

BERGEN NEW JERSEY *County*

James J. Tedesco III
County Executive

BOARD OF COUNTY COMMISSIONERS

Tracy Silna Zur
Chairwoman

Thomas J. Sullivan
Vice Chairman

Dr. Joan M. Voss
Chair Pro Tempore

Mary J. Amoroso

Ramon M. Hache, Sr.

Germaine M. Ortiz

Steven A. Tanelli

DEPARTMENT OF HUMAN SERVICES
Melissa H. DeBartolo, Esq.
Director

DIVISION OF SENIOR SERVICES
Lorraine Joewono
Director



On behalf of the County of Bergen, we thank you for your patience during the Covid-19 pandemic. At this time, the County has lifted most restrictions related to Covid-19, but will continue to require health screenings upon entrance to the centers. Masks are now optional throughout the centers. Masks are still required on the bus for those who are unvaccinated, although it is preferable for all to wear a mask when on the bus. Meals will return to congregate setting, and there will no longer be a Grab & Go option. We look forward to seeing you again as we resume all regular activities. If you have any questions, kindly contact your center directly at (973) 777-5815.

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

BERGEN NEW JERSEY *County*

James J. Tedesco III, County Executive

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

JULY 2022

July 1	Walk in the Park	10:00AM
July 4	Independence Day - CENTER CLOSED	
July 11	Bone Health w/ Lisa Lupetti, BSN, RN, CHFNP	10:00AM
July 13	Concentration Game	12:00PM
July 22	CARNIVAL - Food, Magician, Games and DJ Bergen County Sheriff's Department Bergen County Surrogate Bergen County Clerk's Office Bergen County Health Department	11:00AM - 2:00PM
July 22	Covid -19 Vaccines and Boosters - Must Register	11:00AM - 2:00 PM
July 25	Bone Density Screening with Lisa Lupetti, BSN, RN, CHFNP	10:00AM

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.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



Menu subject to change without notice
Each meal served with Skim milk

¹
10:00 **WALK IN THE PARK**
10:00 KNITTING & CROCHETING
10:30 INFORMAL ART- PAINTING
11:30 LUNCH SERVED
12:00 BINGO
Stuffed Shells w/ Cheese

4 **CLOSED**

HAPPY 4th of JULY

5
10:30 CHAIR YOGA
11:30 LUNCH SERVED
12:00 BINGO
Hamburger (Beef)

6
8:00 WALMART
10:00 KNITTING & CROCHETING
10:30 ZUMBA GOLD
11:15 ARTS & CRAFTS
11:30 LUNCH SERVED
Spinach Salad w/ Grilled Chicken

7
8:00 FOOD SHOPPING
10:30 CHAIR YOGA
11:30 LUNCH SERVED
Meat Lasagna

8
10:00 KNITTING & CROCHETING
10:30 INFORMAL ART- PAINTING
11:30 LUNCH SERVED
12:00 BINGO
Hot BBQ Pulled Pork

11
10:00 **BLOOD PRESSURE SCREENING**
10:30 STRETCH & FLEX
11:00 **BONE HEALTH**
11:30 LUNCH SERVED
Tuna Salad w/ Lettuce Leaf

12
10:30 CHAIR YOGA
11:30 LUNCH SERVED
12:00 BINGO
Italian Meatballs w/ Tomato Basil Sauce

13
8:00 WALMART
10:00 KNITTING & CROCHETING
10:30 ZUMBA GOLD
11:15 ARTS & CRAFTS
11:30 LUNCH SERVED
12:00 **CONCENTRATION GAME**
Oven Roasted Pork Loin

14
8:00 FOOD SHOPPING
10:30 CHAIR YOGA
11:30 LUNCH SERVED
Salisbury Steak w/ Brown Gravy

15
10:00 KNITTING & CROCHETING
10:30 INFORMAL ART- PAINTING
11:30 LUNCH SERVED
12:00 BINGO
Chicken Florentine

18
10:30 STRETCH & FLEX
11:30 LUNCH SERVED
Turkey & Swiss Cheese Sandwich w/ Arugula

19
10:30 CHAIR YOGA
11:30 LUNCH SERVED
12:00 BINGO
Lemon Pepper Baked Tilapia

20
8:00 WALMART
10:00 KNITTING & CROCHETING
10:30 ZUMBA GOLD
11:15 ARTS & CRAFTS
11:30 LUNCH SERVED
Hawaiian Chicken Breast w/ Pineapple Chunks

21
8:00 FOOD SHOPPING
10:30 CHAIR YOGA
11:30 LUNCH SERVED
Whole Wheat Cheese Lasagna

22
10:00 KNITTING & CROCHETING
10:30 INFORMAL ART- PAINTING
11:00 **CARNIVAL**
11:30 LUNCH SERVED
12:00 BINGO
Homestyle Meatloaf w/ Mushroom Gravy

25
10:00 **BLOOD PRESSURE SCREENING**
10:30 STRETCH & FLEX
11:00 **BONE DENSITY SCREENING**
11:30 LUNCH SERVED
Chicken Cordon Bleu

26
10:30 CHAIR YOGA
11:30 LUNCH SERVED
12:00 BINGO
Egg Salad w/ Romaine Lettuce

27
8:00 WALMART
10:00 KNITTING & CROCHETING
10:30 ZUMBA GOLD
11:15 ARTS & CRAFTS
11:30 LUNCH SERVED
Baked Pork Chop

28
8:00 FOOD SHOPPING
10:30 CHAIR YOGA
11:30 LUNCH SERVED
Turkey Burger

29
10:00 KNITTING & CROCHETING
10:30 INFORMAL ART- PAINTING
11:30 LUNCH SERVED
12:00 BINGO
Pork Sausage w/ Peppers and Onions