

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/AD JUNE 2023

June 1	Say Something Nice Day	
June 2, 9, 23, 30	Pottery Class - Registrations Required	9:30AM - 11:30AM
June 2	Join us for a walk in Samuel Nelkin Park	9:30AM
June 5, 19	Blood Pressure Screening w/ Lisa Lupetti BSN, RN, CHFNP	10:00AM
June 7	iPhone Class with High School Students	12:00PM
June 14	Flag Day	
June 14	National Strawberry Shortcake Day	
June 15	Nature Photography Day - Wallington HS Students Will Display Their Photos	
June 15	Father's Day Celebration - Memory Game	12:00PM
June 15	Farmers' Market Voucher Distribution	10:00AM - 12PM
June 16	CENTER CLOSED	
June 20	National Day of Yoga - Yoga in the Park	10:30AM
June 21	Hand Massage by Agata and Dorene	12:00PM

Bergen County Elder Abuse Awareness Walk
Saturday June 3, 2023
Overpeck County Park Amphitheater
One Challenger Road, Ridgefield Park
Rain Date Sunday, June 11, 2023
9:00am—12:00pm

Register today using the link below or calling 201-336-7416

<https://www.eventbrite.com/e/bergen-county-elder-abuse-awareness-walk-tickets-635453868627>



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</p> <p>SAY SOMETHING NICE DAY</p> <p>8:00 SHOPRITE SHOPPING 10:30 CHAIR YOGA 11:30 LUNCH SERVED 12:00 ACTIVE SENIOR EXERCISE</p> <p>PORK CHOP IN GARLIC SAUCE</p>	<p>2</p> <p>9:30 POTTERY CLASS 9:30 WALK IN THE PARK 10:00 KNITTING & CROCHETING 10:30 INFORMAL ART- PAINTING 11:30 LUNCH SERVED 12:00 BINGO</p> <p>CREAMED SPINACH STUFFED FISH</p>
<p>5</p> <p>10:00 KNITTING & CROCHETING 10:00 BLOOD PREESURE SCREENING 10:30 ZUMBA GOLD 11:30 LUNCH SERVED 12:15 MOVIE</p> <p>PHILLY BEEF & CHEESE SANDWICH</p>	<p>6</p> <p>10:30 CHAIR YOGA 11:30 LUNCH SERVED 12:00 ACTIVE SENIOR EXERCISE</p> <p>HAWAIIAN CHICKEN</p>	<p>7</p> <p>8:00 WALMART SHOPPING 10:00 KNITTING & CROCHETING 10:30 CHAIR STRENGTH TRAINING 11:30 LUNCH SERVED 12:00 I PHONE CLASS 12:15 ARTS & CRAFTS</p> <p>WW ZITI W/ CRUMBLLED TURKEY SAUSAGE & PEPPERS</p>	<p>8</p> <p>8:00 SHOPRITE SHOPPING 10:30 CHAIR YOGA 11:30 LUNCH SERVED 12:00 ACTIVE SENIOR EXERCISE</p> <p>BAKED FISH W/ LEMON DILL SAUCE</p>	<p>9</p> <p>9:30 POTTERY CLASS 10:00 KNITTING & CROCHETING 10:30 INFORMAL ART- PAINTING 11:30 LUNCH SERVED 12:00 BINGO</p> <p>SWEDISH MEATBALLS</p>
<p>12</p> <p>10:00 KNITTING & CROCHETING 10:30 ZUMBA GOLD 11:30 LUNCH SERVED 12:15 MOVIE</p> <p>MEATLOAF WITH BROWN GRAVY</p>	<p>13</p> <p>10:30 CHAIR YOGA 11:30 LUNCH SERVED 12:00 ACTIVE SENIOR EXERCISE</p> <p>HERB ROASTED CHICKEN LEG</p>	<p>14</p> <p>NATIONAL STRAWBERRY SHORTCAKE DAY 8:00 WALMART SHOPPING 10:00 KNITTING & CROCHETING 10:30 CHAIR STRENGTH TRAINING 11:30 LUNCH SERVED 12:15 ARTS & CRAFTS</p> <p>EGG SALAD ON ROMAINE LETTUCE</p>	<p>15</p> <p>8:00 SHOPRITE SHOPPING 10:00 FARMERS' MARKET VOUCHER 10:30 CHAIR YOGA 11:30 LUNCH SERVED 12:00 ACTIVE SENIOR EXERCISE 12:00 FATHER'S DAY MEMORY GAME Nature Photography Day - Wallington HS STUFFED PEPPERS</p>	<p>16</p> <p>CENTER CLOSED</p> 
<p>19</p> <p>10:00 KNITTING & CROCHETING 10:00 BLOOD PRESSURE SCREENING 10:30 ZUMBA GOLD 11:30 LUNCH SERVED 12:15 MOVIE</p> <p>LEMON PEPPER BAKED FISH</p>	<p>20</p> <p>NATIONAL DAY OF YOGA 10:30 CHAIR YOGA IN THE PARK 11:30 LUNCH SERVED 12:00 ACTIVE SENIOR EXERCISE</p> <p>CHICKEN FILET W/ HONEY MUSTARD ROAST BEEF WITH GRAVY</p>	<p>21</p> <p>8:00 WALMART SHOPPING 10:00 KNITTING & CROCHETING 10:30 CHAIR STRENGTH TRAINING 11:30 LUNCH SERVED 12:00 HAND MASSAGE 12:15 ARTS & CRAFTS</p> <p>HONEY GLAZED PORK CHOP</p>	<p>22</p> <p>8:00 SHOPRITE SHOPPING 10:30 CHAIR YOGA 11:30 LUNCH SERVED 12:00 ACTIVE SENIOR EXERCISE 1:00 PUZZLES</p> <p>TURKEY & SWISS ON WW ROLL</p>	<p>23</p> <p>9:30 POTTERY CLASS 10:00 KNITTING & CROCHETING 10:30 INFORMAL ART- PAINTING 11:30 LUNCH SERVED 12:00 BINGO</p> <p>BEEF HAMBURGER</p>
<p>26</p> <p>10:00 KNITTING & CROCHETING 10:30 ZUMBA GOLD 11:30 LUNCH SERVED 12:15 MOVIE</p> <p>CHICKEN CORDON BLEU</p>	<p>27</p> <p>10:30 CHAIR YOGA 11:30 LUNCH SERVED 12:00 ACTIVE SENIOR EXERCISE</p> <p>LS HAM STEAK W/PINEAPPLE</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</p> <p>POTATO CRUSTED BAKED FISH</p>	<p>29</p> <p>8:00 SHOPRITE SHOPPING 10:30 CHAIR YOGA 11:30 LUNCH SERVED 12:00 ACTIVE SENIOR EXERCISE 1:00 PUZZLES</p> <p>MINI CHEESE RAVIOLI W/MEATBALLS</p>	<p>30</p> <p>9:30 POTTERY CLASS 10:00 KNITTING & CROCHETING 10:30 INFORMAL ART- PAINTING 11:30 LUNCH SERVED 12:00 BINGO</p> <p>KOREAN BBQ CHICKEN QTR</p>