

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** **MARCH 2023**

March 1	Peanut Butter Lover's Day Join us for "Nutter Butter" Cookies	
March 6	Blood Pressure Screening w/ Lisa Lupetti BSN, RN, CHFNP	10:00 AM
March 8	International Women's Day	
March 13	National Chicken Noodle Day – Soup Donated by the Students from Jefferson School Annex	
March 15	National Craft Month - Class Group Activity	10:30 AM
March 17	St. Patrick's Day	
March 20	Blood Pressure Screening w/ Lisa Lupetti BSN, RN, CHFNP	10:00 AM
March 22	"Protecting Yourself in the Retail World" w/ Denis Niland - Part 1	11:45 AM
March 29	"Protecting Yourself in the Retail World" w/ Denis Niland - Part 2	11:45 AM
March 30	Trip to Wallington ShopRite Preview of the NEW Care Rite Now Clinic	10:00 AM

Join Us for a Movie Every Monday at 12:15pm

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>1 8:00 WALMART SHOPPING 10:00 KNITTING & CROCHETING 10:30 CHAIR STRENGTH TRAINING 11:30 LUNCH SERVED 12:15 ARTS & CRAFTS LET'S EAT NUTTER BUTTERS Korean BBQ Pulled Pork</p>	<p>2 8:00 SHOP RITE SHOPPING 10:30 CHAIR YOGA 11:30 LUNCH SERVED 12:00 ACTIVE SENIOR EXERCISE 1:00 PUZZLES Herb Roasted Chicken Leg</p>	<p>3 10:00 KNITTING & CROCHETING 10:30 INFORMAL ART- PAINTING 11:30 LUNCH SERVED 12:00 BINGO Eggplant Rollatini</p>
<p>6 10:00 BLOOD PRESSURE SCREENING 10:30 ZUMBA GOLD 11:30 LUNCH SERVED 12:15 MOVIE Sweet and Sour Meatballs</p>	<p>7 10:30 CHAIR YOGA 11:30 LUNCH SERVED 12:00 ACTIVE SENIOR EXERCISE 1:00 BOARD GAMES Baked Fish w/ Dill Sauce</p>	<p>8 8:00 WALMART SHOPPING 10:00 KNITTING & CROCHETING 10:30 CHAIR STRENGTH TRAINING 11:30 LUNCH SERVED 12:15 ARTS & CRAFTS INTERNATIONAL WOMEN'S DAY Chicken Florentine</p>	<p>9 8:00 SHOP RITE SHOPPING 10:30 CHAIR YOGA 11:30 LUNCH SERVED 12:00 ACTIVE SENIOR EXERCISE 1:00 PUZZLES Hamburger (Beef)</p>	<p>10 10:00 KNITTING & CROCHETING 10:30 INFORMAL ART- PAINTING 11:30 LUNCH SERVED 12:00 BINGO Tuna and Bowtie Pasta Salad</p>
<p>13 10:30 ZUMBA GOLD 11:30 LUNCH SERVED 12:15 MOVIE NATIONAL CHICKEN NOODLE DAY Pork Tenderloin w/ Applesauce</p>	<p>14 10:30 CHAIR YOGA 11:30 LUNCH SERVED 12:00 ACTIVE SENIOR EXERCISE 1:00 BOARD GAMES Salisbury Steak w/ Brown Gravy</p>	<p>15 8:00 WALMART SHOPPING 10:00 KNITTING & CROCHETING 10:30 CHAIR STRENGTH TRAINING 11:30 LUNCH SERVED 12:15 ARTS & CRAFTS NATIONAL CRAFT MONTH ACTIVITY Chicken Cutlet Parmesan</p>	<p>16 8:00 SHOP RITE SHOPPING 10:30 CHAIR YOGA 11:30 LUNCH SERVED 12:00 ACTIVE SENIOR EXERCISE 1:00 PUZZLES Corned Beef</p>	<p>17 10:00 KNITTING & CROCHETING 10:30 INFORMAL ART- PAINTING 11:30 LUNCH SERVED 12:00 BINGO ST. PATRICK DAY Baked Fish w/ Garlic and Lemon Sauce</p>
<p>20 10:00 BLOOD PRESSURE SCREENING 10:30 ZUMBA GOLD 11:30 LUNCH SERVED 12:15 MOVIE Turkey and Swiss Cheese w/ Arugula on Whole Wheat Roll</p>	<p>21 10:30 CHAIR YOGA 11:30 LUNCH SERVED 12:00 ACTIVE SENIOR EXERCISE 1:00 BOARD GAMES Hot Tuna Noodle Casserole</p>	<p>22 8:00 WALMART SHOPPING 10:00 KNITTING & CROCHETING 10:30 CHAIR STRENGTH TRAINING 11:30 LUNCH SERVED 11:45 SPEAKER 12:15 ARTS & CRAFTS Chicken Cordon Blue</p>	<p>23 8:00 SHOP RITE SHOPPING 10:30 CHAIR YOGA 11:30 LUNCH SERVED 12:00 ACTIVE SENIOR EXERCISE 1:00 PUZZLES Sloppy Joe on Whole Wheat on a Kaiser Roll</p>	<p>24 10:00 KNITTING & CROCHETING 10:30 NFORMAL ART- PAINTING 11:30 LUNCH SERVED 12:00 BINGO Egg Salad on Romaine Lettuce</p>
<p>27 10:30 ZUMBA GOLD 11:30 LUNCH SERVED 12:15 MOVIE Swedish Meatballs</p>	<p>28 10:30 CHAIR YOGA 11:30 LUNCH SERVED 12:00 ACTIVE SENIOR EXERCISE 1:00 BOARD GAMES Meatloaf w/ Gravy</p>	<p>29 8:00 WALMART SHOPPING 10:00 KNITTING & CROCHETING 10:30 CHAIR STRENGTH TRAINING 11:30 LUNCH SERVED 11:45 SPEAKER 12:15 ARTS & CRAFTS Shaved Philly Beef Sandwich</p>	<p>30 8:00 SHOP RITE SHOPPING 10:00 SHOP RITE TRIP 10:30 CHAIR YOGA 11:30 LUNCH SERVED 12:00 ACTIVE SENIOR EXERCISE 1:00 PUZZLES Korean BBQ Chicken Leg Qtr</p>	<p>31 10:00 KNITTING & CROCHETING 10:30 NFORMAL ART- PAINTING 11:30 LUNCH SERVED 12:00 BINGO Baked Fish with Dill Sauce</p>