

BERGEN NEW JERSEY *County*

James J. Tedesco III
County Executive

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DEPARTMENT OF HUMAN SERVICES

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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

Open: Monday - Friday 8:00AM - 3:30PM

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

DECEMBER 2021

Every Monday	Stretch & Flex	10:30 a.m.
Every Tuesday	Arts & Crafts	10:30 a.m.
Every Tuesday & Friday	Bingo	12:00 p.m.
Every Wednesday	Zumba Gold	10:30 a.m.
Every Wednesday & Friday	Knitting & crocheting	10:00 a.m.
Every Friday	Informal Art - Painting	10:30 a.m.
December 1	Health Benefits of Vegetables with Stephane Sass MS - RD	11:30 a.m.
December 15	Peripheral Arterial Disease with Jennifer Cormann	11:15 a.m.
December 24	Christmas Day Observed-Closed	
December 31	New Year's Day Observed-Closed	

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.

Thank you for your patience and understanding as we continue to navigate necessary COVID-19 protocols and preventative measures at our Senior Activity Centers. These protocols are intended to further ensure the health and safety of everyone at the center. Our senior activity center staff are diligently working to bring safe, but fun and enjoyable activities and programming to our centers. At this time, we ask that you please continue to pre-register for morning or afternoon sessions, as well as, for to-go lunches. Please know that your cooperation during these challenging times is very much appreciated. If you have any questions, kindly contact your center directly at (973) 777-5815 .



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>SUGGESTED DONATION</p> <p>\$1.25</p>	<p>MENU SUBJECT TO CHANGE</p>	<p>¹ 8:00 WALMART 10:00 KNITTING & CROCHETING 10:30 ZUMBA GOLD 11:30 GRAB & GO LUNCH</p> <p>Baked Whole Wheat Penne With Ricotta</p>	<p>² 8:00 FOOD SHOPPING 11:30 GRAB & GO LUNCH</p> <p>Stuffed Cabbage</p>	<p>³ 10:00 KNITTING & CROCHETING 11:30 GRAB & GO LUNCH 12:00 BINGO</p> <p>Roast Turkey with Gravy</p>
<p>⁶ 10:30 STRETCH & FLEX 11:30 GRAB & GO LUNCH</p> <p>Grilled Italian Chicken Filet Sandwich</p>	<p>⁷ 11:30 GRAB & GO LUNCH 12:00 BINGO</p> <p>Rigatoni with Beef Bolognese</p>	<p>⁸ 8:00 WALMART 10:00 KNITTING & CROCHETING 10:30 ZUMBA GOLD 11:30 GRAB & GO LUNCH</p> <p>Pulled BBQ Chicken Sandwich</p>	<p>⁹ 8:00 FOOD SHOPPING 11:30 GRAB & GO LUNCH</p> <p>Ham Steak with Pineapple</p>	<p>¹⁰ 10:00 KNITTING & CROCHETING 11:30 GRAB & GO LUNCH 12:00 BINGO</p> <p>Homestyle Meatloaf with Mushroom Gravy</p>
<p>¹³ 10:30 STRETCH & FLEX 11:30 GRAB & GO LUNCH</p> <p>Egg Salad with Lettuce & Tomato on Whole Wheat</p>	<p>¹⁴ 11:30 GRAB & GO LUNCH 12:00 BINGO</p> <p>Pork Tenderloin</p>	<p>¹⁵ 8:00 WALMART 10:00 KNITTING & CROCHETING 10:30 ZUMBA GOLD 11:30 GRAB & GO LUNCH</p> <p>Chicken Cordon Blue</p>	<p>¹⁶ 8:00 FOOD SHOPPING 11:30 GRAB & GO LUNCH</p> <p>Sweet & Sour Meatballs</p>	<p>¹⁷ 10:00 KNITTING & CROCHETING 11:30 GRAB & GO LUNCH 12:00 BINGO</p> <p>Pepper Steak</p>
<p>²⁰ 10:30 STRETCH & FLEX 11:30 GRAB & GO LUNCH</p> <p>Tuna Salad w/Lettuce & Tomato on Dinner Roll</p>	<p>²¹ 11:30 GRAB & GO LUNCH 12:00 BINGO</p> <p>Turkey, Rice & Kidney Bean Chili</p>	<p>²² 8:00 WALMART 10:00 KNITTING & CROCHETING 10:30 ZUMBA GOLD 11:30 GRAB & GO LUNCH</p> <p>Roast Beef with Gravy</p>	<p>²³ 8:00 FOOD SHOPPING 11:30 GRAB & GO LUNCH</p> <p>Chicken Florentine</p>	<p>²⁴</p> <p>CLOSED Christmas Day Observed</p>
<p>²⁷ 10:30 STRETCH & FLEX 11:30 GRAB & GO LUNCH</p> <p>Breaded Chicken Sandwich With Pink Sauce</p>	<p>²⁸ 11:30 GRAB & GO LUNCH 12:00 BINGO</p> <p>Beer Battered Fish</p>	<p>²⁹ 8:00 WALMART 10:00 KNITTING & CROCHETING 10:30 ZUMBA GOLD 11:30 GRAB & GO LUNCH</p> <p>Macaroni & Cheese</p>	<p>³⁰ 8:00 FOOD SHOPPING 11:30 GRAB & GO LUNCH</p> <p>Broccoli Stuffed Chicken</p>	<p>³¹</p> <p>CLOSED New Year's day Observed</p>