

BERGEN NEW JERSEY *County*

James J. Tedesco III
County Executive

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DIVISION OF SENIOR SERVICES
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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

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WALLINGTON ACTIVITY CENTER **Bergen County Department of Human Services** **Division of Senior Services/AD** **SEPTEMBER 2022**

September 2	Walk in the Park	10:00AM
September 5	Labor Day-Center Closed	
September 12	Blood Pressure Screening w/ Lisa Lupetti BSN, RN, CHFN	10:00AM
September 13	Annual Senior Citizens Festival	10:00AM - 2:00PM
September 15	Game Day	12:00AM
September 21	Nutrition 101 with Debbie Bessen MS, RD, CSO, CLT.	11:15AM
September 26	Blood Pressure Screening w/ Lisa Lupetti BSN, RN, CHFN	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

<p>Suggested Donation</p> <p>\$1.25</p>	<p>BACK TO SCHOOL</p> 		<p>DRIVE SAFELY</p>	<p>¹</p> <p>8:00 SHOP RITE SHOPPING 10:30 CHAIR YOGA 11:30 LUNCH SERVED 12:00 PUZZLES</p> <p>Sliced Turkey w/ Gravy</p>	<p>²</p> <p>10:00 WALK IN THE PARK 10:00 KNITTING & CROCHETING 10:30 INFORMAL ART- PAINTING 11:30 LUNCH SERVED 12:00 BINGO</p> <p>Rigatoni Bolognese</p>
	<p>⁶</p> <p>10:30 CHAIR YOGA 11:30 LUNCH SERVED 12:00 BINGO 1:00 BOARD GAMES</p> <p>Hamburger (Beef) w/ Sausage & Garlic Olive Oil</p>	<p>⁷</p> <p>8:00 WALMART SHOPPING 10:00 KNITTING & CROCHETING 10:30 ZUMBA GOLD 11:30 LUNCH SERVED 12:15 ARTS & CRAFTS</p> <p>Chicken Florentine</p>	<p>⁸</p> <p>8:00 SHOP RITE SHOPPING 10:30 CHAIR YOGA 11:30 LUNCH SERVED 12:00 PUZZLES</p> <p>Fish Sticks w/ Lemon Wedge & Tarter Sauce</p>	<p>⁹</p> <p>10:00 KNITTING & CROCHETING 10:30 INFORMAL ART- PAINTING 11:30 LUNCH SERVED 12:00 BINGO</p> <p>BBQ Pulled Pork Sandwich</p>	
<p>¹²</p> <p>10:00 BLOOD PRESSURE SCREENING 10:30 STRETCH & FLEX 11:30 LUNCH SERVED 12:30 AFTERNOON MOVIE</p> <p>Grilled Chicken Caesar Salad</p>	<p>¹³</p> <p>10:30 CHAIR YOGA 11:30 LUNCH SERVED 12:00 BINGO 1:00 BOARD GAMES</p> <p>Salisbury Steak w/ Brown Gravy</p>	<p>¹⁴</p> <p>8:00 WALMART SHOPPING 10:00 KNITTING & CROCHETING 10:30 ZUMBA GOLD 11:30 LUNCH SERVED 12:15 ARTS & CRAFTS</p> <p>Italian Meatballs w/ Tomato Basil Sauce</p>	<p>¹⁵</p> <p>8:00 SHOP RITE SHOPPING 10:30 CHAIR YOGA 11:30 LUNCH SERVED 12:00 GAME DAY</p> <p>Turkey Burger</p>	<p>¹⁶</p> <p>10:00 KNITTING & CROCHETING 10:30 INFORMAL ART- PAINTING 11:30 LUNCH SERVED 12:00 BINGO</p> <p>Orange Chicken w/ Gravy</p>	
<p>¹⁹</p> <p>10:30 STRETCH & FLEX 11:30 LUNCH SERVED 12:30 AFTERNOON MOVIE</p> <p>Turkey & Swiss Cheese w/ Arugula on WW Roll</p>	<p>²⁰</p> <p>10:30 CHAIR YOGA 11:30 LUNCH SERVED 12:00 BINGO 1:00 BOARD GAMES</p> <p>Stuffed Cabbage</p>	<p>²¹</p> <p>8:00 WALMART SHOPPING 10:00 KNITTING & CROCHETING 10:30 ZUMBA GOLD 11:15 NUTRITION 101 W/ DEBBIE 11:30 LUNCH SERVED 12:15 ARTS & CRAFTS</p> <p>Lemon Pepper Baked Fish</p>	<p>²²</p> <p>8:00 SHOP RITE SHOPPING 10:30 CHAIR YOGA 11:30 LUNCH SERVED 12:00 PUZZLES</p> <p>Sloppy Joe on Kaiser Roll</p>	<p>²³</p> <p>10:00 KNITTING & CROCHETING 10:30 INFORMAL ART- PAINTING 11:30 LUNCH SERVED 12:00 BINGO</p> <p>Egg Salad on Romaine Lettuce</p>	
<p>²⁶</p> <p>10:00 BLOOD PRESSURE SCREENING 10:30 STRETCH & FLEX 11:30 LUNCH SERVED 12:30 AFTERNOON MOVIE</p> <p>Tuna Noodle Salad</p>	<p>²⁷</p> <p>10:30 CHAIR YOGA 11:30 LUNCH SERVED 12:00 BINGO 1:00 BOARD GAMES</p> <p>Pork Tenderloin w/ Gravy</p>	<p>²⁸</p> <p>8:00 WALMART SHOPPING 10:00 KNITTING & CROCHETING 10:30 ZUMBA GOLD 11:30 LUNCH SERVED 12:15 ARTS & CRAFTS</p> <p>Korean BBQ Chicken Leg Quarter</p>	<p>²⁹</p> <p>8:00 SHOP RITE SHOPPING 10:30 CHAIR YOGA 11:30 LUNCH SERVED 12:00 PUZZLES</p> <p>Cheese Ravioli in Spinach Sauce</p>	<p>³⁰</p> <p>10:00 KNITTING & CROCHETING 10:30 INFORMAL ART- PAINTING 11:30 LUNCH SERVED 12:00 BINGO</p> <p>Shaved Chicken Sandwich</p>	