

BERGEN NEW JERSEY *County*

James J. Tedesco III
County Executive

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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. 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 DECEMBER 2022

December 2	Christmas Tree Decorating	10:30 AM
December 9	Eating Your Way to Health presented by Josefina Santa Romana, MS Clinical Dietitian	11:45 AM
December 12	Blood Pressure Screening with Lisa Lupetti, BSN, RN, CHFN	10:00 AM
December 14	How to Avoid Financial Scams With Silver Bills presented by Lisa Rosenblum	11:45 AM
December 16	Christmas Party	11:00 AM
December 19	Blood Pressure Screening with Lisa Lupetti, BSN, RN, CHFN	10:00 AM
December 21	Celebrate With Us - National Crossword Puzzle Day	
December 25	Bergen County Christmas Day Dinner in Garfield - see flyer for more information	10:00 AM - 1:30 PM
December 26	Christmas Observance - CENTER CLOSED	
December 28	Celebrate with us National Chocolate Candy Day	

Join Us for a Movie Every Monday at 12:15 p.m.

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>¹</p> <p>8:00 SHOP RITE SHOPPING 10:30 CHAIR YOGA 11:30 LUNCH SERVED 12:00 ACTIVE SENIOR EXERCISE 1:00 PUZZLES</p> <p>Homestyle Meatloaf w/ Gravy</p>	<p>²</p> <p>10:00 KNITTING & CROCHETING 10:30 INFORMAL ART- PAINTING 10:30 <u>CHRISTMAS TREE DECORATING</u> 11:30 LUNCH SERVED 12:00 BINGO</p> <p>Herb Roasted Chicken Leg</p>
<p>⁵</p> <p>10:30 STRETCH & FLEX 11:30 LUNCH SERVED 12:15 <u>MOVIE</u></p> <p>Whole Wheat Ziti w/ Crumbled Turkey Sausage/Peppers & Onions, Marinara Sauce & Cheese</p>	<p>⁶</p> <p>10:30 CHAIR YOGA 11:30 LUNCH SERVED 12:00 ACTIVE SENIOR EXERCISE 1:00 BOARD GAMES</p> <p>Tuna Salad</p>	<p>⁷</p> <p>8:00 WALMART SHOPPING 10:00 KNITTING & CROCHETING 10:30 CHAIR STRENGTH TRAINING 11:30 LUNCH SERVED 12:15 ARTS & CRAFTS</p> <p>Pulled BBQ Chicken</p>	<p>⁸</p> <p>8:00 SHOP RITE SHOPPING 10:30 CHAIR YOGA 11:30 LUNCH SERVED 12:00 ACTIVE SENIOR EXERCISE 1:00 PUZZLES</p> <p>Sliced Roast Beef w/ Gravy</p>	<p>⁹</p> <p>10:00 KNITTING & CROCHETING 10:30 INFORMAL ART- PAINTING 11:30 LUNCH SERVED 12:00 BINGO</p> <p>Tortellini & Chicken Alfredo</p>
<p>¹²</p> <p>10:00 <u>BLOOD PRESSURE SCREENING</u> 10:30 STRETCH & FLEX 11:30 LUNCH SERVED 12:15 <u>MOVIE</u></p> <p>Egg Salad on Romaine Lettuce</p>	<p>¹³</p> <p>10:30 CHAIR YOGA 11:30 LUNCH SERVED 12:00 ACTIVE SENIOR EXERCISE 1:00 BOARD GAMES</p> <p>Cheese Ravioli w/ Meatballs And Marinara Sauce</p>	<p>¹⁴</p> <p>8:00 WALMART SHOPPING 10:00 KNITTING & CROCHETING 10:30 CHAIR STRENGTH TRAINING 11:30 LUNCH SERVED 12:15 ARTS & CRAFTS</p> <p>Sliced Turkey w/ Gravy</p>	<p>¹⁵</p> <p>8:00 SHOP RITE SHOPPING 10:30 CHAIR YOGA 11:30 LUNCH SERVED 12:00 ACTIVE SENIOR EXERCISE 1:00 PUZZLES</p> <p>Stuffed Cabbage</p>	<p>¹⁶</p> <p>10:00 KNITTING & CROCHETING 10:30 INFORMAL ART- PAINTING 11:00 <u>CHRISTMAS PARTY</u> 11:30 LUNCH SERVED 12:00 BINGO</p> <p>Unbreaded Chicken Marsala</p>
<p>¹⁹</p> <p>10:00 <u>BLOOD PRESSURE SCREENING</u> 10:30 STRETCH & FLEX 11:30 LUNCH SERVED 12:15 <u>MOVIE</u></p> <p>Turkey & Red Kidney Bean Chili</p>	<p>²⁰</p> <p>10:30 CHAIR YOGA 11:30 LUNCH SERVED 12:00 ACTIVE SENIOR EXERCISE 1:00 BOARD GAMES</p> <p>Beef Goulash</p>	<p>²¹</p> <p>8:00 WALMART SHOPPING 10:00 KNITTING & CROCHETING 10:30 CHAIR STRENGTH TRAINING 11:30 LUNCH SERVED 12:15 ARTS & CRAFTS <u>NATIONAL CROSSWORD PUZZLE DAY</u></p> <p>Baked Fish w/ Dill Sauce</p>	<p>²²</p> <p>8:00 SHOP RITE SHOPPING 10:30 CHAIR YOGA 11:30 LUNCH SERVED 12:00 ACTIVE SENIOR EXERCISE 1:00 PUZZLES</p> <p>BBQ Chicken Quarter</p>	<p>²³</p> <p>10:00 KNITTING & CROCHETING 10:30 INFORMAL ART- PAINTING 11:30 LUNCH SERVED 12:00 BINGO</p> <p>Salisbury Steak w/ Gravy & Sautéed Onions</p>
<p>²⁶</p> <p>Christmas Day - Observed</p> 	<p>²⁷</p> <p>10:30 CHAIR YOGA 11:30 LUNCH SERVED 12:00 ACTIVE SENIOR EXERCISE 1:00 BOARD GAMES</p> <p>Broccoli Stuffed Fish</p>	<p>²⁸</p> <p>8:00 WALMART SHOPPING 10:00 KNITTING & CROCHETING 10:30 CHAIR STRENGTH TRAINING 11:30 LUNCH SERVED 12:15 ARTS & CRAFTS <u>NATIONAL CHOCOLATE CANDY DAY</u></p> <p>Sloppy Joe</p>	<p>²⁹</p> <p>8:00 SHOP RITE SHOPPING 10:30 CHAIR YOGA 11:30 LUNCH SERVED 12:00 ACTIVE SENIOR EXERCISE 1:00 PUZZLES</p> <p>Chicken Parmesan</p>	<p>³⁰</p> <p>10:00 KNITTING & CROCHETING 10:30 INFORMAL ART- PAINTING 11:30 LUNCH SERVED 12:00 BINGO</p> <p>Pork Tenderloin w/ Gravy</p>