	11:45 a.m.
February	28	Birthday Party	12:00 p.m.

24 Union Boulevard • Wallington, NJ 07057
Phone: (973) 777-5815 • Fax (973) 777-5134
wallingtoncenter@co.bergen.nj.us
Agata Dressler, Center Director
Open Monday - Friday, 8:00 a.m. - 3:30 p.m.

The Wallington Senior Activity Center's activities and programs are funded by the Bergen County, Division of Senior Services through the Older American Act and are available at no charge for Bergen County residents 60 years old and over.

WALLINGTON SENIOR ACTIVITY CENTER

Agata Dressler, Center Director

FEBRUARY 2020

(973) 777-5815

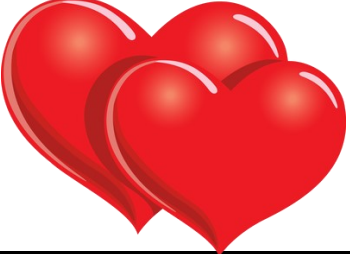

Monday

Tuesday

Wednesday

Thursday

Friday

SUGGESTED DONATION \$1.25		AMERICAN HEART MONTH BLACK HISTORY MONTH	EACH MEAL IS SERVED WITH SKIM MILK AND YOUR CHOICE OF COFFEE OR TEA	
<p>³ 9:00 CONTINENTAL BREAKFAST 11:30 LUNCH SERVED 12:00 CHAIR FITNESS 1:00 BINGO</p> <p style="text-align: center;">Vegetable Lasagna with Marinara sauce</p>	<p>⁴ 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;">Chicken Salad Plate</p>	<p>⁵ 9:00 CONTINENTAL BREAKFAST 10:00 KNITTING & CROCHETING 11:30 LUNCH SERVED 12:30 SENIOR FIT 1:00 BINGO</p> <p style="text-align: center;">Boneless BBQ Beef Sandwich</p>	<p>⁶ 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;">Hawaiian Chicken</p>	<p>⁷ 9:00 CONTINENTAL BREAKFAST 10:00 LINE DANCING 11:00 KNITTING & CROCHETING 11:30 LUNCH SERVED 12:30 ZUMBA GOLD 1:00 BINGO</p> <p style="text-align: center;">Meatballs Marsala</p>
<p>¹⁰ 9:00 CONTINENTAL BREAKFAST 11:30 LUNCH SERVED 12:00 CHAIR FITNESS 1:00 BINGO</p> <p style="text-align: center;">Cheese Omelet & Breakfast Sausage</p>	<p>¹¹ 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;">Chicken Scampi</p>	<p>¹² 9:00 CONTINENTAL BREAKFAST 10:00 KNITTING & CROCHETING 11:30 LUNCH SERVED 12:30 SENIOR FIT 1:00 BINGO</p> <p style="text-align: center;">Meat Lasagna</p>	<p>¹³ 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;">Pork Chop with Gravy</p>	<p>¹⁴ 9:00 CONTINENTAL BREAKFAST 10:00 LINE DANCING 11:00 KNITTING & CROCHETING 11:30 LUNCH SERVED 12:30 ZUMBA GOLD 1:00 BINGO</p> <p style="text-align: center;">Chicken Parmesan</p>
<p>¹⁷</p> <p style="font-size: 1.2em;">CLOSED</p> <p style="font-size: 1.2em;">PRESIDENT'S DAY</p>	<p>¹⁸ 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;">Shaved Philly Beef Sandwich</p>	<p>¹⁹ 9:00 CONTINENTAL BREAKFAST 10:00 KNITTING & CROCHETING 11:30 LUNCH SERVED 12:30 SENIOR FIT 1:00 BINGO</p> <p style="text-align: center;">Breaded Chicken Breast Chipotle</p>	<p>²⁰ 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;">Rigatoni with Beef Bolognese</p>	<p>²¹ 9:00 CONTINENTAL BREAKFAST 10:00 LINE DANCING 11:00 KNITTING & CROCHETING 11:30 LUNCH SERVED 12:30 ZUMBA GOLD 1:00 BINGO</p> <p style="text-align: center;">Healthy Vegetable Rotini Salad</p>
<p>²⁴ 9:00 CONTINENTAL BREAKFAST 11:30 LUNCH SERVED 12:00 CHAIR FITNESS 1:00 BINGO</p> <p style="text-align: center;">Roast Pork with Gravy</p>	<p>²⁵ 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;">Stuffed Cabbage</p>	<p>²⁶ 9:00 CONTINENTAL BREAKFAST 10:00 KNITTING & CROCHETING 11:30 LUNCH SERVED 12:30 SENIOR FIT 1:00 BINGO</p> <p style="text-align: center;">Baked Penne with Ricotta</p>	<p>²⁷ 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;">Open Hot Roast Beef Sandwich</p>	<p>²⁸ 9:00 CONTINENTAL BREAKFAST 10:00 LINE DANCING 11:00 KNITTING & CROCHETING 11:30 LUNCH SERVED 12:30 ZUMBA GOLD 1:00 BINGO</p> <p style="text-align: center;">Eggplant Rollatini</p>